

Thomas James Amsden

Founder, Finish Well Institute

Creator of The Science of Thriving (TSOT)™ and FaME (Fascia and Muscle Engineering)

PROFESSIONAL OVERVIEW

For more than three decades, Thomas J. Amsden has dedicated his life to answering one question:

Why do some people merely survive while others truly thrive?

His search for that answer has taken him far beyond conventional fitness and healthcare. Drawing from the fields of biomechanics, functional medicine, exercise physiology, nutrition, neuroscience, fascia, stress physiology, behavioral psychology, and biblical discipleship, Thomas has developed an integrated system that helps people restore their health, renew their minds, and maximize their capacity to fulfill the purpose for which they were created.

Thomas is the founder of the **Finish Well Institute**, creator of **The Science of Thriving (TSOT)™**, and developer of **FaME — Fascia and Muscle Engineering**, an innovative system that integrates Muscle Activation Techniques (MAT), Fascial Distortion Model (FDM), Reflexive Performance Reset (RPR), movement assessment, and neuromuscular rehabilitation to address dysfunction at its source rather than simply treating symptoms.

Throughout his career, Thomas has worked with individuals from every walk of life, from executives and business owners to athletes, military veterans, retirees, and those living with chronic neurological conditions such as Parkinson's disease.

His passion is helping people regain the health, strength, resilience, and clarity necessary to continue the work God has called them to do.

As an author, educator, coach, and lifelong student of human performance, Thomas believes lasting transformation requires far more than willpower or motivation.

True change occurs when biology, beliefs, behavior, and biblical truth work together in harmony.

His flagship twelve-month Finish Well Institute program represents the culmination of decades of study, clinical experience, personal adversity, and continuous refinement.

It is designed to help individuals steward every area of life, body, mind, and spirit, so they can finish the race God has set before them with strength, faithfulness, and purpose.

EXPERIENCE

Thomas's experience extends far beyond the classroom.

Over more than thirty years he has coached, trained, assessed, and mentored individuals seeking better health, improved performance, and greater resilience.

His work combines comprehensive physiological assessment with practical strategies that address the underlying systems influencing health rather than chasing isolated symptoms.

His approach includes evaluating movement quality, stress physiology, sleep, nutrition, recovery, laboratory biomarkers, hormonal balance, neurological function, personality, mindset, and lifestyle habits to create individualized programs that are realistic, measurable, and sustainable.

As a nationally competitive physique athlete with more than thirty bodybuilding and physique competitions, including multiple Top-5 national finishes, Thomas understands firsthand the discipline, consistency, and perseverance required to pursue excellence.

He has always believed in leading by example and would never ask a client to do something he has not been willing to do himself.

Whether working with an executive experiencing burnout, an athlete striving for peak performance, someone recovering from chronic pain, or an individual facing Parkinson's disease, Thomas's goal remains the same:

> *Restore capacity. Build resilience. Help people finish well.*

EDUCATION, CERTIFICATIONS & PROFESSIONAL DEVELOPMENT

Thomas believes education is not a destination but a lifelong pursuit.

Over the past three decades he has invested thousands of hours studying the interconnected systems that influence human health, performance, resilience, and longevity.

His professional development includes advanced study in:

Areas of Advanced Study

- Holistic Health Care & Functional Physiology
- Exercise Physiology & Corrective Exercise
- Muscle Activation Techniques (MAT)
- Fascial Distortion Model (FDM)
- Reflexive Performance Reset (RPR)
- Functional Movement Assessment & Biomechanics
- Stress Physiology & Autonomic Nervous System Function
- Nutrition, Metabolic Health & Hormonal Health
- Blood Chemistry & Functional Laboratory Interpretation
- Neuroplasticity & Brain Health
- Behavioral Psychology & Habit Formation
- Personality & Behavioral Assessments (MBTI, Enneagram, Neurotyping)
- Christian Discipleship & Biblical Transformation

Professional Credentials & Ongoing Education

- Board Certified Holistic Healthcare Practitioner
- More than 25 years of continuing education through Apex Energetics
- Advanced training through the CHEK Institute, Poliquin Performance, Thibarmy, Functional Movement Systems (FMS), MAT, FDM, and RPR
- Founder and developer of The Science of Thriving (TSOT)™
- Founder of FaME (Fascia and Muscle Engineering)
- Author of *Jacked & Thriving* and *The Science of Thriving* series

Thomas continues to pursue advanced education each year because he believes the best coaches never stop learning.

MY PHILOSOPHY

Stewarding the Life God Has Entrusted to Us

I believe every human being is created intentionally by God and entrusted with a unique assignment.

Our lives are not accidents, and neither are our gifts, talents, relationships, opportunities, or experiences.

They have all been placed into our care for a season.

Our bodies are not possessions, they are stewardship.

Everything we have is ultimately on loan from God.

Health, therefore, is far more than the absence of disease or the pursuit of appearance.

It is the responsible stewardship of the body, mind, and spirit so that we remain physically, mentally, emotionally, and spiritually capable of fulfilling the purpose for which we were created.

Too often, people pursue health as an end in itself. I believe health is a means to a greater end.

We were not created merely to be healthy.

We were created to faithfully complete the assignment God has entrusted to us.

Every night's sleep...

Every nourishing meal...

Every workout...

Every decision to manage stress...

Every act of forgiveness...

Every healthy habit...becomes an investment in our ability to love God, serve others, and finish the race with endurance.

At the Finish Well Institute, we don't simply help people lose weight, reduce pain, or improve laboratory values.

We help them build the capacity to faithfully steward the life God has given them.

Because one day, each of us will give an account, not for the body we wished we had, but for how faithfully we stewarded the one we were given.

That is what it means to Finish Well.

WHY I DO WHAT I DO

People often ask me why I've spent decades studying health, human performance, chronic pain, stress physiology, nutrition, neuroscience, behavior change, and the relationship between faith and healing.

The answer is simple.

Because I believe every person has an assignment from God, and I refuse to watch people lose that assignment because their body can no longer carry it.

My journey has never followed a straight line.

As a young man, I learned the value of discipline, responsibility, and perseverance through military service.

Those experiences taught me that the body is capable of far more than most people believe, but they also revealed that physical strength alone is not enough.

Lasting resilience requires something deeper.

Over the next several decades, I immersed myself in the study of human health and performance. I pursued education wherever I could find it, learning from physicians, researchers, therapists, strength coaches, nutritionists, psychologists, and Christian leaders. I became fascinated by a question that continues to shape my work today:

Why do some people heal, grow, and thrive while others remain stuck despite their best efforts?

The more I learned, the more I realized that no single discipline held the complete answer.

Health is never just physical.

It is biological, neurological, emotional, relational, spiritual, and behavioral.

Everything is connected.

Along the way, life became my greatest teacher.

I have experienced significant physical injuries that forced me to rethink everything I believed about pain, movement, recovery, and the remarkable ability of the human body to adapt and heal.

I have walked through seasons of uncertainty that tested my faith, challenged my assumptions, and deepened my dependence on God.

Then came one of the darkest chapters of my life.

My world was flipped upside down through an act of violence.

In a single moment, everything changed.

Grief has a way of stripping away everything superficial.

It forces you to ask questions that success, comfort, and business often allow us to avoid.

> What truly matters?
>
> What kind of life is worth living?
>
> What will still matter when my race is over?

Those questions reshaped my understanding of health forever.

I came to realize that health is not the goal.

Health is stewardship.

God never promised us perfect bodies, unlimited years, or lives free from suffering.

What He has entrusted to each of us is this moment, this body, these relationships, these opportunities, these gifts, and this assignment.

One day we will give an account for how faithfully we stewarded them.

That conviction became the foundation of everything I teach.

The Finish Well Institute was born from a simple but life-changing belief:

> **You were not created merely to be healthy.**
>
> **You were created to fulfill an assignment.**

Health is the stewardship that enables you to finish that assignment well.

Every assessment I perform...Every client I coach...Every book I write...Every class I teach...Every hour I spend studying...is driven by one purpose:

To help people remove the obstacles that keep them from becoming everything God created them to be.

Whether I am working with an executive overwhelmed by stress, an athlete pursuing excellence, someone battling chronic pain, a person living with Parkinson's disease, or an individual searching for renewed purpose later in life, my mission remains the same.

I want to help them reclaim the capacity to live fully, serve faithfully, love deeply, and finish their race with strength.

The older I become, the more convinced I am that success is not measured by wealth, titles, recognition, or accomplishments.

Success is hearing these words from our Savior:

> *"Well done, good and faithful servant." (Matthew 25:23)*

If the Finish Well Institute helps even one more person hear those words because they faithfully stewarded the life God entrusted to them, then every hour of study, every setback, every hardship, and every lesson learned will have been worth it.

That is why I do what I do.

And that is what it means to **Finish Well.**