

Lifestyle Medicine 2015: Tools for Promoting Healthy Change Speaker Bios

Dr. Steve Adelman has been the Director of Physician Health Services (PHS) in Massachusetts since March 2013. He is a graduate of Harvard College and the University of Pennsylvania School of Medicine, and he completed his internship, residency, and chief residency at Harvard Medical School's McLean Hospital. Dr. Adelman was a Faculty Fellow in Addiction Medicine at the University of Massachusetts Medical School, where he is a Clinical Associate Professor. He has extensive experience in addiction psychiatry, addiction medicine and multispecialty group medical leadership. Over the past two years, Dr. Adelman has expanded PHS's focus on physician health promotion, self-care, and professional coaching as necessary countermeasures to address what he now refers to as the "mounting occupational health crisis in medicine."

Under his leadership, a growing number of physicians now self-refer to PHS, identifying their challenges sooner, rather than later, and gaining access to resources in order to help themselves manage the complex stresses of today's demanding health care environment. These self-referrals are welcome, and they now comprise more than 40% of new PHS clients. Dr. Adelman is available to confer with any physician or medical student with a Massachusetts connection at 781-434-7404.

Amira Aly, MD is a physician, behavioral medicine specialist and lifestyle medicine consultant dedicated to helping patients achieve health and optimal functioning. Committed to bringing the latest evidence-based practices in wellness and mental health to the Middle East, she has undertaken extensive post graduate education training in both the US and the UK in the areas of counseling psychology, lifestyle medicine, public health nutrition, weight management and trauma healing. Motivational interviewing, Mindfulness Based Stress Reduction, positive psychology coaching and cognitive behavioral practices are a few of the modalities she draws upon in her practice to foster integration, resilience and coping with stress. Her research interests include public mental health interventions in primary care setting, suicide and self harm prevention, resilience and optimism-enhancing interventions leading to exercise habit changes and their effects on perceived self-efficacy in women with eating disorders.

Reza Antoszewska, NP-C is nationally certified as an Adult Nurse Practitioner. She brings a rich array of training, experience, compassion and healing to her practice. Formal academic training includes an MS in Primary Care of Adults at Northeastern University. She also holds a BS degree in Nursing from State University of NY at Buffalo and an MS in Computer Engineering from Boston University. She has received formal training in Mind/Body Medicine from the Benson Henry Institute in Boston, MA, as well as training in numerous styles of meditation and training in Heart Rate Variability biofeedback. In addition to her work at Willamette Health and Healing LLC, Reza works as Coordinator of Integrative Oncology Care at the Legacy Cancer Institute, where she developed and now practices in the first Cancer Survivors Clinic in Portland OR, and also provides Mind/Body Medicine services to the Legacy Pain Management Clinic. Reza is currently in process for National Certification in Functional Medicine. She offers meditation classes for cancer patients and their families at Good Samaritan Hospital in Portland and has developed and taught both integrative and traditional health care courses at several universities.

Caroline Apovian, MD Caroline Apovian is Professor of Medicine and Pediatrics, in the Section of Endocrinology, Diabetes, and Nutrition at Boston University School of Medicine, USA. She is also Director of the Center for Nutrition and Weight Management at Boston Medical Center, USA. Dr. Apovian is a nationally and internationally recognized authority on nutrition and has been in the field of obesity and nutrition since 1990. Her current research interests are in: weight loss and its effects on endothelial cell function, adipose cell metabolism and inflammation, research in the bariatric surgery population, and novel pharmacotherapeutic antiobesity agents. She is also an expert in the technique for subcutaneous adipose tissue biopsies, and has been performing these biopsies on research subjects for over 10 years. She was on the expert panel for updating the 2013 AHA/ACC/TOS Clinical Guidelines for the Management of Overweight and Obesity in Adults.

Dr. Apovian was a recipient of the Physician Nutrition Specialist Award given by the American Society of Clinical Nutrition. This was for her work on developing and providing nutrition education, to medical students and physicians in training at Boston University School of Medicine. She has published over 200 articles, chapters, and reviews on the topics of: obesity, nutrition, and the relationship between adipose tissue and risk of developing cardiovascular disease. Dr. Apovian has recently published a new book entitled the “The Age-Defying Diet” and has also written the popular books for “The Overnight Diet” and “The ALLI Diet Plan”.

Dr. Apovian has been a member of The Obesity Society since 1992, and has served on the Clinical Committee as well as Secretary/Treasurer and the Executive Committee from 2005 to 2008. She has been a faculty speaker and has presented papers at several of the Society's Annual Scientific Meeting and until recently she served as Associate Editor for the Society's journal, *Obesity*.

Karyn Bender has served in community health care for over 15 years as a holistic health counselor, integrative pharmacist, and adjunct faculty for Massachusetts College of Pharmacy. She received her B.Sc. in Pharmacy from the Bouvé College of Pharmacy at Northeastern University in Boston, MA. Karyn subsequently pursued her passion for whole health and nutrition counseling at the Institute for Integrative Nutrition in New York City. She has studied both preventative and curative integrative approaches to medicine with Herbert Benson’s Mind Body Institute, Marc David’s Psychology of Eating, and Judith Orloff’s professional development course for medical practitioners. A gifted Medical Intuitive, Karyn has formally trained with Dr MonaLisa Schultz. Karyn is continually studying Herbal Medicine with Dr Tieraona Low Dog, and is a Doctor of Metaphysics Candidate in independent study with Rev. Dr. Susan Corso. Karyn has been a health counselor at Visions HealthCare in Wellesley, MA, and taught programs at Berklee College of Music’s LiveWell Program in downtown Boston, MA. She is co-creating media projects with Emmy Award-winning Front Line producer Teja Arboleda of Entertaining Diversity; these projects bring attention to the disparity of health awareness in diverse populations and cultures. Karyn currently has a private integrative health coaching practice, is a Medical Review Board Member for Weil Lifestyle LLC and DrWeil.com, works in community pharmacy, speaks to groups, and teaches classes. On a personal note, she is a mom, a runner, a hiker, an avid organic farming proponent, an herbalist, and continues to enjoy cooking, pottery, writing, drumming and yoga.

Cheri Blauwet, MD is a Paralympic athlete in the sport of wheelchair racing, competing for the United States Team in three Paralympic Games (Sydney '00, Athens '04, Beijing '08) and bringing home a total of seven Paralympic medals. She is also a two-time winner of both the Boston and New York City Marathons, and has been nominated for the ESPY Award, the Laureus World Sports Award, and Women's Sports Foundation Athlete of the Year. She is the Chairperson of the International Paralympic Committee's Medical Committee and serves on the Board of Directors for the United States Anti-Doping Agency (USADA) as well as the Boston 2024 Bid Committee. As an Instructor in Physical Medicine and Rehabilitation at Harvard Medical School and an attending physician at Spaulding Rehabilitation Hospital and the Brigham and Women's Hospital, she also serves as the Disability Access and Awareness Director for Spaulding Rehabilitation Network. She is a graduate of the Stanford University School of Medicine and completed her residency training in PM&R at Spaulding Rehabilitation Hospital/Harvard Medical School, where she served as Chief Resident, followed by a sports medicine fellowship at the Rehabilitation Institute of Chicago.

Barbara A Brown, M.D. received her B.S. from the College of New Jersey and graduated with high honors. She received her M.D. from Robert Wood Johnson Medical School in 1995. She served her internship and residency at Robert Wood Johnson University Hospital in New Brunswick from 1995-1998. Since completing her residency, Dr. Brown has been in private practice in Monroe and Princeton, New Jersey. She is an attending physician at the University Medical Center at Princeton and is a Clinical Professor of Medicine at the University of Medicine and Dentistry of New Jersey, Robert Wood Johnson Medical School. She loves teaching medical students and residents and values the opportunity to make a difference in how doctors are trained. Dr. Brown is board certified in Internal Medicine. Dr. Brown is a member of the American College of Physicians as well as the American College of Lifestyle Medicine. She participated in Harvard University's Institute of Lifestyle Medicine courses this year and will be continuing ongoing course work through Harvard in this exciting area. Dr. Brown believes that the doctor/patient relationship is of paramount importance. She believes in a healthy lifestyle, fresh foods, exercise and all things in moderation. She lives in Princeton, N.J. with her family and enjoys running, bike riding, gardening and reading in her spare time.

Rebecca Brown has a Masters Degree in Social Work and her career has spanned 29 years beginning in medical social work, then focussing on child protection and domestic violence. With a particular interest in the areas of Critical Incident Debriefing, Rebecca is a Certified Compassion Fatigue Educator and has been training and teaching throughout Canada and the US on Vicarious Trauma and Resilience to first responders and the health and social service fields. Since attending the ILM Conference in 2014, she has become Certified as a Health & Wellness Coach through Wellcoaches International, and together with her husband, is Co-Founder and Secretary of the Canadian Academy of Lifestyle Medicine.

Cedric X. Bryant, Ph.D., FACSM – Chief Science Officer of American Council on Exercise
As Chief Science Officer, Cedric X. Bryant, Ph.D., FACSM, represents ACE as a national and international lecturer, writer and expert source. Bryant has written more than 250 articles or columns in fitness trade magazines, as well peer-reviewed sports medicine and exercise science journals, and authored, co-authored or edited more than 30 books. He can often be found as an authoritative resource for fitness and nutrition articles in a variety of respected national outlets

including USA Today, Washington Post, The New York Times, Parade, Wall Street Journal, Time, Newsweek, Reader's Digest, Consumer Reports, Fox News, CNN Headline News and more. Dr. Bryant shares his expertise as a member of the Institute of Medicine's Obesity Solutions Roundtable, the Aspen Institute's Project Play Roundtable, and Vice Chair of the Physical Activity Working Group of the Arthritis Foundation's Osteoarthritis Action Alliance. He also serves as an advisory board member for several publications including, Arthritis Today, The Physician and Sportsmedicine, Shape, IDEA Fitness Journal, Women's Health and Better Homes & Gardens.

Heidi Duskey, MA, MS, PCC joined Atrius Health (Harvard Vanguard Medical Associates) in 2008 as the company's first health coach. This transition followed a 15-year career in the fitness industry and was sparked by a keen interest in human behavior, adult learning, and behavior change theory. Today, Heidi helps Atrius patients adopt sustainable, healthy behaviors that result in weight loss, smoking cessation, and improved management of pain, sleep, and chronic lifestyle diseases. She is known as an innovator whose work bridges physical and mental health and whose service encompasses biopsychosocial care. In addition to maintaining a busy referral-based coaching practice for Atrius patients, Heidi currently serves as the coach in a primary care teaming experiment integrating coaching into the care team workflow through short, focused consultations. Heidi has extensive training as a coach and holds advanced degrees in Anthropology and Health Psychology. She has presented to a variety of professional and public audiences, and has authored articles for leading fitness journals, the American College of Sports Medicine's *Resources for the Personal Trainer*, and the journal *Global Advances in Health and Medicine*. Fulfilling a longtime dream, Heidi is also a member of a research team recently awarded a Harnisch grant from the Institute of Coaching.

Nancy M Enos, FACMPE, CPMA CPC-I, CEMC is an independent consultant with the MGMA Health Care Consulting Group. Mrs. Enos has 35 years of experience in the practice management field. Nancy was a practice manager for 18 years before she joined LighthouseMD in 1995 as the Director of Physician Services and Compliance Officer. In July 2008 Nancy established an independent consulting practice, Nancy Enos Medical Coding. As an Approved PMCC and ICD-10 Instructor by the American Academy of Professional Coders, Nancy provides coding certification courses, outsourced coding services, chart auditing, coding training and consultative services and seminars in CPT and ICD-9 and ICD-10 Coding, Evaluation and Management coding and documentation, and Compliance Planning. Nancy frequently speaks on coding, compliance and reimbursement issues to audiences including National, State and Sectional MGMA conferences, and at hospitals in the provider community specializing in primary care and surgical specialties. Nancy is a Fellow of the American College of Medical Practice Executives. She serves as a College Forum Representative for the American College of Medical Practice Executives. She is on the board of Eastern Section MGMA and serves as Past President.

David L. Katz, MD, MPH, FACPM, FACP earned his BA degree from Dartmouth College (1984; in 3 years); his MD from the Albert Einstein College of Medicine (1988); and his MPH from the Yale University School of Public Health (1993). He completed sequential residency training in Internal Medicine (Norwalk Hospital, CT; 1991), and Preventive Medicine/Public Health (Yale University School of Medicine; 1993). He is a two-time diplomate of the American

Board of Internal Medicine, and a board-certified specialist in Preventive Medicine/Public Health. He has received two Honorary Doctorates (Humane Letters; L.H.D.) from the University of Bridgeport (2013), and Quinnipiac University (2015). He is the founding Director of Yale University's Yale-Griffin Prevention Research Center, and President of the American College of Lifestyle Medicine. He has published roughly 200 peer-reviewed papers, and 15 books.

Sat Bir Singh Khalsa, Ph.D. is an Assistant Professor of Medicine at Harvard Medical School in the Division of Sleep Medicine at Brigham and Women's Hospital in Boston. He has conducted clinical research trials evaluating a yoga treatment for insomnia, post-traumatic stress disorder, and anxiety disorders. At the center of his interest, is an evaluation of yoga within the academic curriculum of public schools to determine the benefits to students in mental health. Dr. Khalsa works with the International Association of Yoga Therapists to promote research on yoga therapy, serving as the scientific coordinator for the annual Symposium on Yoga Research and as editor-in-chief of the International Journal of Yoga Therapy. He is the author of the Harvard Medical School ebook entitled *Your Brain on Yoga*, and is chief editor of an upcoming professional-level textbook entitled *The Principles and Practice of Yoga in Health Care*. Since 2005 he has also been teaching an elective course at Harvard Medical School in mind-body medicine.

Kriston J. Kent, M.D., MPH is a preventative/Lifestyle medicine physician & facial plastic surgeon in private practice in Naples, Florida. He is the owner and medical director of The Kent Center of LIFE. In 1990, Dr. Kent began private practice in facial plastic surgery in Naples, Florida. Over the next 18 years, Dr. Kent owned and operated Naples Facial Plastic Surgery and helped raise his children. During this time, Dr. Kent also served as the president of the Collier County Medical Society, vice president of the American Academy of Facial Plastic and Reconstructive Surgery, board member of the American Academy of Facial Plastic and Reconstructive Surgery, and the American Board of Facial Plastic and Reconstructive Surgery. He also authored and published multiple medical papers, and gave dozens of lectures nationally and internationally to his facial plastic surgery colleagues. Dr. Kent also served on the Florida Board of Medicine from 2000 to 2004 and was elected as chairman of the Board. Dr. Kent is co-author of *Your Complete Guide to Facial Cosmetic Surgery*, which was released in 2004. He is also featured as one of fifty top cosmetic surgeons in the United States in *The Beauty Makers*. He was voted by his peers from 2007 to present as a "Best Doctor" and also won the Naples Daily News Choice Champion award for Best Plastic and Cosmetic Surgeon in 2004, 2005 and 2007.

Dr. Lynne Kossow graduated Magna Cum Laude from Bryn Mawr College with a BA in Psychology. She then went on to receive her medical degree from the University of Pennsylvania School of Medicine. Following medical school she completed the first 2 years of her internal medicine residency at the Washington Hospital Center in Washington DC. She completed her residency at the Graduate hospital in Philadelphia after which she was asked to join their department of Internal Medicine as an attending physician. She worked at Graduate Hospital for 2 years before moving with her family to the Princeton area in 1993. Dr. Kossow has been practicing Internal Medicine in the Mercer/Middlesex county areas now since 1993. She has been an attending on staff at the University Medical Center of Princeton since that time. She is also an Assistant Clinical Professor of Medicine of the Robert Wood Johnson School of Medicine and has been teaching residents and students since 1993. Dr. Kossow values greatly the

doctor patient relationship. She strongly encourages her patients to follow a healthy lifestyle and she emphasizes physical exams and screening tests that can help prevent or catch early preventable diseases. Dr. Kossow is a member of the American College of Physicians as well as the American College of Lifestyle Medicine. She participated in Harvard University's Institute of Lifestyle Medicine courses this year and will be continuing ongoing course work through Harvard in this exciting area. In her leisure time she enjoys gardening, reading, exercising, travel and spending time with friends and family.

Karen Burke Lane is a Licensed Clinical Social Worker and has been in private practice for 9 years in Lewiston, Maine. She has a varied and exciting life experience that has allowed her to support her client's lifestyle behavioral changes with compassion and empathy. Karen has led backpack and canoe trips for at risk youth in Maine with the Hurricane Island Outward Bound School; she was a professional ski patroller in Colorado and has taught health education in Nicaragua as a Peace Corp Volunteer. She received her Master's in Social Work at the University of New England in Portland, Maine. Both her formal and experiential education combined has helped her to be the innovator of the health and wellness program, Life Ideals. Karen and the Life Ideals team have integrated evidenced based practices such as Motivational Interviewing, Cognitive Behavioral Therapy and the Stages of Change model to address lifestyle behavioral changes in six evidenced based self-care practices; relaxation response, thought restructuring, social support, physical activity, nutrition, and sleep hygiene. Karen's next adventure will begin this August when she and her family move to Bern, Switzerland.

Lilach Malatskey, MD, MHA is the Coordinator of the Lifestyle Medicine & Nutrition Course at the Sackler School of Medicine, Tel Aviv University in Zichron Yaakov, Israel

Dr. Darshan Mehta received his BA in Biology from Illinois Wesleyan University and an MD from University of Texas-Southwestern Medical School. He completed his residency in internal medicine at University of Illinois-Chicago Hospital. He completed a clinical research fellowship in complementary and integrative medicine at the Harvard Medical School Osher Research Center (now based at the Beth Israel Deaconess Medical Center Division of General Medicine), during which he received a Master of Public Health degree from the Harvard School of Public Health. He is presently the medical director of the Benson-Henry Institute for Mind Body Medicine at MGH. His educational and research interests include curricular development in complementary and integrative medical therapies, mind/body educational interventions in health professions training, and promotion of professionalism in medical trainees. He directs medical student and resident rotational experiences in integrative medicine for BHI-MGH and the Osher Center for Integrative Medicine. Dr. Mehta sees patients in a consultative role for use of complementary and integrative medical therapies, as well as mind/body interventions for stress management and stress reduction. Dr. Mehta is an Instructor in Medicine at Harvard Medical School. He is also active in the Massachusetts Medical Society, and is a member of the American College of Physicians. Dr. Mehta is a diplomate of the American Board of Holistic Medicine, and has completed professional training in mindfulness-based stress reduction at the University of Massachusetts Medical School.

Krutika Parasar is a medical student at Rutgers Robert Wood Johnson. She obtained her SciB from Brown University. The further she progresses in her medical training, the more

passionately she believes that exercise is the best preventive medicine. She blogs about exercise as medicine, ways medical students can incorporate exercise into their daily routines, and on how doctors are using exercise as a means to treat their patients.

Elizabeth Pegg Frates, MD is an Assistant Clinical Professor in the Department of Physical Medicine and Rehabilitation at Harvard Medical School, and Assistant Director of Medical Education, and Director of Undergraduate Medical Education and Curriculum Development at the Institute of Lifestyle Medicine, co-author of *Life After Stroke: The Guide to Recovering Your Health and Preventing Another Stroke* and the online Harvard Medical School CME course, *Lifestyle Medicine: The Exercise Prescription* and *Lifestyle Medicine: Metabolic Syndrome and Nutrition*. As a trained and certified wellness coach, Dr. Frates works with both patients and physicians to achieve optimum levels of wellness.

Edward M. Phillips, MD,

Dr. Phillips is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School and Director of The Institute of Lifestyle Medicine (ILM) at the Joslin Diabetes Center. www.instituteoflifestylemedicine.org. In his work at the ILM he has directed 12 live CME programs starting in India in 2006 and continuing with twice yearly courses sponsored by the Harvard Medical School Department of Continuing Education. He is course director of a suite of 7 online CME modules in Lifestyle Medicine completed by over 7,500 clinicians from 115 countries. www.harvardlifestylemedicine.org.

Rachele Pojednic, EdM, PhD

Rachele Pojednic, Ed.M., Ph.D. is currently a Research Fellow in the Institute of Lifestyle Medicine, Joslin Diabetes Center, Harvard Medical School. Dr. Pojednic holds a Ph.D. from the Tufts University Friedman School of Nutrition Science and Policy in Biochemical and Molecular Nutrition & Exercise Physiology. She has completed an M.S. in nutrition from Tufts University, an Ed.M. in Physical Education and Coaching from Boston University and a B.S. in Exercise Physiology from Northeastern University. Her current academic focus is in clinical and translational research examining physician directed dietary and exercise interventions on patient health outcomes. Dr. Pojednic has also worked as a research assistant at the Harvard School of Public Health and has been a consultant and writer to several organizations including Joy Bauer and the Today Show, and the Huffington Post Healthy Living Blog. She blogs at www.strong-process.com and tweets at @strongprocess.

Dr Rani Polak is currently a research fellow in the Institute of Lifestyle Medicine. Prior to this position he completed his residency in Family Medicine in the Hebrew University Medical School. Rani is the founder of the Hadassah Healthy Cooking and Lifestyle Center. Dr. Polak's current focus, along with clinical care, is in clinical and translational research relating to lifestyle medicine especially healthy food preparation and medical education. His first lifestyle intervention won the Hebrew University's Kaye Award Price for innovation and his book *Delicious Diabetic Recipes* is a gold best seller. His current work under the mentorship of Dr Phillips focuses on incorporating healthy food preparation into Joslin's lifestyle programs, chef coaching and lifestyle medical education.

Dr. Larry Schmidt is a Family Physician and Associate Professor at the Schulich School of Medicine at Western University in London, Ontario. After 30 years of practice, Larry was frustrated by watching the increase of chronic illness and disease skyrocket. Treating the symptoms was no longer an acceptable form of practice; he decided to start treating the cause; lifestyle choices! Coaching people to make better choices in their nutrition, exercise, stress, and sleep are the cornerstones of Lifestyle Medicine. He is certified in Acupuncture and a decorated teacher, and Co-Founder and Director of the Canadian Academy of Lifestyle Medicine.

Fatima C. Stanford, MD is a clinical and research fellow physician who specializes in the care of adults and children with overweight and obesity. After completing her fellowship in obesity medicine & nutrition at Massachusetts General Hospital and Harvard Medical School and a Zuckerman fellowship as a mid-career Master of Public Administration student at the Harvard Kennedy School of Government (HKS), she plans to join the faculty where she will provide clinical care, supervise trainees, administer a clinic, and conduct research on obesity, health policy, and health disparities to enhance our knowledge and quality of patient care.

Dr Joji Suzuki is the Director of the Division of Addiction Psychiatry and Director of Addictions Education in the Department of Psychiatry, Brigham and Women's Hospital, and an Assistant Professor of Psychiatry at Harvard Medical School. Dr Suzuki is a member of the Motivational Interviewing Network of Trainers. Dr Suzuki is currently a consultation-liaison psychiatrist in the Division of Medical Psychiatry at Brigham and Women's Hospital, working with both inpatients and outpatients focusing on providing evidenced-based addiction treatment in medical settings. His research is focused on applying consultation-liaison approaches to addiction psychiatry, such as implementation of collaborative models of care of addiction treatment in the general hospital, primary care, and specialty care settings. His research has received funding from NIH, BWH, and Harvard Medical School.

Debra Wein is a nationally recognized expert on health and wellness and has designed award-winning wellness programs for individuals and corporations across the country. Her mission is to inspire individuals to make simple and positive changes in their lives that improve their health. She is CEO of Wellness Workdays, an organization dedicated to improving employee health and productivity while lowering health care costs. Her clients include BJ's Wholesale Club, Putnam Investments, Brown University, MIT, Rockland Trust, Cabot Corporation, CCL Lumber, the Town of Westwood, Bentley University and Harvard Business School. Debra is also the Program Director of the Wellness Workdays Dietetic Internship, the only worksite wellness focused internship for dietetics students interested in becoming Registered Dietitians that is approved by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). Debra teaches at the undergraduate and graduate levels at several well-known Boston universities and is often called upon to speak at national and regional conferences. Debra was appointed to the Board of Directors of the Worksite Wellness Council of Massachusetts in 2014, the Wellness Planning Committee of the New England Employee Benefits Council in 2013 and the President's Council of Cornell Women in 2012. She is also an inaugural member of the Executive Women's Cabinet for the American Lung Association of the Northeast. Debra holds undergraduate and graduate degrees in nutritional sciences from Cornell (Hum Ec. '90) and Columbia Universities ('93).

Cary H. Wing, Ed.D., FACSM, has been in the health and fitness field for more than 30 years. She has been directly involved in the development and management of medically integrated health/fitness centers. Dr. Wing served on the American Council on Exercise (ACE) Industry Advisory Panel for two years and was a member of the Accreditation for the Exercise Sciences (CoAES) committee. For ten years (2000 to 2010), she served as the executive director of the Medical Fitness Association (MFA). Dr. Wing is currently social media coordinator for the Institute of Lifestyle Medicine and serves as social media strategist for a number of businesses primarily in the healthcare and fitness industry. She is a medical fitness business advisor, national speaker, and freelance writer. Dr. Wing is an associate editor of ACSM's Health & Fitness Journal®; editor of the Certified Inclusive Fitness Trainer Manual; associate editor of ACSM's Health/Fitness Facility Standards and Guidelines, 4th edition; and, author of 101 Social Media Tips for Healthcare Professionals. She holds a MA in physical education & sport, with a concentration in fitness management, from New York University, and an Ed.D. in applied physiology from Columbia University.

Ruth Q. Wolever, PhD

Dr. Wolever, PhD is an Associate Professor of Psychiatry & Behavioral Sciences at Duke University Health System, and a clinical health psychologist with expertise in designing, implementing, and evaluating behavior change programs for medical patients and those at risk for chronic disease. Dr. Wolever is the Founding Research Director for Duke Integrative Medicine and the Chief Scientific Officer for eMindful. At Duke, she has co-developed, led and studied 19 distinct programs targeting stress and behavior change using cutting edge conceptual models and techniques. She co-created the first team of health coaches at Duke in 2002, and has been studying and refining the health coaching process since that time. This work has led Dr. Wolever to be a nationally recognized expert on Health and Wellness Coaching and one of the elected leaders of the National Consortium for Credentialing Health and Wellness Coaches (ncchwc.org), a non-profit organization whose mission is to professionalize the field of health and wellness coaching, bringing forth national standards and a uniform job definition that will clarify best practices and allow for rigorous study. Dr. Wolever is also a national leader in the study of mindfulness-based approaches to self-regulation and lifestyle change (particularly stress and eating behaviors, binge eating, weight loss and weight loss maintenance), as well as innovative treatments for medication adherence, insomnia, tinnitus, and other stress-related disorders. Her clinical research has been funded by the National Institutes of Health (NCCAM – now NCCIH, Office of Women's Health, NHLBI, and NIDCD), Centers for Medicare and Medicaid Services, industry, and philanthropy. Dr. Wolever co-authored The Mindful Diet, just released in April by Simon & Schuster. She has served as an expert in emotional health and behavior change for Everyday Health (2006-2011), for GSK (2009-2010, 2012), for Nurtur, a fully-owned subsidiary of Centene (since 2010), for Samueli (since 2012) and recently for clinics on better integrating behavioral health into primary care models. As of Sept 1, Dr. Wolever will begin a new role at Vanderbilt as Director of Health Coaching: Research, Practice & Education through the Osher Center for Integrative Medicine and her appointments as Associate Professor