



HALL LONGEVITY CLINIC

MEDIA KIT

Michael J. Hall, MD, MSc

Founder and Medical Director
Hall Longevity Clinic

PRECISION LONGEVITY / SYSTEMS MEDICINE /
HEALTHSPAN

Miami Beach, Florida
halllongevity.com/press



2026

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AT A GLANCE

A physician-led longevity platform.

Hall Longevity Clinic combines precision medicine, systems thinking and highly personal physician care in one continuous view of health.

01

More than twenty years

Hall Longevity Clinic has helped pioneer the longevity space for more than two decades.

02

Board-certified physician

Dr. Hall is certified in Family Medicine by the American Board of Family Medicine.

03

Aviation medicine

Senior FAA Aviation Medical Examiner and HIMS-certified FAA examiner.

04

Author and researcher

Author of *Infinite Youth* and *The American Gentleman*; researcher in systems thinking, total quality management and longitudinal health data.

Approved short biography

Michael J. Hall, MD, MSc, is the founder and medical director of Hall Longevity Clinic in Miami Beach. A board-certified family physician, author and early contributor to longevity medicine, he has spent more than twenty years integrating precision diagnostics, systems biology and highly personal care. He is the author of *Infinite Youth* and *The American Gentleman*, first published in 2002 and relaunched in 2026. His work also includes the Aging Funnel framework and the development of WellSkor, an emerging approach to organizing longitudinal health data into clearer trajectories for patients and physicians.

Approved identification

On first reference: **Michael J. Hall, MD, MSc, founder and medical director of Hall Longevity Clinic.**

On subsequent reference: **Dr. Hall.**

"Longevity is not something we find. It is something we build."

BIOGRAPHY

A wider lens on health and aging.

Dr. Hall's work reframes aging as a modifiable systems process shaped by the interaction of stress, adaptation and time. His clinical focus is preserving functional integrity across the lifespan - including cognition, performance, resilience and agency - by understanding the individual, measuring what matters and acting before small pressures become larger problems.

He trained at the University of Missouri-Kansas City School of Medicine and the Alton Ochsner Medical Foundation, pursued advanced study at Weill Cornell and Memorial Sloan Kettering, and later earned a master's degree from New York University. He completed fellowship training in integrative and functional medicine at the University of Miami.

His research extends beyond clinical medicine into systems thinking and total quality management. That work informs the Aging Funnel, a framework for understanding how biological pressures converge over time, and WellSkor, the emerging digital expression of his work with longitudinal health-record data.

International clinical and humanitarian work in Sri Lanka after the 2004 Indian Ocean tsunami, Haiti after the 2010 earthquake and the Bahamas after Hurricane Dorian in 2019 helped shape an interdisciplinary view of medicine grounded in adaptability, context and human lives. Outside medicine, Dr. Hall is an aviator, painter and writer.

Credential summary

Role	Founder and Medical Director, Hall Longevity Clinic
Certification	American Board of Family Medicine
Aviation	Senior FAA Aviation Medical Examiner; HIMS-certified FAA examiner
Focus	Precision longevity medicine, healthspan, systems medicine and longitudinal data
Books	Infinite Youth - available on Amazon in Kindle and paperback; The American Gentleman - 2026 relaunch on September 7 in Kindle and paperback
Location	Miami Beach, Florida

EDITORIAL PLATFORMS

Five strong interview territories.

Each topic can be tailored for consumer health, medical, business, technology, aviation or lifestyle audiences.

01	The Aging Funnel	Why aging is better understood as interacting systems than as a list of isolated diagnoses, and how earlier intervention can change trajectory.
02	Precision longevity	What comprehensive diagnostics can and cannot reveal, how to prioritize biomarkers, and why measurable outcomes matter.
03	Longitudinal health data	How repeated measurements can reveal direction, rate of change and resilience more clearly than a single snapshot.
04	Peptides and evidence	How physicians can discuss emerging peptide therapies responsibly amid consumer demand, regulatory review and uneven claims.
05	Performance across the lifespan	Practical strategies for preserving muscle, cognition, metabolic health, agency and quality of life.

Additional commentary

Concierge medicine; FAA and HIMS medical examinations; healthy aging after 40; regenerative medicine; biomarker interpretation; body composition; public-health communication; physician entrepreneurship; systems improvement; humanitarian medicine; and the relationship between purpose, curiosity and healthspan.

SELECTED COVERAGE

Verified conversations and commentary.

A representative selection from the clinic's publisher-linked archive. Open the complete chronology at halllongevity.com/press.

AUG 2026	Six Weeks to Fitness 5 Daily Habits To Slow Aging After 40 With Dr. Michael J. Hall
JUL 2026	Reuters FDA Panel To Review Popular Peptides Amid Persistent Consumer Appetite
JUN 2026	The Savage Nation / iHeart The Secrets Of Longevity With Dr. Michael J. Hall
MAR 2026	Longevity Magazin Integrity, Optionality, And The Long Game Of Health
FEB 2020	Rolling Stone Coronavirus Is Here: What We Know So Far
JUL 2017	Miami Herald / WLRN Miami Beach Doctor Files Lawsuit To Stop Mosquito Spraying

[View the complete verified press chronology](#)

MEDIA DESK

Clear facts. Direct access.

For interviews, expert commentary, speaking engagements, fact-checking or approved photography, contact the Hall Longevity Clinic team.

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Approved digital assets

The links below point to current clinic-controlled files. Please preserve proportions and do not alter colors or crop the logo mark.

Dr. Hall headshot	Open asset
Hall Longevity Clinic logo	Open asset
The American Gentleman 2026 cover	Open asset
Clinic press archive	Open asset
Dr. Hall biography	Open asset

Accuracy note

This kit is intended as an approved factual reference. Medical commentary should be attributed to Dr. Hall in context. Patient information, private clinical material and unapproved photography are not included. Please confirm time-sensitive credentials, regulatory matters and current treatment availability with the clinic before publication.

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Precision longevity medicine. Miami Beach.