

Katherine Heimburger Ingram, Ph.D.

Kennesaw State University
WellStar College of Health and Human Services
Department of Exercise Science and Sport Management
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EDUCATION

B.S.	Sport Management, 1993	Tulane University, New Orleans
M.S.	Exercise Physiology, 1998	University of Nevada, Las Vegas
Ph.D.	Exercise Phys/ Nutrition minor, 2009	Georgia State University
Postdoctoral	Obesity Research, 2009-2011	NIH NIDDK T32 Fellowship, UAB
Postdoctoral	Diabetes Research, 2011- 2012	University of Alabama Birmingham

ACADEMIC POSITIONS

Assistant Professor of Exercise Science	Kennesaw State University, 2012-present WellStar College of Health and Human Services Department of Exercise Science and Sport Management
Adjunct Instructor	Samford University, Birmingham, Alabama, 2008-2009 Department of Kinesiology
Graduate Teaching/Research Assistant	Georgia State University, 2004 –2006 Department of Kinesiology and Health Human Performance Laboratory

TEACHING EXPERIENCE

Medical Terminology	KSU ES 2300, 1 section
Principles of Nutrition	KSU ES 2500, 4 sections
Physiology of Exercise	KSU ES 3900, 6 sections
Nutrition and Performance	KSU ES 4200, 3 sections
Exercise Prescription	KSU ES 4600, 3 sections
Exercise Testing	KSU ES 4650, 4 sections GSU KH 2231, 2 sections
Physiology of Exercise in Aging	KSU ES 4300, 1 section
Experiential Learning	KSU ES 3398, 12 students
Fitness for Living, Samford	UCFH 120, 2 sections

PROFESSIONAL AFFILIATIONS

American Heart Association, Council on Lifestyle and Cardiometabolic Health, 2014- present
Council on Undergraduate Research, national member 2017- present
American College of Sports Medicine, national member 1992- present
American Association for the Advancement of Science, member 2011 - 2014
American Physiological Society, member 2007 – 2013
American Society for Nutritional Sciences, member 2005 – 2011
The Obesity Society (formerly NAASO), member 2006 – 2011
American Diabetes Association, member 2007 – 2011

SCHOLASTIC AWARDS/ RECOGNITION

KSU Office of the Vice President of Research, Grant to Catalyze External Funding, 2017-2018
WellStar College Research Fellowship Awards, Spring 2015, Spring 2016, Fall 2016, Fall 2017
KSU Career Services “Person who made the greatest difference in the life of a student”, 2015-2017
KSU Incentive Funding Award for Scholarship & Creative Activity Award, CETL, FY 2016
Foundation Publication Prize for WellStar College of Health and Human Service, August 2014
KSU Office of the Vice President of Research, Grant to Catalyze External Funding, 2013-2014
UAB Postdoctoral Research Day, 2nd Place award, February 2011
UAB Office of Postdoctoral Education Career Development Award, January 2011
Global Obesity Summit “Hot Topics” and Travel Award, November 2010
National Scholars Honor Society, 2008 - 2009
Golden Key International Honour Society, 2007-2009
Student Research Award, Gatorade Sport Science Institute, 2007
Excellent Achievement Award, Federal Occupational Health, 2001
National Dean's List, 1996

PROFESSIONAL SERVICE

PROFESSIONAL COMMITTEE SERVICE

CARDIA Study, Presentations & Publications committee, manuscript review, Fall 2017- present
CARDIA Study, Pregnancy-Related Outcomes and Exposures Working Group, Fall 2012- present
CARDIA Study, Obesity/Diabetes Working Group, Fall 2012- present
Alabama Obesity Initiative, member, 2010 – 2011

JOURNAL PEER REVIEW

Obesity
PLOS One

GRANT REVIEW

KSU Center for Excellence in Learning, SoTL Grant, Spring 2017- present
KSU Office of the Vice President of Research, Grant to Catalyze External Funding, Fall 2014
NSF Division of Integrative Organismal Systems, October 2011

UNIVERSITY/DEPARTMENT COMMITTEE SERVICE

Scholarship of Teaching and Learning, Funding Review Committee, Fall 2016 - present
Golden Key Honor Society, KSU Chapter, Board of Directors, Spring 2015 – Summer 2017
American Association of University Professors, KSU Chapter member, 2014- present
KSU President’s Planning and Budget Advisory Committee, 2014- 2016
KSU WellStar Physiology Laboratory Safety Committee, member, 2012- 2015
ESSM Department Faculty Council, Spring 2013
UAB Postdoctoral Association, Executive Board member, 2011 - 2012
UAB Nutrition and Obesity Research Center, postdoctoral member, 2010 - 2011
UAB School of Public Health, Diversity Committee, member 2010-2011

OUTREACH ACTIVITIES

Founder/Director, KSU for Fit Kids, Coalition Against Childhood Obesity, February 2017- present
Advisory board, Oh Baby! Fitness, prenatal group exercise leader training, January 2017 - present
Mentor, Student AP research project, North Cobb High School, 2016- 2017
Girls Scouts of Atlanta, childhood health and fitness speaker, 2017
Intown Community Church, Atlanta, GA, International Missions to Cuzco, Peru, 2006
Junior League of Atlanta, Public Affairs Committee for welfare of women and children, 2001-2004
Habitat for Humanity, Atlanta Chapter, volunteer, 2001
American Heart Association, Green Valley, NV regional division, Secretary/ Treasurer, 1994-1997
Camp Hickory Hill, serving children with diabetes, Volunteer, Columbia, Missouri, 1994

PUBLICATIONS

ORCID ID 0000-0002-3052-9461

- KM Whitaker, **KH Ingram**, D Appiah, WK Nicholson, WL Bennett, CE Lewis, JP Reis, PJ Schreiner, EP Gunderson. Pre-Pregnancy Fitness and Risk of Gestational Diabetes: A Longitudinal Analysis. *Med Sci Sports Exerc* (2018), in process.
- KH Ingram**, GH Hunter, JF James, BA Gower. Central Fat Accretion and Insulin Sensitivity: Differential Relationships in Parous and Nulliparous Women. *Int J Obesity* (2017), 41: 1214-17.
- E Ma, **KH Ingram**, GL Milne, WT Garvey. F2-Isoprostanes Reflect Oxidative Stress Correlated with Lean Mass and Bone Density but Not Insulin Resistance. *J Endoc Soc* (2017),1;5;436-448.
- LB VanWagner, JG Terry, LS Chow, AC Alman, H Kang, **KH Ingram**, C Shay, CE Lewis, RN Bryan, LJ Launer, JJ Carr. Nonalcoholic Fatty Liver Disease and Measures of Early Brain Health in Middle-Aged Adults: The CARDIA study. *Obesity* (2017) 25; 3: 642-651.
- AE Bantle, LS Chow, LM Steffen, Q Wang, J Hughes, DG Mashek, NH Durant, **KH Ingram**, JP Reis, PJ Schreiner. The Association of Mediterranean Diet and Cardiorespiratory Fitness with Development of Prediabetes and Diabetes – the Coronary Artery Risk Development in Young Adults (CARDIA) Study. *BMJ Open Diabetes Research & Care* (2016) 4.
- LS Chow, AO Odegaard, TA Bosch, AE Bantle, Q Wang, J Hughes, M Carnethon, **KH Ingram**, NH Durant, CE Lewis, J Ryder, CM Shay, AS Kelly, PJ Schreiner. 20-Year Fitness Trends in Young Adults and Incidence of Prediabetes and Diabetes: the CARDIA Study. *Diabetologia* (2016) 59: 1659-1665.
- AE Thalacker-Mercer*, **KH Ingram***, F Guo, CB Newgard, WT Garvey. BMI, RQ, Diabetes, and Sex Affect the Relationships Between Amino Acids and Clamp Measures of Insulin Action in Humans. *Diabetes* (2014) 63; 2: 791-800. *Denotes equal effort
- O Affuso, K Kaiser, TL Carson, **KH Ingram**, M Schwiers, H Robertson, F Abbas, G Cutter, DB Allison. Association of Run-in Periods with Weight Loss in Obesity Randomized Controlled Trials. *Obesity Reviews* (2014) 15; 1: 68-73.
- V Pisprasert, **KH Ingram**, MF Lopez-Davila, AJ Munoz, WT Garvey. Limitations in the Use of Indices Using Glucose and Insulin Levels to Predict Insulin Sensitivity: Impact of Race and Gender and Superiority of the Indices Derived from Oral Glucose Tolerance Test in African Americans. *Diabetes Care* (2013) 36; 4: 845-53. PMC: 3609485.

KH Ingram, H Hill, D Moellering, B Hill, C Lara-Castro, B Newcomer, LJ Brandon, C Ingalls, M Penumetcha, J Rupp, WT Garvey. Skeletal muscle lipid peroxidation and insulin resistance in humans. *J Clin Endocrinol Metab* (2012) 97; 7:E1182-1186. PMC3387404.

KH Ingram, C Lara-Castro, BA Gower, R Makowsky, DB Allison, BR Newcomer, AJ Munoz, TM Beasley, J Clunk Lawrence, R Lopez-Ben, D Rigsby, WT Garvey. Intramyocellular lipid and insulin resistance: Differential relationships in European Americans and African Americans. *Obesity* (2011) 19; 7: 1469-1475. PMC3171736.

PUBLISHED ABSTRACTS/PRESENTATIONS

KH Ingram, R Lopez. Insulin Resistance during Pregnancy is Inversely Associated with Gynoid Fat Distribution Postpartum. *Circulation, American Heart Association meeting, March 2018.*

KM Whitaker, **KH Ingram**, D Appiah, WK Nicholson, WL Bennett, CE Lewis, JP Reis, PJ Schreiner, EP Gunderson. Cardiorespiratory Fitness, Physical Activity, and Television Viewing Before Pregnancy and Risk of Gestational Diabetes: A Longitudinal Analysis from the CARDIA Study. *Circulation, American Heart Association meeting, March 2018. Oral presentation and recipient of Trudy Fellowship award.*

AM Morris, E Stevenback, R Lopez, **KH Ingram**. Validity of Adhesive Worn ActiGraph GT3X+ Accelerometer. *Medicine and Science in Sports and Exercise, ACSM meeting, June 2018.*

KH Ingram, K Kidane, AM Morris. Utility of Skinfold Measures and Lifestyle Questionnaires in Prenatal Care. *Medicine and Science in Sports and Exercise, ACSM meeting, June 2017.*

KH Ingram, K Pierre, J Amason. Ultrasound measures of abdominal fat predict gestational insulin resistance. *Circulation, American Heart Association meeting, March 2017.*

AP Carson, D Goff, D Jacobs, C Kiefe, J Shikany, S Sidney, K Kershaw, N Allen, D Lloyd-Jones, D Laadu, J Rena, **K Ingram**, CE Lewis. Are Racial Differences in Cardiovascular Health Factors Explained by Cardiovascular Health Behaviors? The Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Circulation, American Heart Association, March 2017.*

PJ Schreiner, S Bae, N Allen, K Liu, J Reis, C Wu, **K Ingram**, D Lloyd-Jones, CE Lewis, J Rana. Cumulative Body Mass Index and Incident Prediabetes over 30 Years of Follow Up: The Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Circulation, American Heart Association meeting, March 2017.*

KH Ingram, A Grant, A Showalter. Abdominal fat, sedentary behavior, and insulin resistance in pregnancy. *Medicine and Science in Sports and Exercise, ACSM meeting, June 2016.*

AE Bantle, LS Chow, LM Steffen, Q Wang, JHughes, DG Mashek, NH Durant, **KH Ingram**, JP Reis, PJ Schreiner. The Association of Mediterranean Diet and Cardiorespiratory Fitness with Development of Prediabetes and Diabetes: The Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Endocrine Reviews, Endocrine Society meeting, 2016.*

LB VanWagner, JG Terry, JJ Carr, LS Chow, A Alman, H Kang, **KH Ingram**, C Shay, CE Lewis, RN Bryan, L Launer. Associations of Nonalcoholic Fatty Liver Disease with Measures of Early Brain Health: The CARDIA study. *Circulation, American Heart Association meeting, 2016.*

E Ma, **KH Ingram**, WT Garvey. Urinary F2-Isoprostanes Do Not Reflect Oxidative Stress Operative in Human Insulin Resistance, but are Correlated with Lean Mass and Serum Lipids. *Obesity*, October 2015.

- KH Ingram**, B Gower, G Hunter. Fat distribution and metabolic health: central and lower body adipose tissue depots are differentially associated with insulin sensitivity in overweight parous and nulliparous Caucasian and African American women. *Circulation*; 131(1) Suppl., 2015
- KH Ingram**, A Thalacker-Mercer, WT Garvey. Individual amino acids and insulin sensitivity: relationships determined by race and gender. *FASEB J.*; 27 (Suppl), 2013.
- A Thalacker-Mercer, **KH Ingram**, WT Garvey. Fat utilization impacts the negative relationship between insulin sensitivity and Leucine. *FASEB J.*; 27 (Suppl), 2013.
- KH Ingram**, A Thalacker-Mercer, WT Garvey. Amino acids and insulin sensitivity in non-obese, obese, and type 2 diabetic patients. *Med Sci Sports Exerc*; 45 (5) Suppl. 1, 2013.
- KH Ingram**, B Gower, G Hunter. Parity and race influence relationships among fitness, central fat accumulation, and insulin sensitivity. National ACSM meeting, oral presentation, May 2012. *Med Sci Sports Exerc*; 44 (5) Suppl. 1, 2012.
- KH Ingram**, KA Kaiser, O Affuso, TL Cox, F Abbas, TM Beasley, G Cutter, DB Allison. Predictors of dropout rates in recent obesity RCTs. *Obesity*, 19 (1), S182, 2011.
- KA Kaiser, O Affuso, **KH Ingram**, TL Cox, F Abbas, G Cutter, DB Allison. Is Intervention Intensity Related to Participant Dropout Rates in Obesity Randomized Controlled Trials? *Obesity*, 19 (1), S181, 2011.
- O Affuso, TL Cox, K Kaiser, **K Ingram**, H Robertson, F Abbas, DB Allison. Reporting quality of pediatric obesity randomized controlled trials - a preliminary analysis. *Obesity*, 19 (1), S110, 2011.
- KH Ingram**, R Makowsky, G Hunter, B Gower. Change in insulin sensitivity with weight gain is determined by fatness better than by fitness. *Med Sci Sports Exerc*; 43 (5) Suppl. 1, 2011.
- GB Chen, **KH Ingram**, G de los Campos, N Yi, XY Lou, D Pomp, DB Allison. A two-step modeling strategy for testing and estimating genetic susceptibility to the ill-effects of adiposity: Illustration in an outbred F2 mice population. *Int J Obesity*: S2: 21, 2011.
- KH Ingram**. Skeletal muscle HNE is elevated in type 2 diabetic patients. UAB Postdoctoral Research Day, oral presentation. February 2011. *Awarded 2nd place among presentations.*
- Kaiser KA, Affuso O, **Ingram KH**, Cox TL, Abbas F, Allison DB. Is intervention intensity related to dropout rates in diet/supplement randomized controlled trials (RCTs)? *Obesity Reviews*, 12 (Suppl. 1): 21-37, 2011.
- KH Ingram**, R Makowsky, G Hunter, B Gower. Change in insulin sensitivity with weight gain is determined by fatness better than by fitness. Global Obesity Summit, oral presentation, November 2010. *Winner of "Hot Topics" presentation and Recipient of Travel Award.*
- KH Ingram**, LJ Brandon, CP Ingalls, JC Rupp, M Penumetcha, WT Garvey. Skeletal muscle HNE is related to insulin resistance in sedentary individuals. *FASEB J.*; 24 (Suppl), 2010.
- Affuso O, Kaiser K, Cox TL, Robertson H, **Ingram K**, Allison DB. A preliminary analysis of the association of run-in periods with drop-out rates and weight loss in obesity randomized controlled trials. *Obesity Reviews*, 11 (Suppl. 1): 288, 2010.
- Cox TL, Affuso O, Kaiser K, **Ingram K**, Robertson H, Allison DB. Reporting quality of obesity randomized controlled trials: A preliminary review. *Obesity Reviews*, 11 (Suppl. 1): 335, 2010.
- K Heimburger**, C Lara-Castro, B Newcomer, A Shiflett, D Rigsby, WT Garvey. Racial differences in intramyocellular lipids and their relationships to metabolic traits. *Obesity*; 15 (9 Suppl), 2007.

- KD Heimburger** and LJ Brandon. Is BMI a good predictor of fatness? *Med Sci Sports Exerc*; 39 (5 Suppl), 2007.
- LJ Brandon and **K Heimburger**. Comparison of the relationship of BMI, percent fat and skinfolds with blood pressure. *Med Sci Sports Exerc*; 39 (5 Suppl) S374-S375, 2007.
- JC Rupp, MS Green, BT Corona, **KD Heimburger**, PR Pullen, AS Everest. Physiological predictors of 10 kilometer running performance. *Med Sci Sports Exerc*; 39 (5 Suppl), 2007.
- K Heimburger**, K Manning, J Owen, and LJ Brandon. Comparison of body composition estimated from DXA and skinfolds with BMI. *ACSM annual meeting, Southeast chapter, oral presentation, 2007.*

BOOK CHAPTERS

- Katherine Ingram** and Gary Cutter. Nutrition Monitoring and Research Studies: Observational Studies. In *Handbook of Nutrition and Food, Third Edition*, eds. Johanna Dwyer, Carolyn D. Berdanier, Elaine B. Feldman. CRC Press, 2012.

STUDENT MENTORSHIP

- Roxanna Lopez, Fall 2017 to present. “Insulin Resistance during Pregnancy is Inversely Associated with Gynoid Fat Distribution Postpartum,” presented at *American Heart Association meeting, March 2018*
- AnnaMagee Morris, Fall 2016 to present. “Validity of Adhesive Worn ActiGraph GT3X+ Accelerometer,” presenting *ACSM meeting, June 2018*. “A Comparison of Self-Reported and Measured Levels of Physical Activity in a Free-Living Environment for a Pregnant Population”, presented at *KSU 2017 Symposium for Student Scholars*
- Eleanor Stevenback, Fall 2016 to present. “A Comparison of Self-Reported and Measured Levels of Physical Activity in a Free-Living Environment for a Pregnant Population”, Co-author at *KSU 2017 Symposium for Student Scholars*
- Katherine Gauthier, Spring 2017 to present. “Gestational Weight Gain in Relation to Infant Birthweight.” Co-presenter at *KSU 2017 Symposium for Student Scholars*
- Kidan Kidane, Summer 2016 to present. “Utility of Skinfold Measures and Lifestyle Questionnaires in Prenatal Care.” Co-presenter at *American College of Sports Medicine annual meeting, June 2017(recipient of CETL travel grant)*. “Gestational Weight Gain in Relation to Infant Birthweight.” Presented at *KSU 2017 Symposium for Student Scholars*
- Kareem Pierre, Fall 2015 to Summer 2017. “The Association between Fat Distribution and Insulin Resistance In pregnancy”, presented at *American College of Sports Medicine, 2017 Southeast Regional Meeting (recipient of travel grant)* and “Sleep quality, but not quantity, during pregnancy is associated with insulin resistance”, Co-presenter at *KSU 2016 Symposium for Student Scholars*
- Danielle Logan, Fall 2015 to Summer 2017. “The relationship between potato consumption and insulin resistance in pregnancy” presented at *KSU 2016 Symposium for Student Scholars*
- Sarah Anderson, Spring 2015- Summer 2016. “Sleep quality, but not quantity, during pregnancy is associated with insulin resistance”, Co-presenter at *KSU 2016 Symposium for Student Scholars*
- JaBreia F. James, Fall 2014 to Summer 2016. “The Relationship Between Abdominal Fat Accumulation And Gestational Insulin Resistance”, presented at *American College of Sports*

Medicine, 2016 Southeast Regional Meeting, and the Peach State Louis Stroke Alliance Minority Participation (LSAMP) Research Symposium, 2015. 1st Place Award

Honors capstone, “Pilot Study: The of the Influence of Physical Activity on Abdominal Fat Accumulation During Mid-pregnancy and Post-Partum.”

Alexandra Grant, Spring 2015- Summer 2016. “Mid-Pregnancy Physical Activity Is Associated With Post-Partum Body Composition”, presented at *American College of Sports Medicine, 2016 Southeast Regional Meeting*

Ashlyn Showalter, Spring 2015- Summer 2016. “Adiposity Is Associated With Physical Inactivity In Low Active Pregnant Women”, Presented at *American College of Sports Medicine, 2016 Southeast Regional Meeting*

Hannah Delia, Fall 2015- Spring 2016. “Sleep quality, but not quantity, is associated with reduced abdominal fat accumulation during pregnancy”, Presented at *KSU 2016 Symposium for Student Scholars*

Gabriella Sciacchitano, Summer 2015-Spring 2016. “Validity Of The Inbody 720 Bioimpedance Analyzer For Measuring Percent Fat Mass In Pregnant Women”, Presented at *American College of Sports Medicine, 2016 Southeast Regional Meeting* and *KSU 2016 Symposium for Student Scholars*

Mary Kate Higgins, Spring 2015- Spring 2016. “Maternal Abdominal Fat and Birth Weight”, Presented at *KSU 2015 Symposium for Student Scholars*

Ayles Herrington, Spring 2015- Fall 2015. “Is there an association between sex hormone levels and visceral fat accumulation in postpartum women?” Co-presenter *KSU 2015 Symposium for Student Scholars*

Danielle Brown, Spring 2015. “Is prenatal exercise participation associated with reduced discomforts of pregnancy?” Presented at *KSU 2015 Symposium for Student Scholars*

Melanie White, Spring 2015. “Is prenatal exercise participation associated with reduced discomforts of pregnancy?” Co- presenter at *KSU 2015 Symposium for Student Scholars*

Michelle Scroggins, Spring 2015. “The Relationship Between Abdominal Fat Accumulation And Gestational Insulin Resistance”, Co-presenter at *KSU 2015 Symposium for Student Scholars*

Kayleigh Noble, Spring 2015-Summer 2015. “Is there an association between sex hormone levels and visceral fat accumulation in postpartum women?” Presented at *KSU 2015 Symposium for Student Scholars*

Taylor Swanson, Spring 2015. “Is prenatal exercise participation associated with reduced discomforts of pregnancy?”, Co-presenter at *KSU 2015 Symposium for Student Scholars*

GRANTS AND CONTRACTS

2018-2022 American Heart Association Strategically-Focused Research Programs

- \$16,209 subcontract for “Volume of Physical Activity and Atrial Ectopy in the Cardiovascular Health Study and the Atherosclerosis Risk in Communities.” (Role: PI)
- Part of The UCSF DEFinig how Ectopic Atrial Triggers lead to Atrial Fibrillation (DEFEAT-AF) Center (PI: Greg Marcus)
- Under review (submitted 1/31/18)

2017-2018 KSU One-Time Funding for Strategic Priority Initiatives

- \$52,370 awarded for “Reliability Study: Effects of Abdominal Adiposity and Physical Activity on Metabolic Health.” Role: PI

2017-2018 WellStar College Research Fellowship, July 2017

- \$60,000 awarded for equipment to support “Effects of Abdominal Adiposity and Physical Activity on Metabolic Health.” Role: PI

2017-2018 Grant to Catalyze External Funding, July 2017

- KSU Office of the Vice President of Research
- \$14,992 awarded for “Reliability Study: Effects of Abdominal Adiposity and Physical Activity on Metabolic Health.” Role: PI

2016-2017 WellStar College Research Fellowship, May 2017

- \$7711 awarded for CARDIA Hormone Study. Role: PI.

2015-2016 WellStar College Research Fellowship, October 2015

- \$23,320 awarded for “Impact of abdominal obesity and inactivity on maternal metabolic health (in-house extension study).” Role: PI.

2015-2016 Incentive Funding Award for Research & Creative Activity, July 2015

- KSU Center for Excellence in Teaching and Learning
- \$7918 awarded for “Impact of abdominal obesity and inactivity on maternal metabolic health.”

2014 Grant to Catalyze External Funding, January 2014

- KSU Office of the Vice President of Research
- \$9982 awarded for “Differential effects of visceral fat and inactivity on maternal metabolic health in Caucasian and African American women.” Role: PI

2011 Postdoctoral Career Enhancement Award

- Office of Postdoctoral Education, University of Alabama at Birmingham, January 2011
- \$1500 awarded to visit to the laboratory of Sonia Caprio, MD at Yale University to develop skills in pediatric obesity/diabetes research

2010 Travel Award

- Global Obesity Summit, Jackson, Mississippi, November 2010
- \$1000 awarded to present research as “Hot Topic” at the Global Obesity Summit

2007 Student Research Award

- Gatorade Sport Science Institute, July 2007
- \$1500 awarded for dissertation research support

NON-ACADEMIC POSITIONS

Exercise Physiologist, UAB Eat Right obesity program, 2011-2012
Continuing Education Instructor, Evenings at Emory, Health/Wellness topics, 2002-2003
Wellness Program Coordinator, Federal Occupational Health, 2000-2004
Exercise Physiologist and Group Instructor, Canyon Ranch Spa Club, 1999-2000
Group Exercise Leader, healthy adult population, various centers, 1990-2009
Personal Trainer Educator, NAFTA workshop, 1999
Exercise Physiologist and Group Instructor, Nellis Air Force Base, 1997-2000
Group Exercise Leader Educator, University of Missouri Rec Center, 1993-1994
Group Exercise Leader, arthritis, osteoporosis, cardiac rehab classes, 1990-2000
Founder and Leader, Fitness Over 50 group exercise program, San Antonio, 1990-1991

FITNESS TRAINING AND CERTIFICATIONS

American College of Sports Medicine, Health / Fitness Instructor, 1992 to present
American Council on Exercise, Aerobics/ Group Exercise Instructor, 1990 to present
CPR, AED, and Emergency Care, American Heart Association, 1990 to present
Indoor Cycling: Star Trac Precision Cycling, May 2001; Cycle Reebok, 1998
Arthritis Foundation, People with Arthritis Can Exercise (PACE), 1998
Perinatal Exercise, Moms in Motion, Sara's City Workout, in progress
Pilates Matwork Fundamentals, Sara's City Workout, 2001
Yoga, YogaFit, 2000