

Chet Zelasko, PhD

Scientist. Speaker. Author.

My strength is my ability to explain complex scientific health concepts and translate them into simple lifestyle changes that my readers and listeners can use to improve their health. I also have a simple philosophy for health: Eat less. Eat better. Move more. That philosophy was developed over my 30-plus years of experience in the health and fitness field. It all begins with a foundation rooted in science and research.



Professional Credentials

I have a PhD and Master of Arts in Exercise Physiology and Health Education from Michigan State University (1987 and 1984), and a Bachelor of Science in Physical Education from Canisius College (1982). I completed a teaching and research post-doctoral fellowship at Ball State University; in the two years at Ball State, I was voted one of the Top 10 Teachers at the University. I'm certified by the American College of Sports Medicine as a Health and Fitness Specialist, have taught in ACSM certification workshops throughout the U.S., and belong to the American Society of Nutrition. I've conducted research and been published in peer-reviewed journals.

My Experience

In the 1990s, I was an Associate Professor and Department Chair in the Health and Wellness Department at Buffalo State College. At the same time, I managed the weight-loss program for an HMO in the Western New York area.

In 1998, I left academia to become the chief research scientist for the Better Life Institute in Grand Rapids, Michigan, where I developed weight-management programs, a cleansing and detoxification program, and various fitness programs. I've written nearly 4,000 e-mail messages and newsletters and presented seminars to large and small groups all over North America and the Caribbean. I've also hosted over 700 episodes of *Straight Talk on Health*, a weekly radio show on a wide range of health topics on WGVU-FM, the Grand Rapids NPR affiliate.

In 2008, I formed my own company: Chet Zelasko PhD LLC. As a health and fitness consultant, I provide health information based on the most recent research and deliver it in a way that's easy to understand. Whether in person during seminars, in audio recordings, or in the written word, I make sense out of the health news people hear so they can make better health choices and achieve optimal health.

Stage Intro

Dr. Chet Zelasko is a scientist, speaker, and author whose mission is to explain complex scientific health concepts and translate them into simple lifestyle changes that his readers and listeners can use to improve their health.

He has a PhD and Master of Arts in Exercise Physiology and Health Education from Michigan State University, a Bachelor of Science in Physical Education from Canisius College, and a post-doctoral fellowship at Ball State University. He's certified by the American College of Sports Medicine as a Health and Fitness Specialist, belongs to the American Society of Nutrition, and has conducted research and been published in peer-reviewed journals.

Dr. Chet heads his own company, Chet Zelasko PhD LLC. As a health and fitness consultant, he provides health information based on the most recent research and delivers it in a way that's easy to understand; he makes sense out of the health news so everyone can make better health choices and achieve optimal health. You can find him online at drchet.com where you can sign up for his free health newsletter.