



Michelle Joy Kramer

HEALTH COACH

Michelle Joy Kramer, CHHC, AADP, is a Board-Certified Holistic Health Practitioner and Integrative Nutrition Health Coach. She assists individuals and corporate teams in achieving their optimal health through healthy lifestyle choices regarding nutrition, exercise, spirituality, relationships, and careers.

Expertise

Individual Coaching

Corporate Groups

Longevity/Anti-Aging Health

Heart Rate Conditioning

Whole Food Plant-Based Nutrition

Super Foods for Sustainable Energy and Stamina



239.231.5538



michelle@michellejoykramer.com



michellejoykramer.com



[@michellejoykramer](https://www.instagram.com/michellejoykramer)

Education

Graduate of T. Colin Campbell Center for Nutrition Studies, eCornell. Certificate program in Plant-Based Nutrition 2022

Certified Facilitator of the Appreciation at Work, 2021

Graduate of the Transcendental Meditation Program, 2017

Graduate of The Advanced Techniques of TM Program, 2020-2021

Graduate of the Institute for Integrative Nutrition, Health Coach Training Program, 2010

Completed Communications and Team Management & Leadership Programs, Landmark Worldwide 2010-2013

Graduate of the International Training Massage School, Chiang Mai, Thailand 2008

Graduate of the Florida Institute of Massage Therapy, Ft. Lauderdale, FL 1995-1997

Community Groups

Naples Green Scene: Organizer, Naples, FL 2018-Present

Professional Memberships

American College of Lifestyle Medicine, 2019-Present

Affiliate of the TM Health Professionals Program 2020-Present

Certified by The American Association of Drugless Practitioners, 2019-Present

Physicians Committee for Responsible Medicine 2018-Present

American Heart Association Executive Leadership Team,
West Palm Beach, FL, 2009-2010

Professional Projects

Porsche: Preferred Partner, Naples, FL 2022

Plant Based Nutrition Support Group: Presentation, Detroit, MI 2021

Blue Zones Project – By Sharecare: Created an Online Plant-based Cooking Series 2020-present

Conveyor Equipment Manufacturers Association: Presentation, Naples, FL 2020

Complete Health Improvement Program: Presentation, Fort Myers, FL 2019

Institute for Integrative Nutrition: Speaker, Miami, FL 2018

Food & Thought: Presentation, Naples, FL 2014

Mitchell Wolfson Senior Foundation: Catering Event, Miami, FL 2013

Goldman Sachs: Presentation, Miami, FL 2013

WLRN Public Radio and Television, WLRN-Miami Herald News, Friends of WLRN, Inc.: Developed
Wellness Program, Miami, FL 2013-2015

St. Luke's Wood River Hospital Foundation: Presentation, Sun Valley, ID 2012

Vitamix Corporation: Presentation, Delray Beach, FL 2012

Ambassador for the Institute for Integrative Nutrition 2011-Present

Lydian Bank: Presentation, Palm Beach, FL 2011

ESF Dream Camp Foundation: Wellness Curriculum for Disadvantaged Youth in Philadelphia, PA 2010-
2011

American Heart Association: Co-Chaired Lawyers Have Heart Inaugural 5k, West Palm Beach, FL 2009-
2010

American Heart Association: Co-Chaired Start Heart Walk 5k, West Palm Beach, FL 2008

Athletic Accomplishments

Boston Marathon: 2008

Ironman Triathlon World Championship Kona, HI: 2003

Ironman Florida: 2002

New York City Marathon: 1999