EIM Advisory Board

Robert E. Sallis, M.D., FACSM – Exercise is Medicine Advisory Board Chairman

Robert E. Sallis, M.D., FACSM, serves as the chairman for the Exercise is Medicine initiative and previously served as president (2007-08) of the American College of Sports Medicine (ACSM). Dr. Sallis received his Bachelor of Science degree from the U.S. Air Force Academy and his medical degree from Texas A&M University. He completed his residency in family medicine at Kaiser Permanente Medical Center in Fontana, Calif., where he served as chief resident. He has served as the head team physician at Pomona College since 1988, and holds a Certificate of Added Qualifications in sports medicine. Dr. Sallis lectures and publishes extensively in the area of sports medicine and serves as chairman of the Science Advisory Committee to Governor Schwarzenegger's Council on Physical Fitness and Sports. He received the 2008 Community Leadership Award from the President's Council on Physical Fitness and Sports, and the 2009 Leonardo da Vinci award for international leadership in sports medicine from the Italian Federation of Sports Medicine. Dr. Sallis currently serves as editor-in-chief of ACSM's clinical journal, *Current Sports Medicine Reports.*

Steven N. Blair, P.E.D., FACSM

Steven N. Blair, P.E.D., FACSM, is professor in the departments of exercise science and epidemiology and biostatistics at the Arnold School of Public Health, University of South Carolina. Dr. Blair is a past-president of the American College of Sports Medicine (ACSM), National Coalition for Promoting Physical Activity, and the American Academy of Kinesiology and Physical Education as well as co-Chair of the Exercise is Medicine Science Committee. He has received awards from many professional associations, including a MERIT Award from the National Institutes of Health, an ACSM Honor Award, the Robert Levy Lecture Award, and the Population Research Prize from the American Heart Association. Dr. Blair is also one of the few individuals outside the U.S. Public Health Service to be awarded the U.S. Surgeon General's Medallion. His research focuses on the associations between lifestyle and health, with a specific emphasis on exercise, physical fitness, body composition, and chronic disease. He has published more than 450 papers and chapters in the scientific literature, and served as the senior scientific editor for the U.S. Surgeon General's Report on Physical Activity and Health.

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Heather Chambliss, Ph.D., FACSM
Dr. Heather Chambliss is a faculty member in Health Promotion in the department of Health and Sport Sciences at the University of Memphis. Dr. Chambliss has an MA in Counseling from Louisiana Tech University and a PhD in Exercise Science from the University of Georgia. Prior to joining the faculty at the University of Memphis, she worked as a post-doctoral fellow, health educator, and research scientist at The Cooper Institute in Dallas, Texas. Her research interests include physical activity promotion, obesity bias, and health behavior change. Dr. Chambliss has also worked in applied settings in health coaching, curricula development, program design, and facilitator training for behavioral interventions. Dr. Chambliss is a Fellow of the American College of Sports Medicine and has served on various ACSM committees including the ACSM Strategic Planning Committee, Behavioral Strategies Committee, Distance Learning Task Force, EIM Science Committee, Health and Fitness Summit Program Committee, and Psychobiology and Behavior Interest Group. She also served as a Section Editor (Behavior) for the recent edition of ACSM's Resource Manual for Exercise Testing and Prescription.

Barry A. Franklin, Ph.D., FACSM
Barry A. Franklin, Ph.D., FACSM, is director of cardiac rehabilitation and exercise laboratories at William Beaumont Hospital. He holds adjunct faculty appointments as clinical professor of exercise science at Oakland University, professor of physiology at Wayne State University School of Medicine, and clinical professor, department of family medicine, and the University of Michigan Medical School. He received his Bachelor of Science, Master of Science and doctorate degrees from Kent State University, The University of Michigan and The Pennsylvania State University, respectively. Pursuing his interest in combining exercise physiology with cardiology, Dr. Franklin and his associates have studied the hemodynamic and cardiorespiratory responses to numerous occupational and leisure-time activities in persons with and without heart disease, including snow shoveling, lawn mowing, stair climbing, and deer hunting. Dr. Franklin served as president of the American College of Sports Medicine in 1999.

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Elizabeth A. Joy, MD, MPH, FACSM
Dr. Joy is the Medical Director for Clinical Outcomes Research at Intermountain Healthcare in Salt Lake City. In addition, Dr. Joy practices Family Medicine and Sports Medicine at the Salt Lake Clinic LiVe Well Center. She is an Adjunct Professor at the University of Utah in the Department of Family and Preventive Medicine. She completed a Family Medicine Residency and Primary Care Sports Medicine Fellowship at Hennepin County Medical Center in Minneapolis, Minnesota. She completed her Master's Degree in Public Health at the University of Utah. Dr. Joy served as Vice President for the American College of Sports Medicine (ACSM), and has held 2 terms of office on the Board of Trustees for the American Medical Society for Sports Medicine. She is on the Editorial Board for The Clinical Journal of Sports Medicine, and is Associate Editor for Current Sports Medicine Reports. She serves on the Exercise Is Medicine Steering Committee for the ACSM, and chairs the EIM Clinical Practice Committee. She developed and directed the Primary Care Sports Medicine Fellowship Program at the University of Utah from 1998 until 2010. She has authored many journal articles and textbook chapters on a wide variety of topics in sports and exercise medicine. Her research and advocacy interests lie in the areas of physical activity assessment and promotion, the Female Athlete Triad, sports injury prevention, and diabetes prevention.

NiCole Keith, Ph.D., FACSM
NiCole Keith, Ph.D., FACSM is a Research Scientist at Indiana University Center for Aging Research, a Regenstrief Institute Investigator, and an Associate Professor in the Indiana University-Purdue University Indianapolis (IUPUI) Department of Kinesiology, and a Fellow and a 2014-2016 Vice-President of the American College of Sports Medicine. Dr. Keith is co-founder of the Physically Active Residential Communities and Schools (PARCS) program; a partnership between Indianapolis Public Schools, Eskenazi Health Federally Qualified Health Centers and IUPUI since 2002. This award-winning program provides exercise opportunities for over 3,000 adults and children living in Indianapolis inner-city communities. In 2009 Dr. Keith received a Career Award from the National Institutes of Health (National Heart, Lung, and Blood Institute) to examine ways to improve physical fitness and health as individuals age. She continues researching methods to increase physical activity participation and improve fitness and has dedicated her career to positively influence health outcomes for socio-economically challenged community residents.

Carol Kennedy-Armbruster, PhD, FACSM
Carol Kennedy-Armbruster is a Senior Lecturer at Indiana University/Bloomington within the School of Public Health/Department of Kinesiology where she teaches leadership, administration and behavioral aspects of physical activity classes and advises MPH students. She is certified as an ACSM ECP and an ACSM EIM Level 2. As a "prac-ademic" she has managed a large fitness facility/program, worked in a sports medicine/wellness facility, had a service/research contract with the US Navy and enjoys working on behavioral physical activity research projects. She received her undergraduate degree from the University of Illinois, her masters in Exercise and Sport Science from Colorado State University and her PhD at Indiana University in Human Performance. She is the co-author of the 3rd edition of the *Methods of Group Leadership* textbook, which is utilized in colleges across the U.S. and by practicing fitness professionals. Finally, she has been a member of the ACSM Health and Fitness Summit selection committee, a member of the editorial board for the ACSM Health and Fitness Journal, and has also served on the ACSM certification and credentialing committee. Her passion is teaching, creating, and evaluating safe, effective, research-based movement delivery mechanisms in order to encourage healthy lifestyles and focus on illness prevention.

Felipe Lobelo, MD., PhD., FAHA
Dr Lobelo received his medical degree in 2002 from Universidad del Rosario in Bogota, Colombia, where he also completed an Epidemiology specialization in 2004. He earned his PhD in Exercise Science at the University of South Carolina's Arnold School of Public Health and in 2010 completed his Epidemic Intelligence Service (EIS) Post-Doctoral Fellowship at CDC, in the Division of Nutrition, Physical Activity and Obesity (DNPAO). He then worked as a Health Scientist in DNPAO and most recently was the Lead Epidemiologist for the Global Health Promotion Office in NCCDPHP, where he worked to advance CDC's global NCD capacity building. In 2006 he was the recipient of ACSM's prestigious Paffenbarger-Blair award for research on physical activity Epidemiology and in 2012 elected as Fellow of the AHA on the Nutrition, Physical Activity and Metabolism Council. Dr. Lobelo is currently an Associate Professor at the Hubert Department of Global Health at Emory University Rollins School of Public Health, GA.

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Pamela M. Peeke, M.D., MPH, FACP
Pamela M. Peeke, M.D., MPH, serves as the spokeswoman for Exercise is Medicine and as the Capital Hill legislative representative for the American College of Sports Medicine (ACSM), actively participating in the incorporation of ACSM initiatives into the health care reform agenda. Dr. Peeke is an internist, Pew Scholar in nutrition and metabolism, assistant professor of medicine at the University of Maryland School of Medicine and Chair of the Exercise is Medicine Media Committee. She is a member of the Maryland Governor's Council on Fitness. Dr. Peeke is a New York Times bestselling author in healthy lifestyle, and is the chief medical correspondent for nutrition and fitness for Discovery Health TV. She hosts Discovery's award winning National Body Challenge, and Fit to Live series. Dr. Peeke is a contributing editor to numerous consumer publications including Prevention, Fitness, and O magazine, and is a regular health and medical commentator to national network media including CNN, Fox and NBC. Dr. Peeke is featured as one of America's leading women physicians by the National Institutes of Health Changing Face of Medicine exhibit at the National Library of Medicine. Dr. Peeke has partnered with WebMD to provide her Everyday Fitness with Dr. Pam Peeke online multimedia healthy living campaign.

Edward M. Phillips, M.D., FACSM
Edward M. Phillips, M.D., is an assistant professor of physical medicine and rehabilitation at Harvard Medical School and director of outpatient medical services of the Spaulding Rehabilitation Hospital Network in Boston. Dr. Phillips serves as the Chair of the Exercise is Medicine Education Committee. Dr. Phillips's clinical and academic work at the intersection of exercise physiology and mental health has spawned his interest in lifestyle medicine. He is founder and director of The Institute of Lifestyle Medicine in the department of physical medicine and rehabilitation at Harvard Medical School. He co-authored "ACSM's Exercise is Medicine™ A Clinician's Guide to Exercise Prescription." Dr. Phillips was awarded the President's Council on Physical Fitness and Sports Community Leadership Award in 2009.

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Brad A. Roy, Ph.D., FACSM, FACHE
Brad A. Roy, Ph.D., FACSM, FACHE, is an administrator/vice president at Kalispell Regional Medical Center and oversees The Summit Medical Fitness Center, a 114,800 sq ft medical fitness center located in Kalispell, MT. He is the editor of the Medical Fitness Association's Standards and Guidelines For Medical Fitness Center Facilities and current board chairman for the Medical Fitness Association

Angela D. Smith, M.D., FACSM
Angela D. Smith, M.D., FACSM, is an orthopaedic surgeon at Nemours/A.I. DuPont Hospital for Children. Dr. Smith, a past president of the American College of Sports Medicine, currently chairs ACSM's Communications and Public Information committee. She serves the International Federation of Sports Medicine (FIMS) as an elected member of the Executive Committee, and previously chaired the FIMS Education Commission, coordinating and teaching courses for health professionals worldwide. Her interests focus on injury prevention and rehabilitation, particularly for young athletes and dancers, and for others pursuing sport or fitness activity. She also has worked with landscape architects and their students to develop designs for the built environment that lead to increased physical activity and improved musculoskeletal health. Through her clinical practice and educational efforts, she aims to improve each person's physical fitness, health, performance and self-esteem. She pursues her life-long passion for figure skating as a masters-level competitor and performer.

Michael Spezzano
Michael Spezzano is recognized both nationally and internationally as a leading health and fitness authority, consultant, seminar leader, and program developer. After graduating from Springfield College with a a BS in Physical Education, Mike began a career with the YMCA that spanned 35 years, including 12 years as YMCA of the USA's National Health and Fitness Consultant. Mike has developed 30 certification courses for the YMCA and established one of the largest health and fitness certification organizations in the country. Most recently, Mike worked for the YMCA of Greater New York, the nation's largest YMCA, as Vice President for Programs, Membership, and Marketing. He was responsible for $60M in annual membership revenue and guided three annual marketing campaigns responsible for producing 20,000 new members a year for the association. In addition to his work with the YMCA, Mike provides consultation to many national organizations, including the American College of Sports Medicine, the American Council on Exercise, the National Wellness Institute, Life Fitness, Reebok, Fitlinxx, and the YMCAs of Japan and England. His status as a recognized health and fitness expert has resulted in several national media interviews appearing in USA Today, the New York Times, Web MD, Newsweek Online, Men's Health Magazine, and the Wall Street Journal.

Paul D. Thompson, M.D., FACSM
Paul D. Thompson, M.D., FACSM, is the chief of cardiology and director of the preventive cardiology program and cardiovascular research at Hartford Hospital in Hartford, Conn., and professor of medicine at the University of Connecticut in Farmington. Dr. Thompson received a medical degree from Tufts Medical School in Boston. Dr. Thompson has been an author of more than 140 scientific articles on topics including the effects of exercise training on preventing and treating heart disease, the risk of sudden death during exercise, and the effects of exercise on lipid metabolism. He is also an associate editor of the "Textbook of Cardiovascular Medicine" and the editor of the book, "Exercise and Sports Cardiology." Dr. Thompson is a past president of the American College of Sports Medicine and co-Chair of the Exercise is Medicine Science Committee.

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Walter R. Thompson, Ph.D., FACSM

Dr. Walt Thompson is Associate Dean for Graduate Studies and Research and a tenured Regents' Professor of Kinesiology and Health (College of Education) and in the Department of Nutrition (The Lewis School of Nursing and Health Professions) at Georgia State University in Atlanta. He is an American College of Sports Medicine (ACSM) certified Program Director®, and ACSM Registered Clinical Exercise Physiologist®. Thompson has been the Chairman of the ACSM Committee on Certification and Education and the Chairman of the ACSM International Relations Committee, Chairman of the ACSM American Fitness Index TM, Chairman of the ACSM Publications Committee, and the Founding Chairman of the Committee on Accreditation for the Exercise Sciences for the Commission on Accreditation of Allied Health Education Programs (CAAHEP). Thompson has served on the ACSM Board of Trustees and was twice elected to its Administrative Council. He is a Fellow of the American College of Sports Medicine, a Fellow of the American Association for Cardiovascular and Pulmonary Rehabilitation and a Fellow of the Research Consortium of the American Alliance for Health, Physical Education, Recreation and Dance. Thompson also serves on the Sports Science Committee of the International Paralympic Committee (IPC). Thompson has published over 100 research-based articles on many different topics and has received over $20 million in funding for his various initiatives. Because of his personal interest in at-risk kids living in the inner city, for the past 20 years, he has served as the Executive Director of the After-School All-Stars Atlanta. In 2006 Thompson received the prestigious Georgia State University College of Education Faculty Service Award. That same year his program was selected by the Georgia State University President to receive the "Most Outstanding University Program" award. In 2012, Thompson received the Georgia State University Exceptional Service Award.

Carena S. Winters, Ph.D., M.P.H., FACSM

Carena S. Winters, Ph.D., M.P.H., FACSM is a faculty member in the department of exercise rehabilitative sciences at Slippery Rock University. Prior to moving to Slippery Rock in fall 2009, she was an assistant professor and exercise science program coordinator in the science department at Chatham University in Pittsburgh, PA., where she also served as the director of the student wellness Initiative. Dr. Winters hosted the launch of Exercise is Medicine On Campus at Chatham with the support of the American College of Sports Medicine (ACSM) in May 2009, and is excited to promote and expand the Exercise is Medicine campus initiative at Slippery Rock University. Dr. Winters earned a doctorate in exercise physiology and a Master of Public Health degree in epidemiology from the University of Pittsburgh. She received the 2009 Early Career Award from the University of Pittsburgh, School of Education, and is an ACSM Certified Clinical Exercise Specialist®. Areas of research interest include obesity, substrate metabolism, and physical activity in the prevention and management of chronic disease.

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