

# TREVOR THIEME

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Los Angeles, CA

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## EDITOR/WRITER/CONTENT DIRECTOR

More than 20 years of experience in print, digital, and broadcast journalism at some of the world's largest media and consumer brands, including *Popular Science*, *Men's Health*, *National Public Radio*, *Beachbody*, and *Openfit*. Accomplished writer with more than 200 published articles ranging in topic from food and travel to health and fitness. Trained media representative, appearing on live radio and television broadcasts to expand brand recognition and discuss current events. Recognized leader in fitness and nutrition, working with individuals and top international brands to improve health and change lives.

## PROFESSIONAL EXPERIENCE

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### OPENFIT & BEACHBODY, LLC

Santa Monica, CA

*Director, Fitness and Nutrition Content* (March 2019 – Present)

*Senior Manager, Fitness and Nutrition Content* (March 2017 – March 2019)

*Manager, Fitness and Nutrition Content* (September 2015 – March 2017)

- Key member of the Fitness, Nutrition, Results (FNR) Department, working directly with the VP of FNR and the executive director of nutrition to continuously innovate and expand the products, services, and reach of two international fitness brands, Openfit and Beachbody. Oversee the review and approval of all fitness and nutrition content on both brands' social media channels and websites, which offer streaming workouts, nutrition plans, and articles ranging in topic from health and fitness to style and culture. Manage a team of certified fitness and nutrition experts as part of that review process. Regularly partner with marketing, product development, web, social media, and video production teams to create articles and streaming media that promote existing products and help launch new ones.

### FREELANCE WRITING AND EDITING

Los Angeles, CA

(December 2000 – Present)

- Report and write everything from news articles to features for a range of print and online media outlets, including *Vice*, *Men's Health*, *Maxim*, *Golf*, *Popular Science*, *Discover*, and *Audubon*. Also a contributing editor for *Iron Man* magazine.

### MEN'S HEALTH

Emmaus, PA

*Senior Editor – Magazine* (March 2014 – September 2015)

*Fitness Editor – Website and Magazine* (July 2010 – March 2014)

*Senior Associate Editor – Website* (September 2009 – July 2010)

- **Editorial Responsibilities:** Assign and edit health, fitness, nutrition, and celebrity content, including front-of-book news articles, departments, and features (more than 16 pages a month). Generate exclusive digital content—from animated infographics to follow-along workout videos—for the iPad edition. Help create branded mobile apps for smartphones and tablets. Supervise the production of special interest publications. Manage one associate editor.
- **Writing Credits:** Features include "Breathe," about how to boost energy, strength, and cognition by learning a powerful new way to respire; "Only the Fit Survive," a no-holds-barred adventure into the ancient world of Turkish oil wrestling; "Reel Food for Real Men," about deep-sea fishing (and backyard grilling) with celebrity chef Laurent Tourondel; and "The Great Ungroomed," an adrenaline-filled descent into the birthplace of heli-skiing.

### BEST LIFE

Emmaus, PA

*Senior Associate Editor* (March 2007 – March 2009)

*Associate Editor* (November 2004 – March 2007)

- **Editorial Responsibilities:** Edited *The Best Advice*, a front-of-book question-and-answer section consistently rated "most popular" by readers. Edited features on health, fitness, travel, and nutrition. Oversaw front-of-book health, fitness, career, and nutrition pages, and edited associated columnists. Recruited and managed a team of 22 professional advisors in fields ranging from nutrition to career planning. Coordinated display copy for the entire magazine. Oversaw the publication of *Best Life's* first book, "Flat-Belly Summer" (Rodale, June 2008).

- **Writing Credits:** Contributed regularly to all sections of the magazine. Features included “It Tastes Better If It’s Still Squirming,” a mouthwatering adventure through Asia’s culinary hot zones with three-star Michelin chef Jean-Georges Vongerichten; “America’s Best Body Shops,” an award-nominated review of the nation’s top health centers for men; and “Out Race Heart Disease,” an investigative look at bleeding edge treatments in cardiovascular medicine.
- **Television & Radio Credits:** Extensive media training through Mary Mayotte + Associates, a Manhattan-based communications consulting firm. Appeared regularly on ABC Eyewitness News, CW11 Morning News, Good Day New York, and nationally syndicated radio programs to discuss topics ranging from corporate surveillance to how to decode a sushi menu.

NATIONAL PUBLIC RADIO, SCIENCE FRIDAY New York, NY  
*Guest Producer* (November 2003 – February 2004)

- Filled in for producers on assignment, reporting directly to host, Ira Flatow. Developed program ideas, booked guests, wrote promotional materials, and produced this live science talk show on NPR’s Talk of the Nation programming. Topics ranged from the use of undetectable steroids in sports to new strategies for diverting the next “global killer” asteroid.

POPULAR SCIENCE New York, NY  
*Assistant Editor* (December 2001 – November 2003)

- **Editorial Responsibilities:** Edited *Popular Science Adventure*, a section that took readers to the intersection of advanced technology and high adventure through first-person narratives and investigative profiles. Developed lineups, assigned stories, recruited writers, and edited copy. Also created and oversaw the magazine’s first fact-checking department.
- **Writing Credits:** Regularly reported *Popular Science Adventure* stories from the field, piloting deep ocean submersibles, training with wildland firefighters, learning to skeleton with the U.S. Olympic team, and taking a twin-prop weather plane into a 40,000-foot thunderhead to fight a history-making hailstorm. Also contributed features, including “Building a Better Pest,” an investigative look at how scientists plan to use genetically engineered insects to control agricultural pests and protect our nation’s most important crops.

## EDUCATION

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NEW YORK UNIVERSITY New York, NY  
*Master of Arts in Journalism* (December 2000)  
*Certificate in Science and Environmental Reporting*

- Received Graduate School of Arts and Science scholarship. Wrote articles for the *Washington Square News*, the university newspaper.

DAVIDSON COLLEGE Davidson, NC  
*Bachelor of Science in Biology* (May 1997)

- Ran varsity cross-country and track, was a photographer for *The Davidsonian*, the college newspaper, and was a member of the Sigma Phi Epsilon fraternity.

SCHOOL FOR INTERNATIONAL TRAINING Botswana, Africa  
*Junior Semester Abroad* (Fall 1995)

- Studied conservation, ecology, and the language and culture of Botswana. Co-authored an environmental impact assessment of a remote village in the Okavango Delta.

## CERTIFICATIONS

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NATIONAL STRENGTH AND CONDITIONING ASSOCIATION Colorado Springs, CO  
*Certified Strength and Conditioning Specialist* (May 2009 - Present)

## SOFTWARE PROFICIENCY

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- Contently, Spredfast, Sprout, Wordpress, and Microsoft Word and Excel.

## PORTFOLIO

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- Writing samples and television appearances can be viewed at [trevorthieme.com](http://trevorthieme.com).