

Michelle King Davis

CONTACT INFORMATION

1850 Ash Street
North Bend, OR 97459
(541) 217-4222
michelle@notdiets.com (recipe page included on site)

EDUCATION

B.A., Education
Asbury University, Kentucky
May, 1984

Fitness Institute International, Exercise Science, 2007
ACE Certified Personal Trainer, since September, 2007
ACE Certified Health Coach, since January, 2011

WORK EXPERIENCE

Health Coach & Owner, Not Diets, LLC www.notdiets.com
1850 Ash Street
North Bend, OR 97459
September, 2010- present

Individual plant-based lifestyle counseling, diabetes/cancer prevention training, physical training, 15-Week Lifestyle Solutions classes, support group leader, thematic cooking classes, food demos/speaking, ongoing recipe development

Assistant to the Director
Hippocrates Health Institute
West Palm Beach, FL 33411
July 6, 2005- October, 2006
Administration, guest relations, writing/editing of company magazine, teacher/lecturer, arranging lecture tours, event planning and oversight for major events,

Public and private school educator, 1984-1996

PERTINENT EXPERIENCE

Published nutrition author of two books:
Never Be Fat Again (Health Communications Intl, 2007)
Beyond Healthy Recipes (Morris Press, 2010)
authored health articles in "Healing Our World" magazine
wrote column in Beyond Health News, 2008-2011
CME speaker for physicians at Bay Area Hospital, Speaker/Food Demos for local groups including Women's Health Events/retreats in Florida and Oregon
Health Minutes on local radio station 2014- present

HOBBIES

fitness/ physical activity, hiking, biking, running, pickleball, weight training, square dancing, outdoors, healthy cooking and reading

OTHER

Find me online www.notdiets.com
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