
TONY CARLTON

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WEBSITES, PORTFOLIOS, PROFILES

- www.tonycarlton.com
- www.bodyelitekns.com
- www.mindfullytactical.org

PROFESSIONAL SUMMARY

Former Navy Hospital Corpsman with over eight years of military medical experience, specializing in vaccinations, emergency care, and injury prevention. Currently, I am an Exercise and Nutrition Consultant, published author, and business owner, focusing on injury recovery, therapeutic exercise, and veteran support—a strong foundation in business operations, leadership, and course development, committed to community empowerment initiatives. Pursuing a Doctor of Health Science, I aim to expand my work in tactical strength and conditioning for military and athletic populations while aspiring to become a professor of health science and further advance research on veterans' holistic well-being.

SKILLS

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| • Nutrition Program Management | • Patient Education and Counseling |
| • Rehabilitation Management | • Therapeutic Exercise Expertise |
| • Injury Prevention Techniques | • Leadership and Team Management |
| • Critical Thinking and Problem-Solving | • Curriculum Development and Instruction |
| • Business Planning | • Attention to Detail |
| • Strength Training Techniques | • Operations Management |

CLIFTON STRENGTHS

- **Strategic:** Excels at identifying patterns and alternative ways to proceed, quickly analyzing scenarios to find optimal solutions.
- **Achiever:** Highly motivated with a strong work ethic, consistently productive, and driven to accomplish goals.

- **Relator:** Builds deep relationships and thrives in collaborative environments, working closely with others to achieve shared objectives.
- **Restorative:** Skilled in problem-solving, adept at identifying and resolving issues efficiently.
- **Learner:** Passionate about continuous improvement, driven by learning and expanding knowledge.

WORK HISTORY

Owner/Operator , 06/2023 - Current

Mindfully Tactical Foundation – West End, NC

- Developed and led two courses: "Strategic Command" and "Mindfully Tactical."
- Enrolled 3 veterans in educational programs using Veteran Affairs resources.
- Managed business operations, including finance, HR, and marketing to optimize performance.
- Cultivated strong relationships with customers, vendors, and strategic partners.
- Led recruitment efforts and strategic alliances to enhance business capabilities.
- Oversaw product lifecycle development and coordinated marketing and new product launches.
- Designed diverse curricula to meet regulatory standards and support learning outcomes.

Strength & Conditioning/Nutrition Coach , 09/2020 - Current

Fayetteville Marksmen – Fayetteville, NC

- Guided over 150 athletes in setting and achieving performance goals.
- Implemented innovative strategies for tracking client progress, effectively measuring improvements in nutritional habits and overall health outcomes.
- Streamlined processes within the coaching practice, reducing administrative tasks while maintaining high-quality service delivery.
- Enhanced team nutrition through personalized plans and educational programs.
- Developed and implemented training programs focusing on power, speed, and endurance.
- Collaborated with healthcare providers to meet athletes' nutritional and health needs.
- Coordinated pre-season tryouts, training camps, and workshops to support team development.

Owner/Operator, 06/2020 - Current

Body Elite KNS – West End, NC

- Increased business profits by 300% in 2023 and 500% in 2024 during recession.
- Managed daily operations, performance evaluations, and market trend analysis.
- Developed strategic initiatives to drive growth and enhance operational efficiency.
- Consulted with customers to identify needs and provide tailored solutions.
- Monitored market conditions for pricing and emerging trends, increasing revenue.

Leading Petty Officer Pediatric Clinic, 06/2011 - 03/2014**US Navy – Naval Hospital Bremerton (NHB), Washington**

- Consistently received 4.0 evaluations.
- Command Fitness Leader lowering Physical Fitness Assessment (PFA) failures from 15% to 5%
- Provided emergency medical care and conducted physical exams and interviews to gain medical history and relevant health data
- Administered medical care for range of conditions and primary health concerns
- Maintained treatment records and reports and cared for over one hundred injured and sick individuals per week
- Rendered emergency medical treatment and administered immunization programs
- Provided leadership, delegation, and exceptional medical service in high-pressure situations
- Maintained operational organization by ensuring equipment functionality, inventory levels, and employee medical training
- Stabilized severe and critical patients for transport to medical facilities with advanced care teams
- Implemented emergency airway management and heart monitoring at scenes and during transport
- Developed, planned, and led personal and group fitness sessions and well-known specialty fitness programs
- Trained clients during strength training, cardiovascular exercise, and stretching
- Designed specific workout systems for individual clients based on performance ability
- Developed individualized prescriptions to increase physical fitness, and meet each Sailor's healthcare needs and athletic goals
- Held more than 25 classes regarding how to perform exercises safely and effectively for each sailor
- Held more than 10 classes teaching medical assistants, CFLs, and subordinates to read EKG/ECG
- Monitored clients' progress and modified programs
- Provided fitness assessments and program planning
- Informed clients about nutrition, lifestyle issues, and weight control
- Explained exercise modifications and contraindicated movements to participants with history of injury
- Implement new policies and educate staff on changes
- Assessed patients, determined needs, and managed care
- Identified nurses' and staff training needs and devised training programs to close gaps
- Developed, implemented, revised, and evaluated policies and procedures
- Lead and directed team of twelve clinical personnel and support staff
- Trained 15 Medical Assistants
- Trained 12 Command Fitness Leaders

- Participated in nursing research and evidence-based clinical audits and leveraged data to improve research-based methodologies within clinical areas
- Provided yearly physicals, sports physicals, and immunizations to children
- Established preventive health practices aligned with developmental markers and family health history
- Monitored practice budget closely to prepare financial reports for monthly board of directors meetings
- Treated newborns of premature birth, providing immediate care and pulmonary intervention to promote health and growth
- Worked with obese pediatric patients and family members to devise health plans encompassing nutrition, exercise, and alteration of eating habits
- Met with new parents and parents-to-be to inform and educate them on care of newborns.

Leading FMF Corpsman Weapons Company, 03/2007 - 06/2011

US Navy – Twentynine Palms, California

- Directly in charge of 18 US Navy Hospital Corpsman and over 472 US Marine's health and welfare
- Combat Deployments during both OEF/OIF to both Iraq and Afghanistan between 2007-2010
- Received many medals and accommodations during this period with distinguishing “V” device for valor in combat and various combat action medals
- Completed over one hundred missions in Iraq in combat anti-tank truck team with 3rd Battalion 7th Marines
- Completed over twenty missions in Afghanistan as Leading Corpsman over Weapons Company 3rd Battalion 7th Marines
- Treated 237 Marines and 21 CASEVAC solely under fire during one single combat mission in Musa Qu' Lah, Afghanistan
- Completed Schools such as Tactical Combat Casualty Care, Mountain Medicine, Mountain Leaders, Fleet Marine Force Warfare Specialist, Dynamic Assault Courses, Live Tissue Trainings, Tan - Black belt in Marine Corps Martial Arts, Qualified Expert in both rifle and pistol qualifications, and conducted over 300 classes in combat casualty assessment
- Updated patients' charts in electronic medical records with encounter information, prescriber notes, and orders
- Ran successful practice with full patient load and high satisfaction scores due to quality of care
- Helped patients obtain advanced treatment by referring them to specialists
- Prescribed medications such as antibiotics and topical ointments for different issues
- Administered required vaccinations and advocated for adherence to vaccination schedule for best disease prevention

- Provided emergency medical care and conducted physical exams and interviews to gain medical history and relevant health data
- Administered medical care for a range of conditions and primary health concerns
- Maintained operational organization by ensuring equipment functionality, inventory levels, and employee medical training
- Assisted over one hundred Marines in returning to whole duty, cutting downtime and expenses
- Developed fitness and exercise programs for over one hundred Marines to increase flexibility, improve cardiac function, and decrease body composition to meet USMC standards
- Measured and monitored Marines' vitals while holding each Marine accountable during an exercise program
- Held classes regarding cardiovascular health, fitness, & nutrition for over 2000 Marines
- Conveyed information about conditions and field treatments given to medical facility staff
- Kept up with continuing education requirements to maintain certification
- Implemented emergency airway management and heart monitoring at scenes and during transport
- Followed decontamination and mandatory reporting procedures when dealing with infectious individuals
- Evaluated injured or ill persons to determine the nature and extent of concerns
- Stabilized severe and critical patients for transport to medical facilities with advanced care teams
- Prioritized medical procedures based on the severity of concern and available resources.

EDUCATION

Doctor of Health Science: Doctor of Health Science and Exercise Leadership, Expected in 12/2025

PennWest California University - California, PA

- Dissertation: A Grounded Theory Study of Veterans' Holistic Well-being in Transition to Civilian Life
- Professional Development: Post-Baccalaureate Certificate in Tactical Strength & Conditioning
- TSAC Capstone Project, Enhancing Performance and Readiness Program (EPR), submitted under the DHS Homeland Security Grant Program (HSGP), explicitly targeting the State Homeland Security Program (SHSP)

Master of Science: Nutrition, 2022

California University of Pennsylvania - California, PA

Bachelor of Science: Exercise Science, 2021

California University of Pennsylvania - California, PA

PUBLICATIONS

Carlton, T. (2023). *Mindfully tactical: Practical strategies for thriving in high-stress situations*. ISBN: 9798394713460.

Carlton, T. (2023). *Mindful tactics: Practical strategies for everyday life*. ISBN: 9798394010583.

Carlton, T. (2023). *Mindful fuel: Nourish your body and mind with mindful nutrition, strength, and conditioning*. ISBN: 9798394508127.

Carlton, T. (2023). *Mindful bites: Nourishing recipes for the tactical athlete*. ISBN: 9798394728020.

Carlton, T. (2023). *Tactical resilience: Building mental strength through mindfulness*. ISBN: 9798395470379.

Carlton, T. (2023). *Resilience 2.0: Strength & conditioning strategies for tactical athletes*. ISBN: 9798397001540.

Carlton, T. (2024). *The WELL mission: Empowering veterans for leadership and life beyond the military*. ISBN: 9798879008869.

Carlton, T. (2023, September). Incorporating military-style training for peak hockey performance. *Fayetteville Marksmen Newsletter*. <https://phatssphem.com/incorporating-military-style-training-for-peak-hockey-performance/>

CERTIFICATIONS & SPECIALIZATIONS

- Child Nutrition and Cooking Certificate - Stanford University
- Learning How to Learn with Honors Certificate - DTS
- Online Learning Design for Educators Specialization - MACQUARIE University
- Online Education: The Foundations of Online Teaching Certificate - MACQUARIE University
- Create Video, Audio, and Infographics for Online Learning Certificate - MACQUARIE University
- Online Teaching: Using Zoom to Connect with Learners Certificate - MACQUARIE University
- Achieving Personal and Professional Success Specialization - PENN
- Success Certificate - PENN
- Improving Communication Skills Certificate - PENN
- Leading the Life You Want Certificate - PENN
- Influence Certificate - PENN
- Writing and Editing: Word Choice and Word Order Certificate - University of Michigan
- Hacking Exercise For Health Certificate - McMaster University

- Mindfulness in Integrative Healthcare Certificate - UM
- Science of Exercise Certificate - CU
- Psychological Research Specialization - APA
- Methods for Quantitative Research in Psychology Certificate - APA
- Ethics of Psychological Research Certificate - APA
- Statistics in Psychological Research Certificate - APA
- Positive Psychiatry and Mental Health Certificate - The University of Sydney
- Space Medicine Certificate - Duke
- The Science of Generosity: Do Good ...Feel Good Certificate - Penn
- Managing Emotions in Time of Uncertainty & Stress Certificate - Yale
- Cognitive Based Therapy (CBT) SOWK-7530 - Pennwest Online
- Six Sigma Black Belt Specialization - KSU
- Organization Planning and Development for the 6 σ Black Belt Certificate - KSU
- Team Management for the 6 σ Black Belt Certificate - KSU
- The Define Phase for the 6 σ Black Belt Certificate - KSU
- The Measure Phase for the 6 σ Black Belt Certificate - KSU
- The Analyze Phase for the 6 σ Black Belt Certificate - KSU
- The Improve Phase for the 6 σ Black Belt Certificate - KSU
- The Control Phase for the 6 σ Black Belt Certificate - KSU
- DFSS for the 6 σ Black Belt Certificate - KSU
- Virtual Teacher Specialization - UCI
- Foundations of Virtual Instruction Certificate - UCI
- Emerging Trends & Technologies in the Virtual K-12 Classroom Certificate - UCI
- Advanced Instructional Strategies in the Virtual Classroom Certificate - UCI
- Performance Assessment in the Virtual Classroom Certificate - UCI
- Virtual Teacher Final Project Certificate - UCI
- Healthy Practices: Nutrition, Physical Activity, and Community and Family Participation Certificate - University of Colorado
- Nutrition Education for the Consumer Specialization - NASM
- Plant Based Diets Certificate - NASM
- Making Sense of Supplements Certificate - NASM
- Understanding Food Labels and Portion Sizes Certificate - NASM
- Nutrition Hot Topics and Controversies Certificate - NASM
- Navigating Diets Certificate - NASM

- Science of Diet and Exercise Specialization - NASM
- Metabolic Makeover Certificate - NASM
- Science of Fat Metabolism Certificate - NASM
- Aligning Diet and Exercise Certificate - NASM
- The New Nordic Diet: from Gastronomy to Health Certificate - University of Copenhagen
- Weight Management: Beyond Balancing Calories Certificate - Emory University
- Food Sustainability, Mindful Eating, and Healthy Cooking Specialization - Stanford University
- Rebuilding Our Relationship with Food Certificate - Stanford University
- Introduction to Food and Our Environment Certificate - Stanford University
- Cooking for Busy Healthy People Certificate - Stanford University
- Qualitative Research Honors Certificate - UC Davis University
- Quantitative Research Honors Certificate - UC Davis University
- Inspiring Leadership through Emotional Intelligence Specialization - Case Western Reserve University
- Foundations of Positive Psychology Specialization - PENN
- Positive Psychology: Martin E. P. Seligman's Visionary Science Certificate - PENN
- Positive Psychology: Applications and Interventions Certificate - PENN
- Positive Psychology: Character, Grit, and Research Methods Certificate - PENN
- Positive Psychology: Resilience Skills Certificate - PENN
- Positive Psychology Specialization Project: Design Your Life for Well-being Certificate - PENN
- The Science of Well-Being Certificate - Yale University
- Understanding Medical Research Certificate - Yale University
- Health Behavior Change: From Evidence to Action Certificate - Yale University
- Mindfulness and Well-being Specialization - Rice University
- Mindfulness and Well-being: Foundations Certificate - Rice University
- Mindfulness and Well-being: Living with Balance and Ease Certificate - Rice University
- Mindfulness and Well-being: Peace in, Peace Out Certification - Rice University
- Understanding Clinical Research: Behind the Statistics with Honors Certificate - University of Cape Town
- Writing in the Sciences Certificate with Honors 8 Wk Course -Stanford University
- Intro to Statistics Certificate with Honors 8 Wk Course -Stanford University
- IRB CITI Certificate
- AMSUS Student Membership
- NSCA Student Membership
- ACSM Student Membership
- PHATS/PHEM Pro Hockey Athletic Trainer Membership

- NSCA Certified Strength & Conditioning Coach (CSCS) (In-Process)
- NSCA Tactical Strength & Conditioning Coach (TSAC-F) (In-Process)
- Adult & Pediatric CPR/First Aid 0194BP0 07/2025
- NASM Performance Enhancement Specialist (PES)
- NASM Corrective Enhancement Specialist (CES)
- NASM Fitness Nutrition Specialist (FNS)
- NASM Certified Nutrition Coach (CNC) 10/2024
- NASM Certified Sports Nutrition Coach (CSNC) 10/2024
- NASM Nutrition Coach (Association for Nutrition Level
- NASM Golf Fitness Specialist (GFS)
- NASE Certified Speed Specialist Level 2 (CSS)
- ISSA Elite Certified Personal Trainer (ECPT)
- ISSA Nutritionist Certification
- ISSA Strength & Conditioning Certification
- ISSA T3 HIIT Specialist
- ISSA Bodybuilding Specialist
- dotFIT Nutrition Certification
- ExpertRating Certified Master Personal Trainer (CMPT)
- ExpertRating Certified Personal Trainer (CPT)
- ExpertRating Sports Nutrition Coach (SNC)
- ExpertRating Sports Performance Specialist (SPS)
- ExpertRating Six Sigma Black Belt Certification
- Walmart Rising Star Award
- Who's Who Among American High School Students 1998-1999

MILITARY COURSES AND SPECIALIZATIONS

- Hospital Corps School (HM)
- Field Medical Training Battalion (FMTB) Course
- Enlisted Leader Development Course
- Fleet Marine Force (FMF) Warfare Designation
- Tactical Combat Casualty Care (TCCC)
- Live Tissue Lab
- Advanced Live Tissue Course
- USMC/USN Expert Rifle Qualification

- USMC/USN Expert Pistol Qualification
- Dynamic Assault Course
- Mountain Medicine Course
- Motorized Weaponized Operations Course
- Mountain Warfare
- Mojave Viper x 2
- Small Unit Tactics
- Tan - Black Belt Marine Corps Martial Arts (MCMAP)
- Powerlifting Champion Rawa Iraq 2009
- Combat Anti-Armor Team Training Course
- Command Fitness Leader (CFL)

AFFILIATIONS

- National Strength and Conditioning Association (NSCA)
- National Academy of Sports Medicine (NASM)
- International Sports Sciences Association (ISSA)
- Professional Hockey Athletic Trainers Society / Professional Hockey Equipment Managers Society (PHATS/PHEM)
- Journal of Veteran Studies
- American College of Sports Medicine (ACSM)
- AMSUS (The Society of Federal Health Professionals)