



EV CORE CONTRIBUTOR

Michael Scholtz

MICHAEL SCHOLTZ

Michael has a master's degree in exercise physiology from the University of North Carolina at Chapel Hill. He has worked in the health care field for over 30 years including 10 years at the Duke University Diet and Fitness Center and 19 years as co-owner of the wellness coaching company Novo Wellness.

In 1990 Michael became certified as a personal trainer through the American Council on Exercise (www.acefitness.org). He is also a certified strength and conditioning specialist through the National Strength and Conditioning Association (www.nsc.com) and a USATF Level 1 track and field coach (www.usatf.org).

Since 2001 Michael has co-owned Novo Wellness, LLC with Greg Hottinger. He is a Certified Professional Health and Wellness Coach through Wellcoaches (www.wellcoachesschool.com), a PCC certified coach through the International Coaching Federation (www.coachfederation.org), and National Board Certified Health and Wellness Coach through the National Board for Health and Wellness Coaching (www.nbhwc.org).

In 2020, he founded Vistas Life Coaching where he amplifies the power of wellness coaching with the support of nature.