



Meet Nicole Leth - Director at Fort Belvoir's Armed Forces Wellness Center! Nicole holds a Bachelor of Science Degree in Pre-Professional Biology from the University of Tennessee and a Master's Degree in Public Health with an emphasis on Nutrition from the University of Massachusetts Amherst. Nicole is CHES certified (Certified Health Education Specialist) and is a Certified Personal Trainer (CPT) with the National Strength and Conditioning Association (NSCA). In between earning her Bachelor and Master's degrees, Nicole worked as an EMT and a Paramedic in Hawaii, Texas and New York. It was through this work in EMS that Nicole became passionate about public health and nutrition. Nicole has worked as a Health Educator in a private physician practice, done advocacy work for various public health coalitions and has taught undergraduate public health and nutrition courses for the Department of Kinesiology and Health Sciences at Columbus State University. Most recently, Nicole worked as a Health Educator and Acting Director for the Army Wellness Center on Camp Humphreys in South Korea. Nicole is a fitness and health advocate, loves cooking, has run 15 marathons and completed 2 Ironman 70.3 triathlons. She has been married to her Active Duty Army spouse for 17 years and they have 2 children – Gabrielle (13) and Alexander (11).