



Peter Cummings, MHP

Accredited Metabolic Health Practitioner | Performance Coach | Researcher | Educator | Author

Professional Summary

Systems-focused educator and practitioner with 30+ years of experience integrating lifestyle medicine, performance science, and metabolic health into applied clinical and coaching environments. Known for precision programming rooted in science and outcomes-driven coaching across diverse populations, from elite athletes to individuals reversing chronic disease.

Certifications & Credentials

- Accredited Metabolic Health Practitioner (Society of Metabolic Health Practitioners)
 - Certified Nutrition Network Medical Practitioner
 - Certified Exercise Professional (ACSM)
 - Advanced Training in Low-Carbohydrate Therapeutics and Lifestyle Medicine
 - HIPAA-Compliant Remote Physiologic and Therapeutic Monitoring Specialist
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Peer-Reviewed Research & Publications

- *Lifestyle Therapy in Chronic Disease Management* – AJPM Focus, 2024
 - *Diabetes Remission Through Carbohydrate Restriction and Exercise* – AJPM Focus, 2024
 - *Substrate-Corrected VO2 Models for Improved interpretation of Movement Economy* – JEN, 2025
 - *Health Ballistics: A New Healthcare Architecture for Precision Health* – Amazon, 2026
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Coaching & Clinical Outcomes

- Thousands of clients coached across health, performance, and chronic disease reversal
- 12 National Championships coached



- Documented improvements in VO₂ max, A1c, weight loss, medication deprescription and remission of type 2 diabetes

Specialties

- Precision Exercise Prescription
- Therapeutic Carbohydrate Reduction (TCR)
- Cardiorespiratory Fitness Assessment and Cardiac Rehabilitation
- Metabolic Dysfunction & Insulin Resistance
- Executive Health & Longevity Planning
- Athlete Optimization (VO₂, lactate, movement economy)

Professional Roles

- Founder, Plan2Peak – Health & Human Performance
- Personal health and performance coach
- Co-creator, Exercise for the Treatment and Prevention of Chronic Disease online course (CME approved)
- Tutor, Nutrition Network Medical Practitioner certification
- Lecturer, Nutrition Network, multiple courses (CME approved)
- Lecturer, Nutrition Network Metabolic Health Coaching certification
- Consultant to physicians using RTM/RPM protocols for metabolic health support
- Guest lecturer in exercise physiology and metabolic health

Other

- Patent Pending – Substrate-Corrected Normalization of VO₂