Instead, he is approaching health from the level of the individual, and Keas brings substance as well as fun. At Chilton Memorial Hospital in Connecticut, for example, 114 participants reported losing weight during the 12-week session—1,230 pounds in all. At Pfizer, the percentage of participants who exercised for 45 minutes at least five times a week rose from 45 to 74 percent, and the percentage who ate at least five servings of fruits or vegetables daily doubled (from 36 percent to 72). Says Bosworth, “We’re getting major changes in health behavior.”

—ELIZABETH GUDRAIS

Vote Now
This spring, alumni vote for five new Harvard Overseers and six new elected directors of the Harvard Alumni Association (HAA). Ballots, mailed by April 1, must be received back in Cambridge by noon on May 18 to be counted. The results are announced at the HAA’s annual meeting on the afternoon of Commencement day, May 24. All Harvard degree-holders, except Corporation members and officers of instruction and government, may vote for Overseer candidates. The election for HAA directors is open to all Harvard degree-holders.

For Overseer (six-year term):
Scott A. Abell ’72, Boston. Retired chair and CEO, Abell & Associates Inc.
James E. Johnson ’83, J.D. ’86, Montclair, New Jersey. Partner, Debevoise & Plimpton LLP.
Michael M. Lynton ’82, M.B.A. ’87, Los Angeles. Chairman and CEO, Sony Pictures Entertainment.
Tracy P. Palandjian ’93, M.B.A. ’97, Belmont, Massachusetts. CEO and co-founder, Social Finance Inc.
Stephen R. Quazzo ’82, M.B.A. ’86, Chicago. CEO and co-founder, Pearlmark Real Estate Partners.
William H. Rastetter, A.M. ’72, Ph.D. ’75, Rancho Santa Fe, California. Partner, Venrock.
Kathryn A. Taylor ’80, San Francisco. Co-chair, One Pacific Coast Bank Board of Directors.

For elected director (three-year term):
John F. Bowman ’80, M.B.A. ’85, Santa Monica. Executive producer, Disney Company.

Sabrina Fung ’93, Hong Kong. Executive director and brand managing director, Trinity Ltd.
Susanna Shore Le Boutilier ’86, Larchmont, New York. Director, corporate communications, Colgate-Palmolive Co.
Brian Melendez ’86, J.D. ’90, M.T.S. ’91, Minneapolis. Partner, Faegre Baker Daniels LLP.

Visit harvardmag.com/commencement on Commencement Day for the election results.