



## STEVE MITTMAN

Steve Mittman is the Traffic Anchor on WFMZ-TV's 69 News at Sunrise weekday mornings with Eve Russo, Jaciel Cordoba, and Matt Broderick. He also hosts and produces multiple lifestyle, pop-culture, celebrity, music, trending-topic, and history segments each morning. Prior to joining the morning show on WFMZ, he was the Regional Traffic Director for Clear Channel Broadcasting (iHeartMedia) and an on-air personality on B104, WAEB, WZZO, and many other radio stations throughout Eastern PA and Western NJ.

Steve has hosted hundreds of live productions and events on TV and radio. He's been in national commercials and has appeared in several films. He owned and operated Mittman Entertainment, LLC — a live event production company for upscale affairs and high-end corporate events. He is also a professional boxing ring announcer, and has been on television networks such as NBC, ESPN, Showtime, and Comcast. He is currently in production of a family-friendly, inspiring, and educational docu-reality TV series. Steve is a professional voiceover artist. Additionally, he owns a podcast production company. One of the flagship podcasts he produces and co-hosts is called *Attack Life, Not Others* — available on Apple Podcasts (iTunes), Google Podcasts, and everywhere podcasts can be found. The show helps people become better, stronger versions of themselves with principles from the martial arts as the foundation for discussion, but the concepts can be appreciated by everyone.

He is a public speaker, leading profound seminars where attendees leave feeling empowered mentally, physically, and spiritually. Key takeaways are understanding the emotional and psychological elements necessary for self-protection, a stronger mindset for self-preservation, better self-awareness, greater self-confidence, and the ability to deal with mental and physical aspects of bullying. Topics he discusses are body language, nonverbal communication, and neuro-linguistic programming. Steve instructs Combat Chaos™ — a self-protection/self-defense combatives system he has created and developed over his 30 years of martial arts training.

Steve is married and has 3 young children. He loves boxing, reading, and yoga. He serves on the board of directors of both the JCC of the Lehigh Valley and Temple Beth El in Allentown. He's looking to use his boxing footwork and martial arts finesse to become this year's winner!