

M. DIXIE STANFORTH

HOME ADDRESS

7626 Rockpoint Dr.
Austin, TX 78731
(512) 794-5807

WORK ADDRESS

The University of Texas
1 University Station D3700
Austin, TX 78712
(512) 232-3950
d.stanforth@austin.utexas.edu

EDUCATION:

2010 Ph.D. Advertising/Health Communication, The University of Texas at Austin
1982 M.S. Physical Education, University of Arizona
1981 B.A. Physical Education, College of William and Mary

PROFESSIONAL EXPERIENCE:

1985-present Senior Lecturer, Department of Kinesiology and Health Education, The University of Texas at Austin
1988-present Personal Trainer, Stanforth & Stanforth, Austin, Texas
1982-1985 Assistant Manager, City Club, Tucson Arizona

PEER-REVIEWED RESEARCH PUBLICATIONS

Stanforth, D., T. Lu, M.A. Stults-Kolehmainen, B. Crim, and P.R. Stanforth. Bone mineral content and density among female NCAA Division I athletes across the competitive season and over a multi-year time frame. *J Strength Cond Res* e-pub ahead, 2015.

D. Stanforth, Brumitt, J., Ratamess, N.A., Atkins, W., Keteyian, S.J. Training Toys: Bells, Ropes, and Balls-Oh My! *ACSM's Health and Fit J.* 2015;19(4):5-11. [Feature article]

M. King and D. Stanforth. The Movement-Based Programming Method for Select Populations. *ACSM's Health and Fit J.* 2015;19(1):17-22. [Feature article]

Stanforth, P.R., Crim, B.N., Stanforth, D., Stults-Kolehmainen, M.A. Body Composition Changes Among Female NCAA Division 1 Athletes Across the Competitive Season and Over a Multiyear Time Frame. *The Journal of Strength & Conditioning Research*, 28(2), 300-307, 2014. 10.1519/JSC.0b013e3182a20f06.

M. King and D. Stanforth. 10,000 workouts in 10 minutes: Movement-based programming. *ACSM's Health and Fit J.* 2013;17(1):8-14. [Feature article]

M. Mackert, Stanforth, D. and Garcia, A.A. Undermining of Nutrition and Exercise Decisions: Experiencing Negative Social Influence. *Public Health Nursing*, 28(5), 402-410, 2011.

D. Stanforth, Steinhardt, M., Mackert, M., Stanforth, P.R., Gloria, C. Does mind-set matter? An investigation of exercise and the placebo effect. *American Journal of Health Behavior*, 35(3), 257-268, 2011.

D. Stanforth and Mackert, M. Social undermining of healthy eating and exercise behaviors. *ACSM's Health and Fitness Journal*, 13(3), 14-19, 2009.

D. Stanforth, Stanforth, P.R., and Hoemeke, M.P. Physiologic and metabolic responses to a Body Pump® workout. *Journal of Strength and Conditioning Research*, 14(2), 144-150, 2000.

D. Stanforth, Stanforth, P.R., Hahn, S., and Phillips, A. A 10-week training study comparing Resistaball® and traditional trunk training. *J Dance Med Sci.* 2(4), 134-140, 1998.

P.R. Stanforth, and Stanforth, D. The effect of adding external weight on the aerobic requirement of bench stepping. *Res Q Exerc Sport*. 67(4), 469–472, 1996.

D. Stanforth, Stanforth, P.R., and Velasquez, K.S. Aerobic requirement of bench stepping. *Int J Sport Med*. 14(3), 129-133, 1993.

PEER-REVIEWED RESEARCH ABSTRACTS

D. Stanforth, P.R. Stanforth, B.N. Crim, M.A. Stults-Kolehmainen. *Bone mineral content and density among NCAA Division I female athletes across competitive seasons and over a multi-year time frame*. *Med Sci Sports Exerc*. 45(5S), 2013. (Presented at the 60th Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.)

Crim, B.N., P.R. Stanforth, D. Stanforth, M.A. Stults-Kolehmainen. Body Composition Changes Among Female Collegiate Athletes Across the Competitive Season and Over Multiple Years. *Med Sci Sports Exerc*. 45(5S):443-451, 2013. (Presented at the 60th Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.)

D. Stanforth. Role Model Stories Delivered on YouTube: Promotional Strategies and Impact on Exercise and Exercise Self-Efficacy. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Austin, TX, May 23-26, 2012.

D. Stanforth, D., Manika, D., and Stout, P. Prostate cancer awareness: Texas campaign evaluation. Center for Women's and Gender Studies Health Research Cluster Student Conference, April 28, 2009.

D. Stanforth, Smith, P., et al. Urine specific gravity in EMS flight workers. (Abst.) *Med Sci Sports Exerc*. 40(5): 1344, 2008. (Presented at the 55th Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.)

D. Stanforth, Stanforth, P.R. and Hoemeke, M.P. The metabolic cost of the Body Pump® training program. (Abst.) *Med Sci Sports Exerc*. 30(5): S198, 1998.

Hahn, S., Stanforth, D., Stanforth, P.R., and Phillips, A. A 10 week training study comparing Resistaball® and traditional trunk training (Abst.) *Med Sci Sports Exercise*. 30(5): S199,1998.

M.P. Hoemeke, Stanforth, D. and Stanforth, P.R. Gender differences in the Body Pump® training program. (Abst.) *Medicine and Science in Sports and Exerc*. 30(5): S199, 1998.

D. Stanforth and Stanforth, P.R. Aerobic requirement of Jazzercise. (Abst.) *Med Sci Sports Exerc*. 25:S83, 1993. . (Presented at the 40th Annual Meeting of the American College of Sports Medicine, Seattle, WA.)

D. Stanforth, D. and Stanforth, P. The effect of adding external weight on the aerobic requirement of bench stepping. (Abst.) *Med Sci Sports Exerc*. 25: S451, 1993.

D. Stanforth, Velasquez, K., and Stanforth, P.R. The effect of bench height and rate of stepping on the metabolic cost of bench stepping. (Abst.) *Med Sci Sports Exerc*. 23(4): S143, 1991.

D. Stanforth, Hamman, C., and Senechal, C. Relationship of heart rate and oxygen consumption during low impact aerobic movements. (Abst.) *Med Sci Sports Exerc*. 20:S88, 1988.

PROFESSIONAL PUBLICATIONS

S. Allen, Dudley, G.A., Iosia, M., Stanforth, D., and Steuerwald, B. *Sports Science Exchange Roundtable* 47:13(1), 2002.

D. Stanforth and P.R. Stanforth. Stanforth's on Fitness. *Austin Health and Fitness* monthly column, 1997-2000.

D. Stanforth and Stanforth, P.R. Burning Fat: The Rest of the Story. *American College of Sports Medicine (ACSM) Certified News*, 2(2): 5-8, 1992.

BOOKS AND EDUCATIONAL VIDEOS

Healthy Learning Video Series, 2011

1. Vertical Core Training
2. The Power of Personal Stories to Change Health Behaviors

American College of Sports Medicine Healthy Learning Video Series, Monterey, California, 1999:

1. Name that Energy System
2. Fat Burning
3. Exercise Evaluation
4. Passive Stretching
5. Developing a Walking Program
6. Permanent Weight Loss

Stanforth, D. and Ellison, D. (1997) *Aerobic Dance Exercise*. New York: McGraw Hill.

EXTERNAL FUNDING/GRANTS

2009	Elizabeth Christian Public Relations: \$8,750 pro bono creative work to develop booklet for Texas Cancer Coalition
2007	The Gatorade Company, Research Award: \$5,800
1998	The Step Company, Research funding: \$4,650
1996	Nike, Inc., Research funding, in kind award: \$3,000 worth of shoes
1993	Jazzercise, Inc., \$3,000
1991	Nike, Inc., Research funding, in kind award: \$3,000 worth of shoes

INTERNAL FUNDING/GRANTS

2011-2012	The University of Texas at Austin Vision Award: \$3,000
2008-2011	Division of Housing and Food Services Wellness Initiative: Funding to support one graduate student (~ \$40,560 per year)
2005-2006	The University of Texas at Austin Fast-Tex Award: \$4,000
2004-2005	The University of Texas at Austin Fast-Tex Award: \$4,000
2003-2004	The University of Texas at Austin Vision Award: \$1,000
2002-2003	The University of Texas at Austin Vision Award: \$1,000

HONORS/AWARDS

2014	Faculty Teaching Award, Alpha Lambda Delta/Phi Eta Sigma Honor Societies
2011	Teaching Excellence Award, Department of Kinesiology and Health Education, The University of Texas at Austin

2008-2009 Tracy-Locke/Morris Hite Endowed Presidential Scholarship

1998 International Dance Exercise Association (IDEA) "5 Star Presenter" Award

1997 IDEA Member Appreciation Award

INVITED REVIEWER

Books: YMCA Water Fitness for Health; Get Fit, Stay Fit; Introduction to Strength and Conditioning; Concepts of Physical Fitness; Advanced Fitness and Exercise Prescription; American Council on Exercise Lifestyle and Weight Management Consultant Manual.

Journals: *International Journal of Sports Medicine*; *Sports Medicine, Training and Rehabilitation*; *British Journal of Sports Medicine*.

Editorial Board, ACSM's Health and Fitness Journal, 2002-2015.

INVITED PRESENTATIONS TO PROFESSIONAL ORGANIZATIONS

American College of Sports Medicine Health & Fitness Summit, Phoenix, Arizona, March 31-April 3, 2015. Panel Moderator: *Hot Topic Panel: High Intensity Training: The Good, The Bad & the Questions*.

American College of Sports Medicine Health & Fitness Summit, Phoenix, Arizona, March 31-April 3, 2015. Panel Moderator: *Oh, The Places You'll Go*.

American College of Sports Medicine Health & Fitness Summit, Atlanta, Georgia, April 1-4, 2014. Panel Moderator: *Oh, The Places You'll Go*.

American College of Sports Medicine Southwest Regional Meeting, Austin, Texas, March 1, 2013. Sponsored Keynote Address: *Small Changes, Big Rewards*.

American College of Sports Medicine Health & Fitness Summit, Las Vegas, Nevada, March 12-15, 2013. *Exercise is Medicine on Campus* (Panel presentation.)

Delta Kappa Gamma Leadership Management Seminar, Executive Education – McCombs School of Business, UT Austin, July 5, 2012. *Obtaining Optimal Wellness: Eat Less, Move More*.

Texas Comprehensive Cancer Control Program, Prostate Cancer Webinar, June 18, 2012 *Prostate Awareness Campaigns and Social Journalism*.

Athletic Business Conference, Orlando, Florida, Dec. 1-3, 2011. *Vertical Core Training* (presented with Tim Skwiat, M.Ed., Train 4 The Game.) Rated one of the Top 10 presentations for content and delivery.

Texas Comprehensive Cancer Control Program, Prostate Cancer Webinar, June 17, 2011. *Effective Use of Media to Change Prostate Cancer Screening Behaviors*.

Delta Kappa Gamma Leadership Management Seminar, Executive Education through the McCombs School of Business at The University of Texas at Austin, July 5, 2010. 1) *Developing Optimal Wellness: Resilience, Physical and Nutritional Health*; 2) *Optimal Wellness: Nutrition and Diets through the Decades*.

U.S. Air Force, Lackland AFB, San Antonio, TX, August 21, 2009. *Core Training – Functional Connections*.

Texas Cancer Coalition First Annual Community Cancer Stakeholder Summit. Austin, TX, June 16-17, 2009. *Effective Use of Media and Behavioral Journalism*.

Instituto Multispa, Your Health Trainers, San Jose, Costa Rica, May 16, 2009. *Functional Core Training*.

School of Physical Education, Universidad de Costa Rica, San Jose, Costa Rica, May 18, 2009. *Fitness Research Update*.

Texas Cancer Coalition, Dallas, TX, February 26, 2009. *Effective Use of Media*.

Illinois Dietetic Association Annual meeting, Chicago, IL, April 7-8, 2006. *Nutrition All Around Us*.

Sports, Cardiovascular and Wellness Nutritionists (SCAN) Sports Nutrition Symposium, Austin, TX, April 13-15, 2007. *FUNctional Walk Training: Core and Flexibility*.

National Strength and Conditioning Association Personal Trainers' Conference, 2004. *Why Low Fat and Low Carb Diets are Ineffective*.

SCAN Annual Symposium: Cardiovascular Disease and Obesity, Austin, TX, 2004. *What's Fat Got To Do With It?*

7th International Congress of Sports Medicine, Mexico City, Mexico, 2003. *Developing Creative Circuit Training Programs*.

Health Promotion and Aerobic Convention, Taiwan National Fitness Organization, Personal Training Preconference, Taipei, Taiwan, 2002. 1) *Stability Ball Training/Progressions*; 2) *Stability Ball Training: The Basics*, 2002.

Health Promotion and Aerobic Convention, Taiwan National Fitness Organization, General Conference, Taipei, Taiwan, 2002. 1) *Stability Ball Training: The Total Body Workout*; 2) *No Wet Heads: Deep Water Running Workshop*; 3) *The ABC's of Creative Circuit Training*; 4) *Name That Energy System*.

Gatorade Sports Science Conference, Optimal Training and Nutrition for Fitness and Sport, Phoenix, AZ, 2001. *Training for General Fitness*.

IDEA International Conference, San Diego, CA, 2001. *Hydration Hints for Fitness Professionals*.

Fitness Awareness for Continuing Education International Conference (FACT), Chicago, IL, 2000. 1) *The Skinny on Fat Burning*; 2) *Beyond the Crunch: Movers and Shakers*.

Gatorade Sports Science Conference, 1999. *Educating Athletes, Coaches and Clients about Sports Nutrition*.

FACT, Chicago, IL, 1999. 1) *Beyond the Crunch: Movers and Shakers*; 2) *Passive Stretching*; 3) *Fat Burning: Just the Facts*.

IDEA Strength and Conditioning Conference, 1999. *Effective Diet and Exercise Strategies to Permanently Control Body Fat*.

FACT Annual Meeting, Chicago, IL, 1998. 1) *Fat Burning: Fact or Fiction*; 2) *One-on-One Teaching Skills*; 3) *Ready, Set, Go - or Drop out?*

IDEA Personal Training Conference, 1998. 1) *Making the Transition to Personal Training: Program Design & Evaluation (I & II)*; 2) *Motivation and Program Adherence*; 3) *One-on-One Teaching Skills*; 4) *Fat Burning: Fact or Fiction?*

IDEA International Conference, Anaheim, CA, 1997. 1) *Making the Transition to Personal Training: Program Design & Evaluation (I & II)*; 2) *Motivation and Program Adherence*; 3) *One-*

on-One Teaching Skills; 4) The Art and Business of Personal Training; 5) Separating Fat from Fiction: The Fat Burning Myth.

FACT Annual Meeting, Chicago, IL, 1997. 1) *Women's Health Issues: Research Update*; 2) *Name that Energy System*; 3) *ACSM Guidelines: Boring Research or "Must Know Info?"*

IDEA Personal Training Conference, New York, NY, 1997. 1) *Making the Transition to Personal Training: Program Design & Application (I & II)*; 2) *Motivation and Program Adherence*; 3) *Developing One-on-One Skills*; 4) *Fat Burning: Separating Fat from Fiction.*

FACT Personal Trainer conference, Chicago, IL, 1996. 1) *Women's Health Issues: Research Review*; 2) *Name That Energy System*; 3) *Ready, Set, Go - or Drop Out?*

IDEA Personal Training Conference, 1996. 1) *Making the Transition to Personal Training: Program Design & Evaluation (I & II)*; 2) *Motivation and Program Adherence*; 3) *One-on-One Teaching Skills*; 4) *Understanding the Fat Burning Myth.*

FACT Instructor Conference, Chicago, IL, 1996. 1) *Fitness Research Update: Women's Health Issues*; 2) *Understanding Fat Burning*; 3) *Name That Energy System.*

IDEA Sixth Annual Sports Performance Symposium, 1996. *A 10-week Training Study Comparing Resistaball® and Traditional Trunk Training.*

FACT Instructor Conference, Chicago, IL, 1996. 1) *Ready, Set Go-Or Drop out?*; 2) *Name that Energy System*; 3) *ACSM Guidelines: Boring Research or "Must Know Info?"*

IDEA World Research Forum, 1996. *Women's Health Issues.*

IDEA International Conference, Orlando, FL, 1996. 1) *Fat Burning: Separating Fat from Fiction*; 2) *Making the Transition to Personal Training: Program Design & Application I, Program Design & Application II*; 3) *Motivation and Program Adherence*; 4) *Developing One-on-One Skills.*

FACT Fest, Chicago, IL, 1996. 1) *Step Training Research Review*; 2) *A "FRAME" for Evaluating Exercise Safety*; 3) *Understanding Fat Burning.*

IDEA Personal Training Conference, 1996. 1) *Making the Transition to Personal Training: Program Design & Application I, Program Design & Application II*; 2) *Motivation and Program Adherence*; 3) *Developing One-on-One Skills.*

IDEA Specialty Training Conference, Baltimore, MD, 1995. 1) *Making the Transition to Personal Training: Program Design & Application I, Program Design & Application II*; 2) *Motivation and Program Adherence*; 2) *Developing One-on-One Skills*; 3) *Becoming a Group Exercise Leader: Foundations of Energy Systems*; 3) *Foundations of Muscle Conditioning: Theory*; 4) *Foundations of Muscle Conditioning: Practical.*

FACT Personal Trainers Conference, New Brunswick, NJ, 1995. 1) *Understanding Fat Burning*; 2) *Name that Energy System*; 3) *A "FRAME" for Evaluating Exercise Safety.*

IDEA World Research Forum, San Diego, CA, 1995. *Group Exercise: Research Review.*

World IDEA Conference, San Diego, CA, 1995. 1) *Research Review*; 2) *Making the Transition to Personal Training: Program Design & Application I, Program Design & Application II*; 3) *Motivation and Program Adherence*; 4) *Developing One-on-One Skills*; 5) *Becoming a Group Exercise Leader: Foundations of Energy Systems.*

Sweden Aktivium "Maximum Performance" Conference, 1995. 1) *Step Training: Research Review*; 2) *Understanding Fat Burning*; 3) *Personal Training in America: Application to Swedish Fitness Centers*.

IDEA World Conference, Baveno, Italy, 1995. 1) *Understanding Fat Burning*; 2) *A "FRAME" for Evaluating Exercise Safety*; 3) *Understanding Energy Systems*.

FACT Fest, Chicago, IL, 1995. 1) *1994 Research Review*; 2) *Step Training Research Review*; 3) *Understanding Fat Burning*.

IDEA Specialty Training Conference, Indianapolis, IN, 1995. 1) *Invited panelist, "High Risk" Exercise Summit*; 2) *Making the Transition to Personal Training: Program Design & Application I, Program Design & Application II*; 3) *Motivation and Program Adherence*; 4) *Developing One-on-One Skills*; 5) *Understanding Fat Burning*.

IDEA World Fitness and Educational Conference, Las Vegas, NV, 1994. 1) *High Risk Exercise Summit: Panel Discussion*; 2) *1994 Research Review: Group Exercise*; 3) *Sharpening Your Practical Skills*; 4) *Becoming an Excellent Aerobics Instructor*; 4) *Becoming a Personal Trainer: A Practical Workshop*.

IDEA Specialty Conference, 1993. 1) *Step Training Clinic: Specialty Workshop*; 2) *High Risk Exercise Summit: Panel Discussion*.

IDEA International Research Forum, San Diego, CA, 1993. 1) *Fitness Research Review: Step Training and Aerobic Dance Exercise*; 2) *Aerobic Requirement of Jazzercise®- Original Research Investigation*.

IDEA International Conference, 1993. 1) *The Physiology of Step Training*; 2) *Fitness Research Review: Step, Slide and Walk*.

All Well Health Promotion Conference Annual Meeting, 1993. *Developing a Personal Walking Program*.

IDEA Educational Conference, 1992. *Fitness Research Update*.

IDEA International Research Forum, San Diego, CA, 1992. *The Metabolic Cost of Bench Stepping*.

IDEA World Fitness International Convention, San Diego, CA, 1990. *Energy Systems: Aerobic and Anaerobic*.

PRESENTATIONS TO PROFESSIONAL ORGANIZATIONS

American College of Sports Medicine Health & Fitness Summit, Atlanta, Georgia, April 1-4, 2014. *Movement Based Programming: 10,000 Workouts in 10 Minutes*. [Preconference session]

American College of Sports Medicine Health & Fitness Summit, Las Vegas, Nevada, March 12-15, 2013. *Eat Less, Move More: Easy 2 Say, Hard 2 Do*.

Athletic Business Conference, New Orleans, LA, November 28-December 1, 2012. *Beyond the Core* (presented with Tim Skwiat, M.Ed., Train 4 The Game.)

Annual Conference of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Austin, TX, May 24, 2012. Role model stories delivered on YouTube: Promotional

strategies and impact on exercise and exercise self-efficacy (abstract no. 145915; e poster presentation.)

Athletic Business Conference, Orlando, Florida, Dec. 1-3, 2011. *The Use of Personal Stories in Changing Health Behaviors*. Rated one of the Top 10 presentations for delivery.

ACSM Health and Fitness Summit, Anaheim, CA, April 13-16, 2011. *The Use of Personal Stories in Changing Health Behaviors: Theory to Practice*.

ACSM Health and Fitness Summit, Austin, TX, April 7-10, 2010. *Vertical Core Training* (with Tim Skwiat, Train4TheGame.)

ACSM Health and Fitness Summit, Austin, TX, April 7-10, 2010. *Sphygmomanometers: Not Just for Blood Pressure Anymore* (with Ryan Stukel, Sport Performance International.)

ACSM Health and Fitness Summit, Atlanta, GA, March 26-29, 2009. *Functional Connections: Movement that Matters*.

ACSM Health and Fitness Summit, Preconference, Long Beach, CA, March 24-27, 2008. *Is Gravity Winning the Battle?*

ACSM Health and Fitness Summit, Dallas, TX, March 21-24, 2007. *Effective Communication to Enhance Client Retention and Motivation*.

ACSM Health and Fitness Summit, Las Vegas, NV, March 29-April 1, 2005. *Diets Through the Decades*.

ACSM Health and Fitness Summit, Reno, NV, 2003. *What's Fat Got To Do With It?*

ACSM Health and Fitness Summit, 2001. *Play Ball: Stability Ball Basics*.

ACSM Health and Fitness Summit, San Diego, CA, 2000. *Beyond the Crunch: Movers and Shakers*.

IDEA Personal Trainer Congress, 2000. *Passive Stretching Workshop*.

ACSM Health and Fitness Summit, 1999. *Passive Stretching; Panel Discussion: Selecting a Graduate School*.

ACSM Health and Fitness Summit, 1998. 1) *Motivation and Exercise Adherence*; 2) *Name that Energy System*; 3) *Ready, Set, Go-or Drop Out?*

Association for Fitness in Business National Meeting, 1992. *Implementing and Evaluating a Work Station Stretching Program*.

International Symposium on the Scientific and Medical Aspects of Aerobic Dance Exercise, San Diego, CA, 1989. 1) *The Fat Burning Concept: Implications for Aerobic Dance*; 2) *Understanding Aerobic and Anaerobic Energy Systems*.

SAMPLES OF OTHER PROFESSIONAL PRESENTATIONS

Texas Exes, Class of 1962 Reunion, Austin, TX, April 26, 2012. *Small Changes, Big Rewards*.

Texas Exes Alumni College, Austin, TX, June 24, 2011. *Eat Less, Move More: Five Strategies for Eating Well*.

Allied Health Careers, The University of Texas at Austin, Austin, TX, Feb., 24, 2011. *Finding the Health Career that is Right For You.*

Lake Austin Spa, Austin, TX, January 5 and 26, 2008. *Success Strategies for Eating and Exercise.*

Long Island Cheer Conference, Long Island, NY, September 16, 2006. Keynote address: *Hydration and Sports Nutrition 101.*

American Heart Association Heart Savvy Summit, Austin, TX, March 21, 2006. *Dieting through the Decades.*

Lake Austin Spa "Gathering of Wise Women," Austin, TX, October 9, 2004. *Making Wise Choices: Diet, Exercise and Botox?*

Run Tex, Castle Hill Fitness, Austin Triathlete group, Austin, TX, 2004. *Hydration for endurance athletes.*

National Varsity Camp Cheerleaders, Dallas, TX, 2004. *Hydration and Sports Nutrition 101.*

Gatorade National Managers Meeting, Miami, FL, 2004. *Workplace Flexibility: Stretch your potential.*

Heart Hospital "Her Heart" Symposium, Austin, TX, 2004. *The Heart of Exercise: Cardiovascular Training.*

Lake Austin Spa and Resort. Austin, TX, 2002. In-house Instructor Training for CEC credits, *Stability Ball Training: The Basics.*

S.A.S. Computers, Employee Wellness Program Austin, TX, 2002. Invited speaker, *What's the BEST Program?*

Lake Austin Spa and Resort, "National Women's Health Month," Austin, TX, 2002. *Diets through the Decades.*

Danskin Triathlon series, Pre-Event Fitness Conference, Austin, TX, 2002. *Hydration: You Can't Race Without It.*

Young Presidents Organization, Austin, TX, 2001. *Diets through the Decades.*

Lake Austin Spa and Resort Continuing Education, Austin, TX, 2001. *Play Ball: Stability Ball Training.*

H-E-B Shape Your Life. Pharr, Corpus Christi, San Antonio and Austin, TX, 2000.

Naturally Fit TV. Fox Fitness Network, 1998.

PROFESSIONAL MEMBERSHIPS

American College of Sports Medicine
International Dance Exercise Association

PROFESSIONAL CONTRIBUTIONS

Program Committee, ACSM Health & Fitness Summit (2012-2016)
Harbinger Fitness Advisory Board (2006-present)
Clif Bar Sport Ambassador Program (2004-present)
Women's Advisory Board, Heart Hospital of Austin (2005-2007)
National Media Spokesperson, Propel – The Fitness Water. (2002-present)

Editorial Board, ACSM Health & Fitness Journal (2002-present)
Gatorade Board of Advisors for Science and Education (1997-2008)
Speakers Bureau Expert, Gatorade Sports Science Institute (1997-present)
Contributing Fitness Editor, Shape Magazine (1997-2004)
Spokesperson, American Council on Exercise (1998-present)
Christine McIntyre Awards Selection Committee (1997)
Nike Fitness Innovation Awards Selection Committee (1996)
IDEA Personal Trainer Practical Exam Committee (1996)
IDEA World Leadership Council (1996)
IDEA Professional Instructor Evaluation Development Committee (1995-97)
IDEA Aerobic Dance Exercise Leader & Personal Trainer Written Certification Committee (1995)
IDEA World Leadership Council (1994)
IDEA Compensation Task Force (1994)

CONSULTING*Sample fitness interviews/consulting*

Women's Health (feature article, March 2011), Vogue Magazine, Glamour Magazine, Walking Magazine, Self Magazine, Allure, Better Homes and Gardens, Redbook, Men's Health, Cooking Lite, Weight Watchers, Real Simple Magazine, Seventeen (1995-present)
International Business Machines (1995-1997), workplace ergonomics consulting
Contributing Editor, Living Fit Magazine (1997-1999)
Jane Fonda Fitness (1995)
Longhorn Band (1998)
Body Business, Austin, Texas (1990-2008)
Q Sports Club, Austin, Texas (1994-1995)
International In-line Skating Association: certification and review board (1996-2000)

CERTIFICATIONS:

American Council on Exercise, Personal Training Certification
CPR Certification, American Heart Association