

Dr. Melissa Sundermann is a double board-certified physician in Internal Medicine and Lifestyle Medicine and has been practicing medicine for over 25 years. She also has training in Integrative Medicine through the University of Michigan and has completed a Professional Training Program in Mind Body Medicine through the Center for Mind Body Medicine based in Washington, DC. She strongly believes in fostering a partnership with her patients and helping to guide them towards a healing pathway through self-care utilizing the pillars Lifestyle Medicine. Dr. Sundermann is also known as “Doctor Outdoors” and is the Founding Chair of the Nature as Medicine sub-committee for the American College of Lifestyle Medicine.

Dr. Sundermann currently specializes in Longevity and Lifestyle Medicine with Lifespan Medicine. Prior to this role, she practiced Lifestyle Medicine at Canyon Ranch Wellness Resort in Lenox, MA and Trinity Health in Ann Arbor, MI. In addition to her clinical roles, she is the co-founder of REVIVE! Lifestyle Medicine Well-Being Coaching and creates educational content for several health and well-being organizations. She does her best to practice what she preaches and enjoys running, biking, hiking, skiing and spending time outdoors. She is a 10x Boston Marathon finisher, 3x Full Ironman Triathlon finisher and currently training for several upcoming Ultramarathons. She truly believes that age is just a number and is passionate about spreading this word to all of her patients, family and friends.