

Meet Mark Sellman

Owner & Ergonomics Specialist | Your Desk, Your Sanctuary

With a professional background in kinesiology, exercise physiology, corporate wellness, and workplace ergonomics, Mark Sellman brings a practical, personalized approach to helping individuals and organizations create healthier, more comfortable work environments.

Mark holds a Bachelor of Science in Kinesiology and maintains two nationally recognized certifications through the American College of Sports Medicine (ACSM).

Certifications & Education

- Bachelor of Science in Kinesiology
- ACSM Certified Exercise Physiologist (ACSM-EP)
- ACSM Certified Personal Trainer (ACSM-CPT)

His professional experience includes serving as a Fitness Director, Wellness Coordinator, and Corporate Fitness Specialist, where he has supported employee wellness initiatives, conducted ergonomic workstation assessments, and delivered educational presentations designed to help employees improve their daily work habits.

Through Optimum Ergonomics, Mark combines his knowledge of human movement, posture, physical function, and workplace design to provide individualized ergonomic solutions. His approach focuses on understanding each client's unique needs and helping them make practical adjustments to their chairs, desks, monitors, and overall workstation setup.

Whether working with an individual in a home office or assisting a company with a comprehensive workplace ergonomics program, Mark emphasizes education, comfort, injury-risk reduction, and sustainable workplace habits.

“Ergonomics is not about creating a perfect-looking workstation. It is about creating a workspace that fits the person using it.”