



PROFILE

Doctor of Health Science in exercise leadership with a doctoral portfolio focused on holistic resilience and transitional strategies for tactical military athletes. Former Navy Hospital Corpsman with combat deployment experience and advanced proficiency in trauma care, tactical medicine, and injury recovery. Experienced instructor and course developer specializing in performance optimization, resilience, and veteran reintegration. Founder of the Mindfully Tactical Foundation (MTF) and Veteran Liaison for Pennsylvania Western University, where I mentor student veterans in higher education success. Also serve as Director of Performance Science for the Fayetteville Marksmen's professional hockey team. Creator of the BRAVE framework, a research-driven model advancing veteran reintegration through evidence-based practice.

CONTACT

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CLIFTON STRENGTHS

- Strategic
- Achiever
- Relator
- Restorative
- Learner



TONY CARLTON

DOCTOR OF HEALTH SCIENCE (DHSc)

Education

Doctor of Health Science (DHSc), Exercise Leadership

Pennsylvania Western – California, PA, August 2025

- Doctoral portfolio centered on holistic resilience and transitional strategies for tactical military athletes.
- Certificates: Tactical Strength & Conditioning (TSAC); Performance Enhancement & Injury Prevention
- Graduated with SALUTE Veterans National Honor Society honors

Master of Science – Nutrition

California University of Pennsylvania August 2022

Bachelor of Science – Exercise Science

California University of Pennsylvania, August 2021

Teaching Experience

Adjunct Instructor / Course Developer – *Mindfully Tactical Foundation* (2023–present)

- Designed and delivered 3 undergraduate-level courses in health science, exercise leadership, and veteran reintegration.
- Developed online learning modules (Brightspace, Zoom, Canvas) with evidence-based content.
- Integrated applied case studies from veteran transition, resilience, and tactical athlete performance.
- Created assessments, rubrics, and interactive reflection activities tailored to diverse learning needs.

Graduate Teaching Experience (Doctoral Program) – *Pennsylvania Western University* (2022–2025)

- Delivered guest lectures and facilitated seminars in exercise leadership and tactical resilience.
- Guided peers in research methods, IRB compliance, and portfolio development.
- Mentored student veterans in higher education pathways, serving as a non-paid veteran liaison.

AFFILIATIONS

- Journal of Veteran Studies (JVS), Peer Reviewer
- Veterans Studies Association (VSA)
- Professional Hockey Athletic Trainers Society / Professional Hockey Equipment Managers Society (PHATS/PHEM)
- North Carolina Veterans Council
- Disabled American Veterans (DAV), 3208343361572, Lifetime Member
- Marine Corps League, 252961
- Veterans of Foreign Wars (VFW)
- Wounded Warrior Foundation (WWF), 6164818947
- National Strength and Conditioning Association (NSCA)
- American College of Sports Medicine (ACSM)
- AMSUS (The Society of Federal Health Professionals)

CERTIFICATION & SPECIALIZATION

- NASM: PES, CES, FNS, CNC, CNSC, CPT
- ISSA: Elite CPT, S&C, Nutritionist, HIIT (T3), BB
- NASE Level 2 CSS
- ExpertRating: Master CPT, SNC, SPS, Six Sigma Black Belt
- DotFIT Nutrition Certification
- IRB CITI Human Subjects Research Certification
- Adult & Pediatric CPR/First Aid

Workshops & Seminars – Professional and Academic Settings (2020–present)

- Led workshops on nutrition, performance, and resilience for professional hockey athletes (Fayetteville Marksmen).
- Delivered seminars for veterans on GI Bill/VR&E benefits, financial planning, and academic readiness.

Professional Experience

Director of Performance Science/Reconditioning Coach – Fayetteville Marksmen (2020 – present)

09/2020 – Current

- Trained 150+ athletes in strength, speed, and recovery; implemented team-wide nutrition curriculum.
- Delivered preseason camps, return-to-play protocols, and mental skills workshops.
- Published professional articles in PHATS/SPHEM on resilience and athlete performance.

Founder & Program Director – Mindfully Tactical Foundation (2023 - present)

06/2023 – Current

- Built veteran education pipeline; enrolled 12+ in degree programs using VA benefits.
- Created WELL Program & PATH Initiative for veteran success in higher education.
- Developed academic toolkits, mentorship models, and success planning curricula.

Owner/Operator - Body Elite KNS

05/2020 – 08/2025

- Launched tactical nutrition and performance supplement line.
- Applied business and leadership skills to curriculum development in health and wellness.

United States Navy, Fleet Marine Force (FMF) Corpsman - Leading Petty Officer (LPO), Command Fitness Leader (CFL) (until 2014)

- Delivered instruction in Tactical Combat Casualty Care (trained 300+ service members).
- Led physical training and health education programs, reducing Navy fitness failures from 15% to 5%.
- Experience equivalent to applied anatomy, emergency medicine, and exercise leadership in high-stress environments.

Publications

Peer Reviewed

- Carlton, T. (2025). *Evidence Integration Review of Multimodal Interventions for PTSD, Social Reintegration, and Economic Stability in Veterans*. Journal of Veterans Studies, 11(2), 15–27. <https://doi.org/10.21061/jvs.v11i2.683>
- Carlton, T. K. (forthcoming, 2026). *BRAVE Theory: Military Transition, Trauma, and Reintegration*. Springer. (Textbook under contract, submission due March 2026).

Books (Author)

- Carlton, T. (2023). *Mindfully Tactical: Practical Strategies for Thriving in High-Stress Situations*.

- Carlton, T. (2023). *Mindful Tactics: Practical Strategies for Everyday Life*.
- Carlton, T. (2023). *Mindful Fuel: Nourish Your Body and Mind with Mindful Nutrition, Strength, and Conditioning*.
- Carlton, T. (2023). *Mindful Bites: Nourishing Recipes for the Tactical Athlete*.
- Carlton, T. (2023). *Tactical Resilience: Building Mental Strength Through Mindfulness*.
- Carlton, T. (2023). *Resilience 2.0: Strength & Conditioning Strategies for Tactical Athletes*.
- Carlton, T. (2024). *The WELL Mission: Empowering Veterans for Leadership and Life Beyond the Military*.

Professional Articles

- Incorporating military-style training for peak hockey performance, 09/23, PHATS/SPHEM Newsletter, <https://phatssphem.com/incorporating-military-style-training-for-peak-hockey-performance/>
- Integrating holistic resilience and mindfulness to enhance hockey performance: Lessons from tactical athlete training, 03/24, PHATS/SPHEM, <https://phatssphem.com/integrating-holistic-resilience-and-mindfulness-to-enhance-hockey-performance-lessons-from-tactical-athlete-training/>