



**Mike Ormsbee, Ph.D., C.S.C.S., C.I.S.S.N.**

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Dr. Mike Ormsbee, Ph.D., C.S.C.S., C.I.S.S.N. is an **assistant professor** of Exercise Science at Skidmore College and 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.

Mike's has written numerous scientific and public articles for various local and national magazines and websites including **The Sports Nutrition Insider, Muscle Media, Men's Health, IDEA Fitness Journal, Achieve Magazine, the Leading Edge, EAS.com, and A1supplements.com** to name a few. He recently left his position as editor-in-chief, of **Achieve Magazine**, a health, fitness and wellness publication in North Carolina to move to Saratoga Springs, NY.

Mike is a health and fitness expert for print, radio, podcast and TV features and has been featured on **WNCT TV, FOX News, and theweekendwarrior.com**. He is regularly sought after by corporations, individuals, and healthcare centers as a the "go-to-resource" in the industry for fitness and nutrition advise.

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 and his Ph.D. from East Carolina University (Greenville, NC) in bioenergetics (human metabolism/exercise physiology). He is also a Certified Strength and Conditioning Specialist (CSCS) and a Certified Sports Nutritionist.