

Dr. Marc Tinsley

The People Repairman at Fitness for the Rest of Us™

Monroeville, PA, US

Helping Ordinary People Attain Excellence By Increasing Vitality And Building Resilience

Biography

The Speaker:

A professional member of the National Speakers Association, Dr. Marc Tinsley is an dynamic, effective, and in-demand speaker who helps people remove the obstacles that interfere with their health, their happiness, and their success. His funny and informative presentations deliver practical information and audience members leave with actionable items that they can put into practice right away. He's a hit with audiences from all types of associations, schools, and corporations. His interactive and amusing style engages the audience, helping them feel comfortable as he delivers inspiring and supportive messages to help them build resiliency, increase energy, improve productivity, maximize performance, and achieve excellence.

The Author:

In addition to being a popular professional speaker, Dr. Tinsley is a creative and talented writer and author. His knack for analogies, connecting the known to the unknown, and his ability to take complicated ideas and convert them into easy to understand lessons have made him a popular contributor to magazines, websites, and newspapers. His soon to be published books, *Is Your Job Making You Fat?* and *Fitness for the Rest of Us* are based on two of his popular keynote speeches. Dr. Tinsley has also made many media appearances and been interviewed for several television programs, radio shows, websites, and magazines.

The Physician:

For over 20 years, Dr. Tinsley has stressed that the word "doctor" means teacher. After regularly achieving the Dean's list and receiving three separate academic scholarships, Dr. Tinsley felt that it was important to share his knowledge with his patients. He has always taken time to educate his patients and promote physical activity, proper nutrition, stress management and emotional well-being, and adequate rest. He has emphasized treatments and therapies which promote independence, encouraging his patients to take an active part in their care, and not only to get better, but to keep getting better.

The Results:

After speaking to his patients one-at-a-time for over 20 years, Dr. Tinsley has taken that same teaching philosophy and applied it to audiences of several hundred. More than 95% of audience members commit to making positive lifestyle changes as a result of his presentations. These changes make it possible to achieve excellence in their personal and professional lives.

Availability

Keynote, Moderator, Panelist, Workshop, Host/MC, Corporate Training

Industry Expertise

Health and Wellness, Non-Profit/Charitable, Professional Training and Coaching

Areas of Expertise

Health, Productivity, Leadership

Affiliations

National Speakers Association, Meeting Professionals International, Society for Human Resource Management

Sample Talks

The Resilient Leader

Being a leader is hard work and it takes its toll emotionally, mentally, spiritually, and physically. In this presentation, leaders will learn what they need to do to be more effective, avoid the wear and tear of leadership, and improve their quality of life.

Event Appearances

Fitness for the Rest of Us

Corporate Workshop

Is Your Job Making You Fat?

Corporate Workshop

Body of Success

Corporate Workshop

Education

National College of Chiropractic

Doctor of Chiropractic Chiropractic

Southern California University of Health Sciences

Continuing Education Physical Rehabilitation

Accomplishments

Manifesting the Kindom Award
Awarded by the Bishop of Pittsburgh

Testimonials

Cindy Cooney

“You surely met our goals by combining your ability to communicate with people and your sensible and innovative approach to fitness. In so many ways, you showed us that success is a journey, and well within our reach.”

Charlotte Buccardo

“I would highly recommend Dr. Tinsley to any group who is looking for a health fair event or general consulting or coaching for better health awareness.”

Marylee Judeikis, RN

“Thank you , once again, for a great presentation! I always get great feedback from the employees about your seminars”

John Miller

“I would highly recommend Dr. Tinsley to groups who are seeking a motivational speaker about health/wellness, and taking care of oneself .”

Mike Clark

“I know on Channel 4 we have Dr. Oz, but we are so grateful in our hometown of Pittsburgh, we have Dr. Marc Tinsley.”

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