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Michelle is an award-winning, NIH-funded sustainable behavior change researcher at the University of Michigan with thirty years studying how to help people change their mindset and adopt health behaviors in ways that can be sustained within the unpredictability of the real world. Her research is recognized as uniquely pragmatic for real-world applications. Her client list includes Kaiser Permanente, Walmart, Weight Watchers, Anytime Fitness and Business Group on Health. She is frequently interviewed in the media, including The New York Times, NPR, Forbes and The Wall Street Journal. She has a doctorate in psychology (Ph.D.), master's degrees in health behavior/health education (M.P.H.) and kinesiology (M.S.) from the University of Michigan, and is a fellow with the Society of Behavioral Medicine.