

Mikki Reilly

Fitness Transform Founder
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Education

- Bachelor's degree, Exercise and Health Science and Communication, UCSB
- Master of Fitness Sciences, the International Sports Sciences Association
- Ancestral Health Symposium
- Assistant Instructor to Pavel Tsatsouline, from the former Soviet Union

Certifications

- National Strength and Conditioning Association (NSCA)
 - Certified Strength and Conditioning Specialist (CSCS)

Honors and Awards

- International Sports Sciences Association
 - Distinguished Achievement Award
 - Signified placement in the top 1% of 15,000 certified trainers worldwide

Professional Experience

- Fitness Transform (Business Owner)
 - 2001 to present
 - Real world experience ~ 2,500 clients over the past 20 years
 - Trained health care professionals (MD, PhD, PT, NP, PA)
 - Personal Training, Semi Private and Small Groups
 - Fitness Counseling specializing in
 - Realigning Lifestyle
 - Nutritional Assessment
 - Fitness Training
 - Flexibility
 - Mobility
 - Strength
 - Endurance
 - <https://fitnesstransform.com/>

Teaching/Invited Lectures

- Regular lectures for the Integrative Medical Center of Santa Barbara, Dr Saunders
- California Health and Longevity Institute
- National Association of Women's Business Owners
- World's Presidents' Organization

- Women's Economic Ventures
- National Radio Interviews
 - Health First Radio Show
 - Livin' La Vida Low-Carb Radio Show
 - Amy Myers MD, Blog Talk Radio
 - Live To 110, Wendy Myers

- **Publications**
 1. Your Primal Body: The Paleo Way to Living Lean, Fit and Healthy at Any Age (DaCapo Lifelong Books, 2013)
 2. The Single Most Important Factor for Fat Loss
 3. What's the One Exercise You Should Be Doing Now?
 4. 12 Simple Steps to the Paleo Lifestyle
 5. Primal Supplements for Health and Fitness
 6. Paleo Lifestyle: Preventing Diabetes One Step at a Time
 7. Personal Training Improves Body Composition and Insulin Sensitivity
 8. Eat an Abundance of Plant Foods from the Santa Barbara Farmers Market
 9. Live to Be 100 and Die Disease Free
 10. Primal Lifestyle: Three Things You Can Do To Eliminate Pain
 11. Functional Movement: The Right Kind of Exercise
 12. 9 Fitness Tips for Surviving the Holidays
 13. Is Eating Meat Good For the Planet?
 14. Fat Burning Workouts at Fitness Transform
 15. Strength Training is Anti-Aging
 16. What is the Paleo Diet?
 17. Lifting Weights Builds New Brain Cells
 18. Flexibility VS Mobility
 19. Flexibility: The Benefits
 20. Inside the Fitness Studio
 21. Challenge Your Balance
 22. The Secret to Fat Loss: Intervals!
 23. Stress Reduction Techniques
 24. Stress Cortisol and Weight Gain
 25. Low Carb Diets and LDL
 26. The High Protein Diet and Kidney Damage
 27. The Big Red Meat Study
 28. Paleo Diet Confers Health Benefits
 29. The Dynamic Weight Stage
 30. Intervals Reduce Training Time for Endurance Athletes
 31. Train for Strength
 32. The Asian High Carb Argument
 33. Toxic Fat by Dr Barry Sears
 34. The Gender Gap in Endurance Sports
 35. Kettlebells for Strength, Cardiovascular Conditioning and Fat Loss