

BEHIND THE SCENES



**HEALTH & EXERCISE SCIENCE
ALUMNI NEWSLETTER**

VOL. 5 | FALL 2019

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Want to stay updated on departmental news as it happens? Join the WFU Health & Exercise Science community on social media! You can find us on Facebook, Instagram, and Twitter - just search for us by using **@wfuhes**. You can see the latest department news, tips on improving your quality of life, and so much more.

We also want to hear about all the great things you're doing so we can share, repost, and retweet on our pages. Help us stay connected by following **@wfuhes**. We'll be waiting for your friend request!



Chair's Message

It's with great pleasure and excitement that I enter my third year as Chair of the HES Department. I am admittedly biased, but I believe that HES continues to be the best department on the Wake Forest campus and one of the very best in the country! The HES faculty are committed to the WFU ideal of being both excellent teachers/mentors and scholars. We are very pleased that Dr. Jason Fanning (featured in this newsletter) has joined our faculty this year. Dr. Fanning will be assuming the teaching/advising roles from a long-time HES Professor Dr. Jack Rejeski, who has transitioned to a full-time research position within HES. We welcome Dr. Fanning and we are very pleased that Dr. Rejeski will still be here conducting his important research.



As Chair of the HES Department, it has become even more apparent to me over the last few years that we have an amazing administrative staff in HES. The individuals highlighted in this newsletter (Andrea Cox, Jovita Newman, Suzanne Thompson, and Mark Woodard) often go unrecognized as they work hard, “behind the scenes” to keep the department functioning at its very best. These folks definitely make my job much easier and certainly more enjoyable! I do not know what the department or I would do without them – they truly are invaluable!

I know the HES faculty feel very fortunate to be able work with and teach many of the outstanding undergraduate and graduate students we have at WFU. No doubt, we thrive off the energy and thirst for knowledge these students bring to our classrooms, research projects, and community programs. We also take great pride in seeing these students move on to further education and/or meaningful careers after graduation. I am very grateful to Dr. Messier (and his associate Elena Schacht) for their efforts with this newsletter as they highlight some of our outstanding HES Alumni and important activities/people within the department. We sincerely hope all HES alumni will keep in touch, follow us on social media (@wfuhes), and visit campus whenever possible! Please do not hesitate to contact me if you have any questions or comments about the HES Department.

Best Wishes!



Peter Brubaker

Behind the Scenes

Who are the people in the department who keep everyone on track? The ones keeping the wheels greased? Keeping the lights on? Making sure everything is in line? These four staff members tirelessly work to make sure all faculty, staff, students, and colleagues can do the best they can each and every day.

JOVITA NEWMAN • *Facilities Coordinator*



Jovita somehow always seems to be on top of any task that comes her way. She serves as the main point of contact for any facilities-related needs in both the Health & Exercise Science building in Worrell as well as the Clinical Research Center (CRC). As an alumna of Wake Forest, (Class of 2000) Jovita didn't know she would come back to her alma mater, but after receiving her MA in Exercise Physiology from East Carolina University she joined the staff as a Research Technician for the GATES study. She has been project manager for multiple different studies within the department since that time and became facilities coordinator in 2006.

Jovita's favorite parts of working in the department are collaborating with esteemed faculty, working with an awesome research team, and making a difference in the lives of many of the research participants that have been a part of the studies she's worked with. Working with students has been rewarding as well and it's especially great to run into them years later as they've transitioned into their careers. Outside of work, she enjoys spending time with her husband Ryan and sons Isaiah and Joshua, traveling, and cooking.

ANDREA COX • *Administrative Assistant*



As the administrative assistant for the Health & Exercise Science department, Andrea does a bit of everything, and often is the glue that keeps everyone together. Having grown up in Winston-Salem, Andrea has always loved Wake Forest, an attribute she inherited from her dad. She joined the University in February 1992 and served as the Program Coordinator for our department's Healthy Exercise & Lifestyle Programs (HELPS) for much of that time. After almost three decades in that position and helping the program grow and evolve, Andrea got the opportunity to shift gears and begin working with the academic side of the department.

Coordinating all administrative functions for the department is no small task for our ever-growing group of faculty, staff, and students, but Andrea seems to do it with ease. She works closely with both the chair (Dr. Pete Brubaker) and the associate chair (Dr. Gary Miller) in various departmental functions while also acting as a liaison between the HES department and all other units on campus. She also works directly with students in the department—something she finds to be one of the most rewarding parts of her job.

Andrea serves as the go-to person to find out what is going on within not only our department but the university as a whole. She enjoys going for walks around campus: Reynolda Gardens is one of her favorite destinations. When not at work, Andrea can be found spending time with her family: her husband, son, and their rescued cats and dogs.

SUZANNE THOMPSON • *Instructional Technology Specialist*



If you've seen the new Health & Exercise Science website (hes.wfu.edu) then you've seen just the surface of Suzanne's work for the department. Since joining the staff in 2017, Suzanne has made a huge impact on both the public and private face of HES. As our resident ITG Specialist (Instructional Technology Group) she works closely with faculty to support their usage of technology in and out of the classroom. She is our resident expert on any and every way to make use of all the innovative technology Wake Forest has to offer—and always has creative ideas on ways to make learning accessible to all students. Outside of the classroom, Suzanne also supports and advises faculty and staff on administrative technologies. She is full of tricks and tips to utilize campus resources to help improve workflow.

Suzanne not only helps support the HES Department; she spends half her time as ITG for the Department of French Studies and the Department of Spanish & Italian. Her BA in French & English may lead you to believe she is more comfortable on the other side of campus, but the opportunity to learn about our field has been exciting for her. In fact, without her trips back and forth between Worrell and Greene, Suzanne may not have discovered one of her favorite things on campus—the paperbush plants by the football practice field.

Two years ago, Suzanne decided to make the move from Colorado back to her home state of North Carolina, and we are lucky to have her back. When she isn't at work, Suzanne can be found working on her eudaimonia in any number of places: shooting hoops with her husband at the Wellbeing Center, writing poetry, playing piano, or hanging out with her two rescue cats.



MARK WOODARD • *Grants and Contracts Manager & HES Business Manager*



Mark Woodard is the Health & Exercise Science department's resident "Jack of all Trades." While his official title is Grants and Contracts Manager and Business Manager, he has the experience and skills to do almost anything that comes his way. In 1989 when Mark first came to Wake Forest as a graduate student in the department, he had no idea he would call our department home for the next thirty years (and counting!). After graduation, Mark served as a research assistant, then became a project manager, and finally filling his current position in 2007.

As Grants and Contracts Manager, Mark provides comprehensive pre- and post-award administrative services. He is always available to answer any questions from research staff and faculty members about how best to go about different situations. As the business manager, he handles the department's financial management and oversight for operating other funds. In addition to his MS from the HES department, Mark also has an MBA/MA in Health Administration, and is a Certified Research Administrator.

When Mark is trying to clear his mind from work, he enjoys taking part in many 2-wheeled or 4-wheeled pursuits. Whether it be mountain biking, road biking, motorcycles, or NASCAR, he definitely has an affinity for adventures. He also enjoys chasing rock-and-roll bands around the state with his wife, Sharon (MS class of '91). They even saw KISS in April!



JASON FANNING, PHD

Dr. Jason Fanning’s road to becoming the newest faculty member in the HES Department may not have been the most direct, but once he found his passion he never looked back. Jason grew up in the Chicagoland area focused on playing music. When it came time to select a university, he took the opportunity to live in an environment that was very different from suburbia and attended Radford University in Virginia to study piano performance.

Possibly foreshadowing his future, Dr. Fanning decided that sitting on a piano bench for his life’s work was not the right path for him, and at the same time was developing an interest in human health, so he transferred to nearby Virginia Tech to study human nutrition. It turns out this was just another stepping stone on Jason’s path. He transferred for the final time to the University of Illinois Urbana-Champaign where he found his home. “My family has attended Virginia Tech and Radford for generations, but I felt an instant connection to Urbana-Champaign.”

Dr. Fanning was a self-described “overweight teen”. He would fall into the yo-yo dieting that so much of the population is familiar

with – doing well for a week, then defaulting to eating for comfort. Nearing the end of high school, Jason found that he enjoyed running, and latched onto the sport to help him lose weight and keep it off. Before long, he found he equally enjoyed cycling, and naturally transitioned into triathlons. Jason raced on the collegiate team at the University of Illinois, and while he found he enjoyed the training and camaraderie, he struggled with anxiety on race-day. When he had the opportunity to take a sport and exercise psychology course, he jumped on it.

The course was taught by his future mentor, Dr. Edward McAuley, and focused more on the adoption and maintenance of health behaviors, and especially exercise.

FAST FACTS:

Hometown: Geneva, Illinois

Undergraduate: University of Illinois at Urbana-Champaign

Graduate: University of Illinois at Urbana-Champaign (MS and PhD)

The ties to Dr. Fanning's own challenges were clear, and he was hooked. He wanted to know much more about what could be done to get people to stay active and to eat healthily, even in the face of powerful daily stresses. Could

"I have been astounded at the opportunities for mentorship and collaboration at Wake Forest."

there be a role for technology to alleviate some of these challenges?

These questions and more, were all brought up to his instructor, Dr. Eddie McAuley. Dr. McAuley brought Jason on at first as an undergraduate researcher, and then later as a graduate student, consistently encouraging Jason to turn these ideas into projects. He earned both Master's and Doctoral degrees in Kinesiology under the mentorship of Dr. McAuley.

During his graduate work, Dr. Fanning investigated how to use technology to create lasting behaviors. He observed how reward



systems used by many popular apps don't seem to get at the real crux of the issue. It also quickly became clear that apps delivered without a human touch are not likely to work for many people. He wondered, "Can we use

digital tools to make people feel more connected with others who are changing their behaviors, and to understand and target the things that affect our health choices on a moment-to-moment basis?"

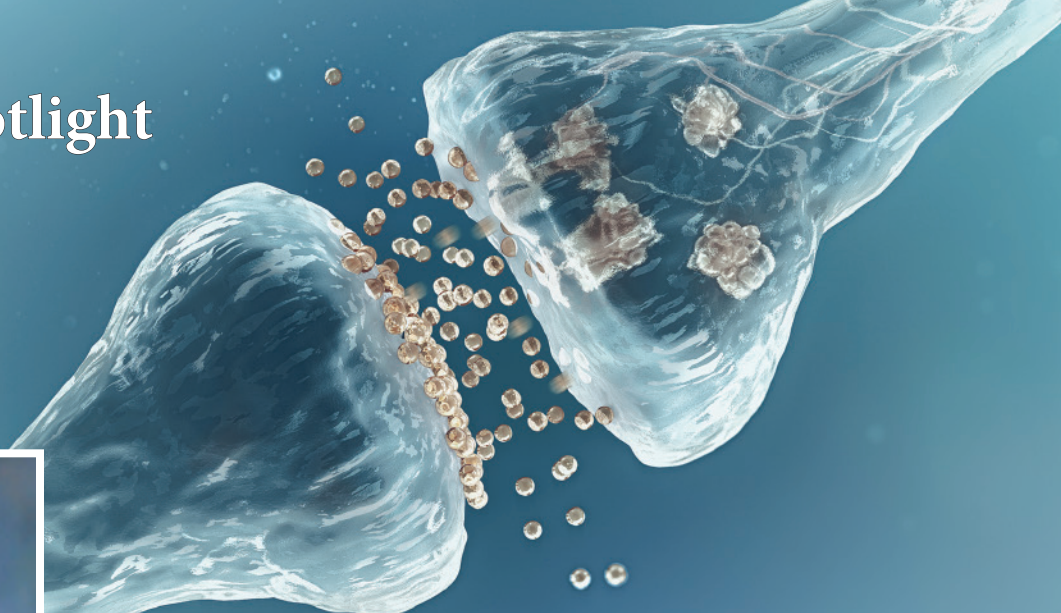
Dr. Fanning then came to Wake Forest to pursue these questions further as a post-doctoral fellow under Dr. Jack Rejeski and Dr. Barbara Nicklas. Here, he has explored how face-to-face and digital programs can help older adults sit less and move more to help reduce chronic pain, keep off lost weight, and stay active in the long term. He emphasized how important Wake Forest has been for facilitating this line of research. "I have been astounded at the opportunities for mentorship and collaboration at Wake Forest."



This year, Dr. Fanning was selected as the winner of the Wells Fargo Faculty Scholar Award. This honor serves to support faculty members who demonstrate how research can lead to innovation within the Wake Forest and broader Winston-Salem and North Carolina communities. Dr. Fanning is thrilled to be able to use these funds as he works to integrate his programs into clinical care for older adults.

It isn't all work for Dr. Fanning. Jason enjoys rock climbing and cycling (both bicycle and motorcycle). He and his wife, a veterinarian at the local Human Society, also love spending time with their two dogs, and the myriad of other animals who are always spending time at their house.

Alumni Spotlight



KORI BREWER, PHD

Like many other alumni from the Health & Exercise Science Department, Kori Brewer knew

upon starting college that she had an interest in the science of how the body works. Luckily, Kori didn't need to spend too long figuring out what to do with that interest – the door to the HES department had already been opened for her by her sister, Kelli ('86.)

Kori may have known she wanted to be an HES major, but also found classes of interest in other departments. One of her most memorable lessons came from Dr. Wayne Silver's neuroscience class. Rather than simply lecturing to explain principles, he would begin many class sessions with a magic trick.

This method of teaching has stuck with Kori and while she is no magician, that experience made her acutely aware that one good demonstration is worth two hours of lecture slides. She says she has used that



bit of knowledge to the benefit her students for years.

Kori also recognizes the advantages that came with being an HES major. One of those being the chance to take Human Gross Anatomy with cadavers. Wake Forest was (and still is) one of the few institutions where undergraduates have this opportunity. The ability to study the inner workings and functional connections of real bodies was immensely valu-

FAST FACTS:

Hometown: Gloucester , VA

Undergraduate: Wake Forest University ('91)

Graduate: PhD Physiology, East Carolina University ('96)

Post-Graduate: The Miami Project to Cure Paralysis

Currently: Professor, Dept. of Emergency Medicine and Dept. of Physiology, Brody School of Medicine at East Carolina University



able, and something that only HES majors got at Wake Forest.

After graduating from Wake Forest, Kori went on to earn her PhD in Physiology from East Carolina University in Greenville, NC. Her interactions with a friend of a friend during college sparked her interest in spinal cord injuries, and at the time, jobs in the field of health science were hard to come by. By choosing to attend graduate school, Kori was able to pursue the career path she was most interested in – studying and teaching neuroscience.

Her time at East Carolina University led her to a post-doctoral fellowship at the Miami Project to Cure Paralysis (in Miami, FL), an institution dedicated to studying and treating spinal cord injuries. Here she got exposure to both the most current research and the clinical management of these injuries.

Kori returned to NC and is currently a Professor in the Department of Emergency Medicine and the Department of Physiology at Brody School of Medicine at East Carolina University. This position has allowed her to develop as both teacher and scientist. She loves that her position allows her the freedom to pursue ideas of personal interest. For her, that means running a lab that focuses on the study of neurological injuries and pain. Seeing the results of lab work turn into clinical trials and ultimately real-world treatments for patients is one of the most rewarding aspects of her work.

In the classroom, Kori pulls from her experiences at Wake Forest to help her teach and mentor medical and graduate students. Active, hands-on learning experiences is something she strives to provide to all students. This work is especially gratifying when former students take the time to come back and say how well-prepared they were to start seeing patients --- and even more so when that student was one who complained the most about the amount of work they had to do to pass!

Outside of her professional endeavors, Kori enjoys all things outdoors. As it is with many in the HES family, fitness is a large part of Kori's life. A 3-time runner of the Boston Marathon, she especially enjoys trail running and participating in events with her local running community. When she needs a break from running, you can find her on her mountain bike. Along with her husband Kirk, Kori looks for running or cycling races in places of natural beauty and plans vacations around them. Most recently, they traveled to the Redwood Forest of California to run the Avenue of the Giants marathon. They also have a passion for rescuing dogs – either at their own home or with family and friends with equally sympathetic feelings (and backyards!)





BRYAN COLLIER, DO FACS



Throughout his career, Dr. Bryan Collier has always tried to remember the origin of the word “doctor”. From the Latin “docere,” it means **to teach**. Dr. Collier embodies this idea every day: by teaching his students, surgical residents and fellows, the staff and nurses he works with, his patients, and of course himself. The idea never stops when you are a physician – your role is not just to heal but also teach.

Like many graduates of the Health and Exercise Science Department, Dr. Collier always knew he had an interest in both his own health and others’ health. He however didn’t always know that it would lead him to becoming a trauma and critical care surgeon. Upon

arrival at Wake Forest from Baltimore, he soon began working in the HES department’s Cardiac Rehab program. It was here that he was first exposed to the impact people could have on one another’s health and wellbeing.



As an undergraduate, Dr. Collier got to know many of the faculty members, including Drs. Brubaker, Berry, Rejeski, and Messier, through their regular runs around campus. It wasn’t until later that he realized how profound of an impact the dedication to personal wellness had on their lives. He also spent time abroad: in Nyon, Switzerland for a summer, and a semester in Venice, Italy. Dr. Collier was exposed to things “outside his comfort zone” during these experiences, and was able to learn from his teachers both in and out of the classroom.

After a cross-country road trip with his then girlfriend (now wife – Liz Chilton),



Dr. Collier began medical school at the Philadelphia College of Osteopathic Medicine. He then continued on with a Surgical Residency at Conemaugh Memorial Medical Center, then to a Surgical Critical Care/Trauma Fellowship at Vanderbilt University Medical Center. It was at Vanderbilt where Dr. Collier became an Assistant Professor and realized how fulfilling it was to be able to teach.

During Dr. Collier's ten years at Vanderbilt, he grew to enjoy working with both patients as well as students on a regular basis. When he moved to Roanoke, VA and the Carilion Clinic/Virginia Tech Carilion School of Medicine, it was important that he continued his journey with both groups.

In his current position as a Professor of Surgery at Virginia Tech Carilion School of Medicine and Chief of Acute Care Surgery at the Carilion Clinic, he is able to impart



on surgical residents, medical students, and colleagues the lessons he has learned of how to best take care of the sickest trauma patients while also taking care of themselves as physicians. The ultimate goal is to pass along the knowledge he has learned, while teaching them how to take leadership roles, AND achieve their individual goals. The lesson he had first learned while an undergraduate at Wake Forest was *Pro Humanitate*: to take care of others, yourself, and to teach the process along the way.

Dr. Collier takes his passion for learning and teaching outside of the hospital and classroom walls as well. He loves exercise, travel, and to play outside. He hopes to pass on these passions to his son (Ben) and daughter (Becca). He views every new experience as a way to learn and grow, as well as teach.



FAST FACTS:

Hometown: Baltimore, MD

Graduate/Post-Graduate:

Philadelphia College of Osteopathic Medicine ('97)

General Surgery Residency, Conemaugh Memorial Medical Center/Temple University ('03)

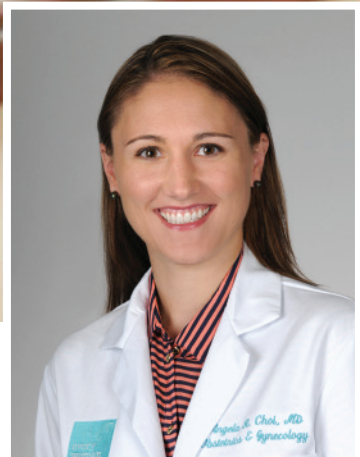
Surgical Critical Care/Trauma Fellowship Vanderbilt University Medical Center ('05)

Undergraduate: Wake Forest University ('92)

Currently:

Roanoke, VA
Carilion Clinic -- Section Chief of Acute Care Surgery, Medical Directors of Trauma and Surgical Critical Care, Director of Surgical Nutrition,
Full Professor of Surgery -- Virginia Tech Carilion School of Medicine
Program Director of Surgical Critical Care Fellowship -- Carilion Clinic/Virginia Tech Carilion School of Medicine

Alumni Spotlight



ANGELA RANK CHOI, MD

When searching for colleges, Dr. Angela Choi knew she wanted to go somewhere away from home in Ohio. Like many of us Demon Deacons, Angela first fell in love with Wake Forest when visiting our beautiful campus. From then on, she was hooked. The prestigious academics and perfect size of the university was more than enough to convince her to attend.

At the time Angela was a student, being a Health & Exercise Science Major was not the popular path to attending medical school. Many of her peers were planning on majoring in biology or chemistry. Knowing that “bench sciences” were not where her passion lied, she found her home in HES.

The feeling of belonging that the Health & Exercise Science department creates is unparalleled. When asked if she had any specific professors or classes she remembered fondly, Angela replied with “all of them.” From taking anatomy and biomechanics with Dr. Tony Marsh to Dr. Gary Miller’s nutrition classes, there was not one moment that Angela didn’t feel like she was being positioned to do her very best.

Each and every one of the faculty members in the department pushed Angela to reach her goals without ever making her feel like she was over-reaching or being pressured. Within our department, classes were never a competition to get the best grades – they were always a chance for students and faculty to learn from each other.

FAST FACTS:

Hometown: Salem, Ohio

Graduate/Post-Graduate:

Medical University of South Carolina,
Medical School and Residency

Undergraduate: Wake Forest University
(‘02)

Currently: Charleston, South Carolina
Assistant Professor of Obstetrics and
Gynecology
Medical Director of East Cooper
Women’s Health

This sense of community continued outside of the classroom as well. The faculty in the department and their families acted as role models for managing both professional and personal lives. Angela often babysat for Pete and Lisa Brubaker's three young children while she was in school. Jill Miller urged her to join a bone marrow donor drive. The Brubakers, Millers, and the rest of the department always showed what was possible through their actions. They were growing in their careers, while simultaneously training for races, travelling, raising families, and volunteering for various causes.

environment that emulates the one she found at Wake Forest. She feels that she has the privilege of getting to take care of patients and getting to know them at different phases of their lives. As an OBGYN, Angela is with her patients for many major moments in their lives, and feels lucky that she is able to make a difference to them. Because of this relationship and comfort she has created, some patients travel from out of state, or even as far as London to come back to see her.

Outside of her professional life, Angela and her husband, Young, have an exciting life with their three daughters: Caroline,



After graduating from Wake Forest, Angela went on to medical school at the Medical University of South Carolina in Charleston. Angela knew she wanted to become an obstetrician-gynecologist, and once her roommate introduced her to Charleston, she knew that was where she wanted to make that goal a reality.

Angela loves the city of Charleston so much she has made it her home. As an Associate Professor and the Medical Director of East Cooper Women's Health, she has made sure to create a welcoming and supportive

Catherine, and Charlotte. She runs almost every day, almost always pushing a stroller. They also love to travel, a trip to Hawaii in the past year was a memory they will always look back on.

HES Award Winners

This year, the department honored three graduating seniors. The **Paul M. Ribisl Health and Exercise Science Academic Achievement Award** is awarded to the student(s) with the highest overall GPA, and the **William L. Hottinger Health and Exercise Science Major Contribution Award** is given to a student who has contributed greatly to the department, taking into account GPA, research, community outreach, etc.

Summer Collins

William L. Hottinger Health and Exercise Science Major Contribution Award



Hometown: Morganton, North Carolina

Current City: Winston-Salem, North Carolina

Current Position: Physical Therapy Technician at Wayne Cannon Physical Therapy & Associates.

Most Memorable HES Experience: Participating in Honors Research and being given the opportunity to present her study at Southeast ACSM in Greenville, South Carolina. This experience led her to pursue a path in physical therapy - Summer would like to become a clinical researcher in an academic setting.

Spencer Sullivan

Paul M. Ribisl Health and Exercise Science
Academic Achievement Award



Hometown: Franklin, Indiana

Current City: New York, New York

Current Position: Private Research Assistant for Dr. Benedict Nwachukwu at the Hospital for Special Surgery. Spencer manages Dr. Nwachukwu's studies, including surgical outcomes and retrospective registry studies. He also assists with writing articles and book chapters for publication.

Most Memorable HES Experience: Building relationships with many of the staff and faculty in the department as an anatomy TA and Honors Research student.

Sierra Burick

Paul M. Ribisl Health and Exercise Science
Academic Achievement Award



Hometown: Kennesaw, Georgia

Current City: Chapel Hill, North Carolina

Current Position: Dental Student at UNC Chapel Hill Adams School of Dentistry

Most Memorable HES Experience: The camaraderie between students and professors was unparalleled - everyone was so supportive of each other and our goals. Some of Sierra's favorite experiences were working with cadavers in gross anatomy and being a part of human-subjects research studies.



Generous Support From Alumni and Friends

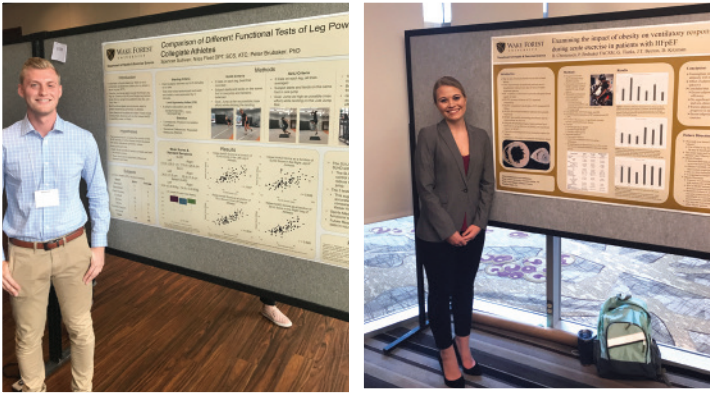
We are extremely grateful for the generous gifts and support from our alumni and friends. In recent years, we have seen an increased number of donations to the Department of Health & Exercise Science which have been used to improve our department in many ways. Your support has allowed students (both graduate and undergraduate) to travel to professional conferences around the country, improve and update equipment in many of our laboratories, and provide the best possible environment for learning. We could not have done it without the generous support from the following individuals/families:

- Sarah Aspinwall ('10)
- Dr. Bryan Collier ('92) and Liz Chilton Family Fund
- Megan Duda ('11)
- Drs. David (MS '93) and Shannon Edwards
- Barbara (MS '90) and Richard Ettenger
- Christopher Falzon ('11) and Alexandra Paetow ('12)
- The Hamati Family Fund
- Liz ('90) and Blake Howells
- Katie Hunzinger (MS '17)
- Dr. Marc ('95, MD '01) and Jill Mayhew
- Dr. Henry Miller ('51, MD '54, P '93 MBA) and Beverly Campbell
- Maia Monell ('15)
- The Rogers Family Fund
- Dr. Todd (P '16, P '20 PA) and Kim (P '16, P '20 PA) Rogers
- Sam (P '13) and Lynn (P '13) Strober
- Dr. Anna Tessiatore ('15)
- Dr. Andrew Weyrich (MA '87, PHD '91) and Amy Thompson (MS '91)



Photos from the Past Year

Undergraduate student *Spencer Sullivan* ('19) and graduate student *Brittany Christensen* ('19) presenting their research at SEACSM in Greenville, SC.



A rite of passage: first year graduate students right before their annual biomechanics presentations.



(left) Dr. Peter Brubaker and HES majors and student-athletes *Mimi Smith* (XC/track) and *Megan Anderson* (field hockey) at the ACC Postgraduate Scholarship Banquet.

(Right) The ground floor of Worrell doubles as a cornhole field at our full departmental meeting each August.



The 2019 MS graduates ready to move on to the next step in their careers!



The 2019 anatomy TAs with Dr. Steve Messier and Dr. Ted Eaves.



Photobombed! Dr. Gary Miller pops into a picture of the 2019 undergraduate honors students.



Current Faculty Research

Our department has been fortunate to have been awarded with many federal and privately funded grants throughout the past year. To get an idea of what we have been working on, here is a brief description of each faculty members' current projects.

Dr. Pete Brubaker's current research is working to determine if adding resistance training to caloric restriction/endurance exercise in older HFpEF (heart failure with preserved ejection fraction) improves various outcomes, particularly lean muscle mass. He also is investigating the effects of physical activity on patients with lymphoma after beginning chemotherapy.

Dr. Kristen Beavers' academic and professional interests lie in the study of nutrition and exercise as interdisciplinary sciences, specifically as they relate to prevention and etiology of chronic disease and disability. Her current research focuses on the identification of optimal weight loss therapies for older adults with obesity, with a particular focus on bone health outcome measures.

Dr. Michael Berry's current research focuses on the effects of exercise in the rehabilitation of patients with acute respiratory failure.

Dr. Ted Eaves worked with Nova publishers this year on a book covering special topics in Baseball, writing a chapter about spit tobacco use in the sport. He has also been working with a research group at Wake Forest Baptist Hospital studying college students and risky behaviors.

Dr. Jason Fanning is exploring how face-to-face and digital programs can help older adults sit less and move more to help reduce chronic pain, keep off lost weight, and stay active in the long term.

Dr. Jeff Katula is a health psychologist whose research interest is in the relationship between human behavior and chronic disease and disability. He is particularly interested in the prevention and management of Type II diabetes, mobility disability, cognitive functioning, and quality of life in older adults.

Dr. Tony Marsh's research focuses on physical activity and weight loss interventions in older adults and the effect of these interventions on gait, muscle strength and power, balance, and physical function. He is also interested in the development of novel measures to assess function in older adults and integrating measures of physical and muscle function into clinical research.

Dr. Steve Messier is currently investigating long term effects of dietary weight loss and exercise in older adults with knee osteoarthritis. He also is studying prevention of overuse injuries in female runners.

Dr. Shannon Mihalko's current research is in the behavioral aspects of weight loss and maintenance in older adults. She also studies the prevention of weight gain in patients with breast cancer undergoing chemotherapy and the effects of physical activity in patients with lymphoma.

Dr. Gary Miller's current research interest is in the area of energy metabolism in obesity, diabetes, and older adults. He additionally is studying the effect of consuming dietary nitrate on physical performance and health related outcomes.

Dr. Pat Nixon's research involves follow up studies of people born prematurely with very low birth weight with the purpose of investigating how early life exposures influence later health.

Dr. Jack Rejeski's current research interest is in the area of improved function for obese older adults through the promotion of weight loss and a physically active lifestyle. He also is working with the Laboratory of Complex Brain Networks to understand brain-body connections as they relate to eating behavior, and is principal investigator for the intervention core of a multi-center NIH consortium established to discover the molecular changes resulting from endurance and resistance training that underlie the health effects of exercise across the lifespan.

Coming Up!

Are you an alumnus or friend of the Department of Health & Exercise Science? We'd love to hear from you! Let us know what you are up to by contacting Dr. Steve Messier at messier@wfu.edu.



Prefer to go paperless?

Visit bit.ly/HESnewsletter to opt-in.
Or email/call Andrea Cox (336-758-5391 or shuttar@wfu.edu)

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