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## **Singer-Impressionist Jason Hewlett discusses his secrets to good health**

*Make others smile and fill the world with wholesome humor and entertainment*

**LAS VEGAS, Nev.** – Radio show guest on “Hope for Health,” Jason Hewlett, a singer-impressionist, discussed with host Dr. Daniel Royal, and co-host Dr. Dean Friesen, during a live show on Friday, October 24, 2008, his secrets for maintaining good health and physical fitness while doing high energy performances on stage. Mr. Hewlett will be giving a free performance Thursday, October 30, 2008, at the Fremont Street Experience in downtown Las Vegas.

Jason is known for his impersonations of such celebrities as Jim Carrey, Michael Jackson, Elton John, Louie Armstrong, Led Zeppelin, Stevie Wonder, Ricky Martin, Cat Stevens, U2, Guns n’ Roses, Coldplay, and Alvin & the Chipmunks. In 2007, he wrote and recorded his first album of originally written music titled, *Good to Me*, where he performed in his own voice. The album expanded his repertoire from a show solely of impressions to include his creative expression as a very capable and gifted musician. Jason is also the author of *Signature Moves*, a book he published in 2006, as well as motivational speaker the National Speaker’s Association.

“In 2005, I co-hosted a weekly Radio Show called, ‘The Fitness Truth’ on 570 KNRS, in Salt Lake City, Utah. I was 6’2”, weighed 220 pounds, and had between 22-25% body fat,” said Mr. Hewlett. “Today I am still 6’2”, but weigh 190 pounds, and have between 11-12% body fat. I am still working at getting my body fat down to between 6-8% while consistently keeping my weight around 180 to 190 pounds. Being in shape helps me bring my A-game every night.”

The live Hope for Health broadcast with Jason Hewlett aired on Friday, October 24, 2008 on KKVV 1060 AM, Las Vegas. The Podcast for this Hope for Health show is archived at [newhopemedical.org](http://newhopemedical.org) and can be found on the homepage by clicking "KKVV Radio Show".

“It’s important to remember that the body continues burning calories for up to 14 hours after exercise,” said Dr. Royal, a licensed physician in Nevada. “There is also a patented test called, ‘Bio-Energy,’” added Dr. Friesen, a clinical pharmacologist. “It determines when a person’s heart rate switches from carbohydrate to fat burning and thus, can fine tune an exercise routine.”

“Although I burn in excess of 1,000 Calories per show, I still must get some form of daily exercise in order to stay in shape,” continued Hewlett. “When I travel, I can do my exercise routine in a hotel room with resistance bands. Add to this the 6-8 small meals per day, with a good quality protein and carbohydrate each meal, and you will transform your body and your life!” Jason plans to make his travel exercise and diet regimen available to the public in 2009.

For more information on Jason Hewlett, visit [jasonhewlett.com](http://jasonhewlett.com). To hear Mr. Hewlett’s interview on Hope for Health, visit [newhopemedical.org](http://newhopemedical.org) or call 702-476-0000 or 866-432-5669.

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