



MACKIE SHILSTONE

NORDIC NATURALS ADVISORY BOARD MEMBER

“Having worked in the pro sports environment for the last 28 years, I find that a high quality fish oil supplement is a safe, effective option for addressing inflammation, providing an invaluable adjunct to a targeted maintenance program for high level competition in conjunction with my client's medical profile.”

—Mackie Shilstone

A complete profile is available and can be emailed upon request. Press interviews can be arranged by contacting Shari Hindman, Integral Marketing, Inc. at 303.499.9665 or sharilhindman1@comcast.net.

Summary of Expertise

Mackie Shilstone is one of America's most influential sports performance managers, whose expertise has played a pivotal role in the long-term success of scores of million-dollar world-class athletes. Over 3,000 professional athletes have turned to Mackie to give them the body, drive, stamina, and performance they need to win. Mackie's work with top athletes has been reported in over 2,000 publications including the *Wall Street Journal*, the *New York Times*, the *Los Angeles Times*, *USA Today*, *People* magazine, and *Inc.* Mackie has also transformed the lives of hundreds of everyday people struggling with health and weight problems, poor nutrition, and lack of motivation. A well known author, speaker, and media personality, Mackie has written six books on fitness and weight management. His newest book, *Body Plan for Kids*, is a comprehensive guide for parents to gain control of their child's weight through healthy eating, fitness, and increasing self-esteem. In addition, Mackie has written articles for prestigious health and fitness journals, including the *American Medical Athletic Association Quarterly* and *The Physiologist*. With a Master of Arts degree and Master of Business Administration, Mackie currently directs *The Fitness Principle with Mackie Shilstone* at East Jefferson General Hospital. Additionally, he is a Clinical Instructor of Public Health and Preventative Medicine at Louisiana State Health Sciences Center, Adjunct Instructor in the School of Allied Health at Nicholls State University, Adjunct Professor at the A. B. Freeman School of Business at Tulane University, special advisor to the United States Olympic Committee on Sports Nutrition, and has served on the Governor's Council on Physical Fitness and Sports, State of Louisiana.

Specific Subjects

Sports performance; sports nutrition; endurance; stamina; weight management; children's fitness; sport injury management; physical rehabilitation; fish oil supplementation and research; the effects of essential fatty acids on weight loss, fitness, and heart health; lifestyle changes for improved mental and physical performance

Published Works

- *Body Plan For Kids* – Basic Health Publishing 2009
- *Lean and Hard* – John Wiley and Sons 2007
- *Fat Burning Bible* – John Wiley and Sons 2005
- *Maximum Energy For Life* – John Wiley and Sons 2003
- *Lose Your Love Handles* – Putnam/Perigee 2000
- *Mackie Shilstone's Feelin' Good about Fitness* – Pelican Publishing 1986