



TONY CARLTON

West End, NC 27376 ♦ car1324@pennwest.edu

WEBSITES, PORTFOLIOS, PROFILES

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

PROFESSIONAL SUMMARY

I am a former Navy Hospital Corpsman with over eight years of military medical experience, specializing in vaccinations, emergency care, and injury prevention. Additionally, I am an Exercise and Nutrition Consultant, published author, and business owner focusing on injury recovery, therapeutic exercise, and veteran support. I possess a strong foundation in business operations, leadership, and course development, and I am committed to community empowerment initiatives. Currently, I am pursuing a Doctor of Health Science 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

- | | |
|---|---------------------------------|
| • Written & Oral Communication | • Self-Management & Work Habits |
| • Adaptability in the face of adversity | • Teamwork |
| • Flexibility | • Leadership |
| • Analysis & Problem-Solving | • Organization |
| • Technical Skills | • Compliance |
| • Integrity | • Strategic Planning |
| • Research & Information Management | • Dedication |

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

Command Fitness Leader (CFL) Naval Hospital Bremerton (NHB)

US Navy – Naval Hospital Bremerton (NHB), Washington

- Consistently earned 4.0 evaluations for exceptional leadership and performance.
- Reduced Physical Fitness Assessment (PFA) failure rates from 15% to 5% as Command Fitness Leader.

- Delivered emergency care, conducted physical exams, and stabilized critical patients for transport.
- Directed immunization programs and preventive health practices for children and families.
- Led a team of 12 clinical staff, managing training, operational organization, and policy implementation.
- Conducted over 10 EKG/ECG interpretation classes for medical assistants and Command Fitness Leaders.
- Trained 15 medical assistants in clinical operations and patient care.
- Designed and implemented individual and group fitness programs tailored to sailor healthcare needs.
- Held 25+ classes on safe and effective exercise techniques for sailors.
- Monitored clients' fitness progress and adjust programs to optimize results.
- Educated families on nutrition, exercise, and lifestyle changes to improve pediatric health outcomes.
- Treated complex pediatric cases, including premature newborns and obese patients, with tailored health plans.
- Participated in research and clinical audits, improving evidence-based methodologies.
- Managed practice budgets and prepared financial reports for monthly board meetings.
- Revised and evaluated clinical policies and procedures to enhance operational efficiency.

Leading Fleet Marine Force (FMF) Corpsman Weapons Company, Before 06/2011

Operation Iraqi Freedom (OIF), Operation Enduring Freedom (OEF), Operation New Dawn (OND)

US Navy – Twentynine Palms, Camp Pendleton, Naval Amphibious Base Coronado, California

- Directed the health and welfare of US Navy Hospital Corpsmen and over 1472 US Marines.
- Awarded multiple decorations, including valor (V device) distinctions for heroism and combat action ribbons.
- Executed 200+ combat missions in Iraq as part of an anti-tank truck team and weapons company with the 3rd Battalion, 7th Marines.
- Led 50+ missions in Afghanistan as Leading Corpsman for Weapons Company, 3rd Battalion, 7th Marines.
- Completed advanced training such as Field Medical Training (FMTB), Tactical Combat Casualty Care (TCCC), Mountain Medicine, Mountain Warfare, Mountain Survival, Mountain Leaders Course (MLC), Fleet Marine Force Warfare Specialist (FMF), Mojave Viper, Enhanced Mojave Viper, Dynamic Assault, Live Tissue, and Marine Corps Martial Arts (Tan-Black belt), Advanced Marksmanship training, Expert Pistol, and Rifle Qualifications.
- Delivered 300+ instructional classes in combat casualty assessment and field treatment techniques.
- Maintained a high-volume medical practice with full patient loads and high satisfaction scores.
- Referred patients for specialty and advanced care and ensured adherence to treatment plans.
- Prescribed medications and administered required vaccinations, advocating for adherence to vaccination schedules.
- Assessed, treated, and managed various medical conditions in high-pressure environments.
- Monitored and maintained medical equipment functionality, inventory levels, and staff training compliance.
- Successfully rehabilitated 100+ Marines to full operational status, reducing medical downtime and operational costs.
- Designed and led fitness programs for 100+ Marines, improving cardiac health and achieving USMC standards.
- Conducted classes on cardiovascular health, fitness, and nutrition for over 2,000 Marines.
- Operated independently in austere environments with minimal physician oversight, providing advanced trauma care and minor surgical interventions during combat missions.

- Triaged injuries to prioritize treatment based on severity and available resources in and out of the Continental United States (CONUS).
- Maintained certifications through rigorous continuing education and training programs.

EDUCATION

Doctor of Health Science: Doctor of Health Science and Exercise Leadership, August 2025

PennWest California University - California, PA

- Tactical Strength & Conditioning Post Baccalaureate Certificate
- Performance Enhancement & Injury Prevention Post Baccalaureate Certificate
- 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.

PHATS/SPHEM Newsletter. <https://phatssphem.com/incorporating-military-style-training-for-peak-hockey-performance/>

Carlton, T. (2024, March). Integrating holistic resilience and mindfulness to enhance hockey performance:

Lessons from tactical athlete training. *PHATS/SPHEM*. <https://phatssphem.com/integrating-holistic-resilience-and-mindfulness-to-enhance-hockey-performance-lessons-from-tactical-athlete-training/>

CERTIFICATIONS & SPECIALIZATIONS

TEACHING AND ONLINE EDUCATION

- Child Nutrition and Cooking Certificate – Stanford University
 - Learning How to Learn with Honors Certificate – DTS
 - Online Learning Design for Educators Specialization – Macquarie University
 - Foundations of Online Teaching
 - Create Video, Audio, and Infographics for Online Learning
 - Using Zoom to Connect with Learners
 - Virtual Teacher Specialization – UCI
 - Foundations of Virtual Instruction
 - Emerging Trends & Technologies in the Virtual K-12 Classroom
 - Advanced Instructional Strategies in the Virtual Classroom
 - Performance Assessment in the Virtual Classroom
 - Final Project
 - Writing and Editing: Word Choice and Word Order Certificate – University of Michigan
 - Writing in the Sciences Certificate (with Honors) – Stanford University
-

NONPROFIT LEADERSHIP & MANAGEMENT

- Introduction to Nonprofit Law Certificate - PENN
 - Social Impact Strategy: Tools for Entrepreneurs and Innovators Certificate – PENN
 - Crowdfunding Certificate – PENN
 - Giving 20.0: The MOOC – Stanford
-

HEALTH, NUTRITION, AND EXERCISE

- NASM Nutrition Education for the Consumer Specialization
 - Plant-Based Diets
 - Making Sense of Supplements
 - Understanding Food Labels and Portion Sizes
 - Nutrition Hot Topics and Controversies
 - Navigating Diets
 - Science of Diet and Exercise
 - Metabolic Makeover
 - Science of Fat Metabolism
 - Aligning Diet and Exercise
- Hacking Exercise for Health Certificate – McMaster University
- Science of Exercise Certificate – CU
- 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
 - Introduction to Food and Our Environment

- Cooking for Busy Healthy People
 - Healthy Practices: Nutrition, Physical Activity, and Community Participation Certificate – University of Colorado
-

LEADERSHIP AND EMOTIONAL INTELLIGENCE

- Inspiring Leadership through Emotional Intelligence Specialization – Case Western Reserve University
 - Achieving Personal and Professional Success Specialization – PENN
 - Success Certificate
 - Improving Communication Skills Certificate
 - Leading the Life You Want Certificate
 - Influence Certificate
-

PSYCHOLOGY AND POSITIVE WELL-BEING

- Foundations of Positive Psychology Specialization – PENN
 - Martin E. P. Seligman’s Visionary Science
 - Applications and Interventions
 - Character, Grit, and Research Methods
 - Resilience Skills
 - Specialization Project: Design Your Life for Well-being
- The Science of Well-Being Certificate – Yale University
- Positive Psychiatry and Mental Health Certificate – The University of Sydney
- Mindfulness and Well-being Specialization – Rice University

- Foundations
 - Living with Balance and Ease
 - Peace in, Peace Out
-

RESEARCH AND STATISTICAL ANALYSIS

- Psychological Research Specialization – APA
 - Methods for Quantitative Research in Psychology
 - Ethics of Psychological Research
 - Statistics in Psychological Research
 - Qualitative Research Honors Certificate – UC Davis University
 - Quantitative Research Honors Certificate – UC Davis University
 - Understanding Medical Research Certificate – Yale University
 - Understanding Clinical Research: Behind the Statistics with Honors Certificate – University of Cape Town
 - Intro to Statistics Certificate (with Honors) – Stanford University
-

MENTAL HEALTH AND COGNITIVE THERAPY

- Cognitive-Based Therapy (CBT) SOWK-7530 Certificate – PennWest Online
 - Managing Emotions in Times of Uncertainty & Stress Certificate – Yale University
 - The Science of Generosity: Do Good ... Feel Good Certificate – Penn
-

SPECIALTY CERTIFICATIONS

- IRB CITI Certificate
- NSCA Certified Strength & Conditioning Coach (CSCS) (In Progress)
- NSCA Tactical Strength & Conditioning Coach (TSAC-F) (In Progress)
- NASM Performance Enhancement Specialist (PES)
- NASM Corrective Exercise Specialist (CES)
- NASM Fitness Nutrition Specialist (FNS)
- NASM Certified Nutrition Coach (CNC)
- NASM Certified Sports Nutrition Coach (CNSC)
- NASM Certified Personal Trainer (CPT)
- Adult & Pediatric CPR/First Aid (Valid through 07/2025)
- 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
- Expert Rating Certified Master Personal Trainer (CMPT)
- Expert Rating Certified Personal Trainer (CPT)
- Expert Rating Sports Nutrition Coach (SNC)
- Expert Rating Sports Performance Specialist (SPS)
- Expert Rating Six Sigma Black Belt Certification
- MCMAP Black Belt 1st Degree
- Fleet Marine Force (FMF)

AFFILIATIONS

- North Carolina Veterans Council Attendee 2024
- Veterans Studies Association (VSA)
- Disabled American Veterans (DAV) Lifetime Member - 3208343361572
- Marine Corps League - 252961
- Veterans of Foreign Wars (VFW)
- Wounded Warrior Foundation (WWF) – Warrior ID 6164818947
- 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 (JVS) – Peer Reviewer
- American College of Sports Medicine (ACSM)
- AMSUS (The Society of Federal Health Professionals)