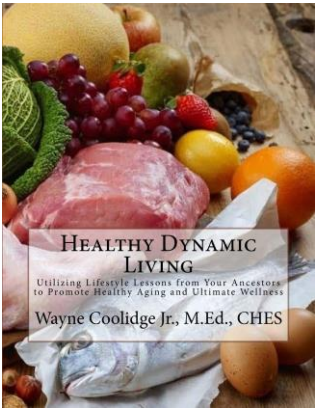


## Biography - Wayne Coolidge Jr., M.Ed.



Wayne is an innovative health promotion scholar-practitioner, author, and speaker. He specializes in designing lifestyle-optimization strategies that result in anti-aging, chronic disease prevention, nutritional health, fat loss, and fitness. Additional areas of expertise include public health, corporate wellness, and paleoanthropology as related to current human health status. His unique professional strength is his ability to consult across multiple health/wellness disciplines simultaneously.

Wayne has pioneered the concept that “mimicking lifestyle characteristics of ancient cultures and our Paleolithic ancestors’ results in health-enhancing genetic expression, leading to healthy aging and ultimate wellness.” Wayne has served more than 1,500 individuals as a personal trainer and health/wellness practitioner, accounting for more than 32,000 hours of direct one-on-one client contact. He has authored numerous publications, including 3 books. <http://www.amazon.com/author/waynecoolidge>

Wayne has earned certifications from the National Academy of Sports Medicine (CPFT designation) and the National Commission for Health Education Credentialing (CHES designation). He is a member of Re-Find Health defined by themselves as: “an INVITATION ONLY network of REAL-WORLD PHYSICIANS & HEALTHCARE PROFESSIONALS who practice in a space between ANCESTRAL HEALTH, FUNCTIONAL MEDICINE & LIFESTYLE MEDICINE.” His original corporate health and sports science/personal training company, Flex'Time, was based out of Charlotte, North Carolina and is entering its 28th year of continuous service. (Now known as Fit Central).

In 2000, Wayne moved to Alaska to consult for the Alaska Club and to research Paleolithic Anthropology. He transitioned to the Alaska Division of Public Health, where he joined the office of Community Health and Emergency Medical Services as the Cardiovascular Health Program Manager. He returned to the Carolinas and created Primal Force, a comprehensive sports science center. Wayne currently dedicates 38 years of knowledge and experience to his position as founder of Shield Maiden Life, LLC and owner of Wayne Coolidge Health Promotion.

### ***Education:***

University of North Carolina at Charlotte - Master of Education (M.Ed.), Kinesiology and Health Promotion

University of Vermont - Bachelor of Science (B.S.), Health Education, minor in Sciences

### ***Career Highlights of Note:***

Founder of **Shield Maiden Life, LLC**, a training academy designed to promote health, strength, growth and the empowerment of women. Shield Maiden Life courses and trainings are based on the lifestyle characteristics of our ancient ancestors and Scandinavian culture [www.shieldmaidenlife.com](http://www.shieldmaidenlife.com)

Founder **Wayne Coolidge Health Promotion**, a consulting firm specializing in lifestyle optimization, anti-aging, nutritional health, fat loss, fitness, and toxic burden avoidance. [www.waynecoolidge.com](http://www.waynecoolidge.com)

Executive Manager **Victory Nutrition International, Inc.** <https://www.vni.life/waynecoolidge> - Current

Trainer and Wellness/Training Consultant to **Fit Fusion Personal Training** Studio Mooresville, NC.

Co-owner and product formulator, **VITAL SURGE**, wellness and longevity-enhancing nutraceutical.

Founder and owner, **Primal Force Health and Sports Science Center**.

Senior Product Specialist and Weight Loss Program Director, **X-B Fit Energy**.

Alaska Cardiovascular Health Program Manager, **Alaska Department of Public Health**, Division of Community Health and Emergency Medical Services.

Substance Abuse Educator, Prevention Specialist, **Center for Prevention Services** Charlotte, NC.

Founder and owner, **Flex'Time Personal and Corporate Health/Fitness Consulting**, currently doing business after 27 continuous years as "Fit Central" at Dowd YMCA in Charlotte, NC.

Health Science Editor and contributor, **North Carolina Sports & Fitness Magazine**.

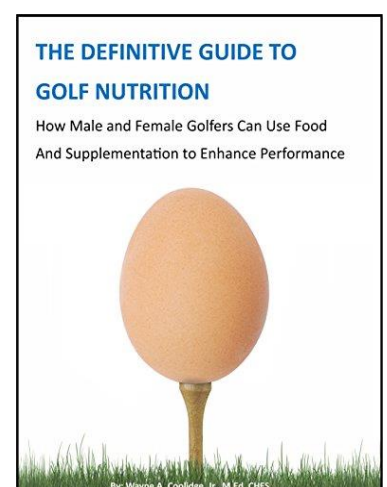
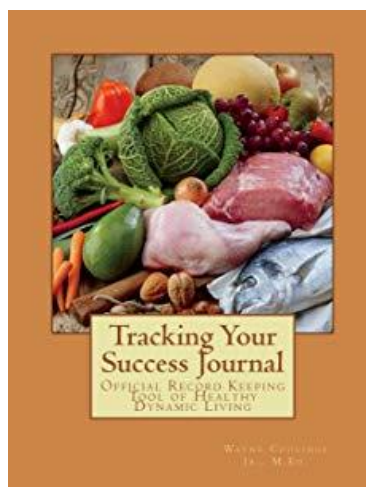
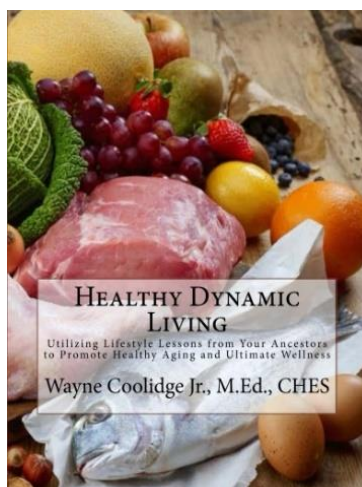
Adjunct Professor of Health Education, **University of North Carolina at Charlotte**.

Managed the inaugural **Vermont State Employee Wellness Program**.

Created and managed **The Merchants Bank Wellness Program**, the first comprehensive Corporate Health/Fitness program/facility in the State of Vermont.

Program Coordinator, **Growing Wiser**, a senior wellness and life management intervention provided by the Vermont Department of Education.

Trainer, nutrition/supplement specialist, and bodybuilding coach, **Gold's Gym of Vermont** (1983).



Books by Wayne - Author Bio. <http://www.amazon.com/author/waynecoolidge>

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