



Mary V. Mitchell, MS, CHES

Ms. Mitchell has over 20 years of experience in the field of health promotion and wellness to include fitness, nutrition, tobacco prevention and disease management. Her

positions span all levels from program implementation where she was Fitness Program Manager and Wellness Director at NASA Langley Research Center to the policy level as the Health Promotion Director for the largest command in the Air Force. Her subject matter expertise and recommendations on wellness policies and strategies have impacted individuals who work, live and play on over 76 installation communities world-wide. As an exceptional collaborator, she garnered support of stakeholders and technical experts to facilitate a successful community action team, implementing prevention programs in fitness, tobacco and substance abuse. She launched a training program for fitness and wellness coaching that was benchmarked for 24 other Health and Wellness Centers. She has served on NATO Human Factors & Medicine technical team on the Impact of Lifestyle and Health Status, Air Force Fitness Advisory Board, Health Promotion Corporate Board, Luter YMCA board, and \$23M contract source selection board for staffing wellness centers throughout the US.

She holds a MS in Community Health Promotion and an MS in Exercise Science and Wellness and BS in Marketing. She is a Certified Health Educator (CHES), Wellness Coach, Health Promotion Director from the Cooper Institute, Health Fitness Director and Health Fitness Instructor from the American College of Sports Medicine. Ms. Mitchell resides with her husband and daughter in historical Smithfield Virginia.