

As seen in

TODAY'S Woman

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He'll help you look your best

Dr. Brad Cummins*, anti-aging and aesthetics physician at wellness and cosmetic medical center RevitaLifeMD, has been practicing for 19 years. "It has been a breath of fresh air helping people who want to take care of themselves — look better, feel better," he says. "It is a blessing to be able to help people who want to be helped. To me, that is true healthcare."

What do you do for fun?

"I love basketball. I like biking and playing tennis with my kids. I also do hot yoga — it is a life changer. It is unbelievable for your mind, strength, flexibility, breath. The meditation part of it really restarts the whole body."

A real man... "puts family above self, takes responsibility for his actions and tries to improve on a daily basis."

— Alissa Hicks

