



Mike Ormsbee, Ph.D. candidate, C.S.C.S.

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Mike Ormsbee, Ph.D. candidate, C.S.C.S., is a **nationally recognized health, fitness, and wellness expert**. Mike is the founder of *Ormsbee Fitness Consulting*, a fitness and wellness consulting group that focuses on friendly, down-to-earth, scientific-based and research-backed educational seminars and training to empower and motivate individuals, corporations and teams. He is also the editor-in-chief, of **Achieve Magazine**, a health, fitness and wellness publication.

Mike's has written numerous scientific and public articles for various local and national magazines and websites including **Muscle Media, Men's Health, IDEA Fitness Journal, Achieve Magazine, the Leading Edge, EAS.com, and A1supplements.com** to name a few.

Mike is a regular health and fitness expert on television stations in Greenville, NC including **WNCT TV** and **FOX news** affiliates. He is regularly sought after by corporations, individuals, and healthcare centers including one of the largest healthcare companies in the world, **Pfizer, Inc.**, as a fitness expert.

Mike earned his B.S. from Skidmore College (Saratoga Springs, NY) in exercise science/business and his M.S. from South Dakota State University (Brookings, SD) where he studied exercise physiology and sports nutrition. He is currently completing his Ph.D. from East Carolina University (Greenville, NC) in bioenergetics (human metabolism/exercise physiology) and is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA).