

CURRICULUM VITA

CLAIRE CANON BAETGE

EDUCATION

2006 Bachelor of Science, Health Education
University of Florida, Gainesville, Florida

2008 Master of Science, Human Performance
University of Florida, Gainesville, Florida

2014 Doctor of Philosophy, Exercise Physiology
Texas A&M University, College Station, Texas

DISSERTATION TITLE

Comparison of the Efficacy of Popular Weight Loss Programs in Sedentary Overweight Women
(Funded by Curves International)

PROFESSIONAL EXPERIENCE

2007-2008 Teaching Graduate Assistant, Applied Physiology and Kinesiology Department
University of Florida, Gainesville, FL

2008 Graduate Internship, Redox Biology and Cell Signaling Laboratory
Texas A&M University, College Station, TX

2008-2009 Teaching Graduate Assistant, Physical Education and Activity Program
Texas A&M University, College Station, TX

2009-2012 Research Assistant, Exercise and Sport Nutrition Laboratory
Texas A&M University, College Station, TX

2010 Teaching internship in Exercise Physiology
Texas A&M University, College Station, TX

2011-2012 Volunteer Nutrition Instructor at HOPE Pregnancy Center
College Station, TX

2013-2017 Lecturer I, Department of Kinesiology, Health, and Nutrition
University of Texas at San Antonio, San Antonio, TX

2016-Present Adjunct Faculty, School of Recreation, Health, and Tourism
George Mason University, Fairfax, VA

2017-Present Lecturer I, School of Interdisciplinary Studies
University of Texas at Dallas, Richardson, TX

PROFESSIONAL ORGANIZATIONS

- Member of American College of Sports Medicine
- Member of Texas Chapter of American College of Sports Medicine
- Member of International Society of Sports Nutrition

HONORS AND CERTIFICATIONS

2008-2009 Merit Fellowship

2017-Present Certified Sports Nutritionist from the International Society of Sports Nutrition (CISSN)

COURSES TAUGHT

- Computer Applications in Kinesiology and Health
- Introduction to Kinesiology
- Anatomy and Physiology for Kinesiology
- Principles of Nutrition
- Exercise Physiology
- Graded Exercise Testing
- Applied Exercise Science
- Internship in Kinesiology
- Graduate level Exercise Nutrition

MANUSCRIPTS

- Drenning JA, Lira VA, Soltow QA, **Canon CN**, Valera LM, Brown DL, Criswell DS. Endothelial nitric oxide synthase is involved in calcium-induced Akt signaling in mouse skeletal muscle. *Nitric Oxide: Biology and Chemistry*. 2009 Aug 11.
- **Baetge C**, Earnest C, Lockard B, Colleta A, Galvan E, Rasmussen C, Levers K, Simbo S, Jung Y, Koozechian M, Oliver J, Dalton R, Sanchez B, Byrd M, Khanna D, Jagim A, Kresta J, Greenwood M, Kreider RB. Efficacy of a Randomized Trial Examining Commercial Weight Loss Programs on Metabolic Syndrome in Overweight and Obese Women. *Applied Physiology, Nutrition, and Metabolism*. 2017 Jan 5.
- **Baetge C**, Earnest CP, Rasmussen C, Greenwood M, Kreider RB. Long-term Efficacy of Women Participating in the Curves Fitness and Weight Loss Program. *International Journal of Behavioral Nutrition and Physical Activity*. (In progress)

PUBLICATIONS

- **Claire N. Canon**, Jong-Hee Kim, Sean M. Courtney, Brandon Macias, John M. Lawler. Exercise Attenuates CTGF Levels, Delaying the Onset of Fibrosis in the Aging Left Ventricle. *International Journal of Exercise Science*. Vol 2:1, 2009.
- M. Byrd, J. Culbertson, **C. Canon**, J. Oliver, M. Mardock, S. Simbo, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. Effects of high carbohydrate and high protein diets on markers of metabolic syndrome (ms) in women participating in the Curves fitness program. *FASEB Journal*, LB297 I, 2010.
- J. Oliver, J. Culbertson, **C. Canon**, M. Byrd, M. Mardock, S. Simbo, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider.

Effects of exercise and high carbohydrate and high protein diets on women with and without metabolic syndrome (ms). *FASEB Journal*, LB298 II, 2010.

- M. Mardock, M. Byrd, S. Simbo, J. Oliver, J. Culbertson, **C. Canon**, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. Clinical profiles of women with and without metabolic syndrome (ms). *FASEB Journal*, LB299 I, 2010.
- J. Culbertson, M. Mardock, M. Byrd, S. Simbo, J. Oliver, **C. Canon**, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. Effects of diet cycling on weight loss and resting energy expenditure in women participating in the curves fitness program. *FASEB Journal* LB300 II, 2010.
- S. Simbo, J. Culbertson, M. Mardock, M. Byrd, J. Oliver, **C. Canon**, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. Effects of 30-day diet cycling on weight loss and resting energy expenditure in women participating in the Curves fitness program: a preliminary long-term analysis. *FASEB Journal*, LB301 I, 2010.
- **C. Canon**, J. Culbertson, M. Byrd, C. Rasmussen, P. Jung, D. Khanna, M. Koozehchian, M. Mardock, J. Oliver, S. Simbo, R. Kreider, FACSM. Effects of a 30-Day Fitness Challenge on Body Composition and Markers of Health in Women. *Medicine & Science in Sports & Exercise*. 42(5):S458-9, 2010.
- Jonathan M. Oliver, Julie Y. Kresta, Mike Byrd, **Claire Canon**, Michelle Mardock, Sunday Simbo, Peter Jung, Brittanie Lockard, Deepesh Khanna, Majid Koozehchian, Chris Rasmussen, Chad Kerksick, Richard Kreider. Effects of high carbohydrate or high protein energy-restricted diets combined with resistance-exercise on weight loss and markers of health in women with serum triglyceride levels above or below median values. *Journal of the International Society of Sport Nutrition*. 2010, 7(Suppl 1):P9.
- **Claire Canon**, Julie Y. Kresta, Mike Byrd, Jonathan M. Oliver, Michelle Mardock, Sunday Simbo, Yanghoon Jung, Majid Koozehchian, Deepesh Khanna, Brittanie Lockard, Ryan Dalton, Han K. Kim, Chris Rasmussen, Richard B. Kreider. Long-term efficacy of women participating in the curves fitness and weight loss program. *Journal of the International Society of Sports Nutrition* 2010, 7(Suppl 1):P11.
- **C. Canon**, J. Culbertson, M. Byrd, C. Rasmussen, P. Jung, D. Khanna, M. Koozehchian, M. Mardock, J. Oliver, S. Simbo, R. Kreider. Effects of a 30-Day Fitness Challenge on Body Composition and Health Markers in Sedentary Women. *Journal of Strength & Conditioning Research*. 25:S34-35, 2011.
- R.B. Kreider, J. Culbertson, M. Byrd, S. Simbo, J. Oliver, M. Mardock, **C. Canon**, Y. Yung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen. Maintaining a High Protein Diet While Participating in a Resistance Training Program Does Not Affect Markers of Bone Health in Women. *Journal of Strength & Conditioning Research*. 25:S71-72, 2011.
- J.M. Oliver, Julie Y. Kresta, **Claire N. Canon**, Mike Byrd, Michelle Mardock, Sunday Simbo, Peter Jung, Majid Koozehchian, Chris Rasmussen, Richard B. Kreider, FACSM. Comparison of Two Different Diet Programs on fasting Insulin Levels in Sedentary Obese Women Participation in Resistance training. *Medicine & Science in Sports & Exercise*. 42(10): 46, 2010.
- Y.P. Jung, Julie Y. Kresta, Jonathan M. Oliver, Sunday Simbo, **Claire N. Canon**, Mike Byrd, Michelle Mardock, Brittanie Lockard, Chris Rasmussen, Richard B. Kreider,

FACSM. Effects of a High Protein Diet on Weight Loss and Body Composition in Sedentary Women with Normal Insulin Sensitivity and Insulin Resistance. *Medicine & Science in Sports & Exercise*. 42(10):47-48: 2010.

- A. Jagim, Jonathan M. Oliver, Julie Y. Kresta, **Claire N. Canon**, Mike Byrd, Michelle Mardock, Sunday Simbo, Peter Jung, Chris Rasmussen, Richard B. Kreider, FACSM. Effects of a High Protein Diet on Weight Loss and Leptin Levels in Sedentary Women with Normal and Elevated Leptin. *Medicine & Science in Sports & Exercise*. 42(10): 48, 2010.
- R.B. Kreider, FACSM, Jonathan M. Oliver, Julie Y. Kresta, Mike Byrd, **Claire N. Canon**, Michelle Mardock, Sunday Simbo, Brittanie Lockard, Chris Rasmussen. Effects of Exercise, Weight Loss and Diet Type on Leptin in Sedentary Women. *Medicine & Science in Sports & Exercise*. 42(10):48-49, 2010.
- J.Y. Kresta, Jonathan M. Oliver, Mike Byrd, **Claire N. Canon**, Andrew Jagim, Brittanie Lockard, Michelle Mardock, Sunday Simbo, Chris Rasmussen, Richard B. Kreider, FACSM. Relationship between Fasting Serum Leptin Levels and Markers of Bone, Fat and Health in Sedentary Women. *Medicine & Science in Sports & Exercise*. 42(10): 54-55, 2010.
- S. Simbo, J. Oliver, JY Kresta, **CN Canon**, M Byrd, M Mardock, P Jung, B Lockard, C Rasmussen, RB Kreider. Effects of a high protein diet on weight loss and body composition in women with normal and elevated blood glucose levels. *Medicine & Science in Sports & Exercise*. 42(10):62-63, 2010.
- Byrd M, Mardock M, Lockard B, Simbo S, Jagim A, Kresta J, **Baetge C**, Jung Y, Koozehchian M, Khanna D, Oliver J, Kyul H, Greenwood M, Kreider R, Rasmussen C. Comparative effectiveness of two popular weight loss programs in women III: fitness markers. *The FASEB Journal* 2011;25(MeetingAbstracts):lb207.
- Jagim A, Mardock M, Lockard B, Simbo S, Byrd M, Kresta J, **Baetge C**, Jung Y, Koozehchian m, Khanna D, Oliver J, Kyul H, Greenwood M, Rasmussen C, Kreider R. Comparative effectiveness of two popular weight loss programs in women IV: quality of life. *The FASEB Journal* 2011;25(MeetingAbstracts):lb221.
- Kreider R, Oliver J, Kresta J, Byrd M, **Baetge C**, Mardock M, Simbo S, Lockard B, Jung Y, Koozehchian M, Khanna D, Kyul H, Jagim A, Rasmussen C. Effects of diet type during an exercise and weight loss program on markers of metabolic syndrome in women with elevated uric acid levels. *The FASEB Journal* 2011;25(MeetingAbstracts):lb246.
- Lockard B, Mardock M, Byrd M, Simbo S, Jagim A, Kresta J, **Baetge C**, Jung Y, Koozehchian M, Khanna D, Oliver J, Kyul H, Greenwood M, Rasmussen C, Kreider R. Comparative effectiveness of two popular weight loss programs in women II: metabolic markers. *The FASEB Journal* 2011;25(MeetingAbstracts):lb205.
- Mardock M, Lockard B, Byrd M, Simbo S, Jagim A, Kresta J, **Baetge C**, Jung Y, Koozehchian M, Khanna D, Kyul H, Oliver J, Greenwood M, Rasmussen C, Kreider R. Comparative effectiveness of two popular weight loss programs in women I: body composition and resting energy expenditure. *The FASEB Journal* 2011;25(MeetingAbstracts):lb248.
- Simbo S, Mardock M, Lockard B, Byrd M, Jagim A, Kresta J, **Baetge C**, Jung Y, Koozehchian M, Khanna D, Oliver J, Greenwood M, Rasmussen C, Kreider R, Kyul H. Experiencing the impact of weight loss on work capacity prior to initiation of a weight

loss program may influence weight loss success. *The FASEB Journal* 2011;25(MeetingAbstracts):lb208.

- **Baetge C**, Kresta J, Byrd M, Oliver J, Mardock M, Simbo S, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider R. Effects of Intermittent Dieting During Resistance Training in Women IV: Quality of Life *Medicine & Science in Sports & Exercise* 2011;43(5):470-1.
- Byrd M, Kresta J, Oliver J, **Baetge C**, Mardock M, Simbo S, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider RB. Effects of Intermittent Dieting During Resistance Training In Women III: Fitness *Medicine & Science in Sports & Exercise* 2011;43(5):472
- Kresta J, Byrd M, Oliver J, **Baetge C**, Mardock M, Simbo S, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider R. Effects of Intermittent Dieting During Resistance Training in Women I: Weight Loss and Energy Expenditure. *Medicine & Science in Sports & Exercise* 2011;43(5):471.
- Mardock M, Kresta J, Byrd M, Oliver J, **Baetge C**, Simbo S, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider R. Effects of Intermittent Dieting During Resistance Training in Women II: Health Markers. *Medicine & Science in Sports & Exercise* 2011;43(5):471-2.
- Mardock M, B Lockard, J Oliver, M Byrd, S Simbo, A Jagim, J Kresta, **C Baetge**, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. Comparative effectiveness of two popular weight loss programs in women I: body composition and resting energy expenditure. *Journal of the International Society of Sports Nutrition* 2011, 8(Suppl 1):P4 (7 November 2011)
- Byrd M, M Mardock, B Lockard, J Oliver, S Simbo, A Jagim, J Kresta, **C Baetge**, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. Comparative effectiveness of two popular weight loss programs in women II: metabolic markers. *Journal of the International Society of Sports Nutrition* 2011, 8(Suppl 1):P1 (7 November 2011)
- Oliver J, M Mardock, B Lockard, M Byrd, S Simbo, A Jagim, J Kresta, **C Baetge**, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. Comparative effectiveness of two popular weight loss programs in women III: health and fitness markers. *Journal of the International Society of Sports Nutrition* 2011, 8(Suppl 1):P5 (7 November 2011)
- Jagim A, M Mardock, B Lockard, J Oliver, M Byrd, S Simbo, J Kresta, **C Baetge**, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. Comparative effectiveness of two popular weight loss programs in women IV: quality of life and diet satisfaction. *Journal of the International Society of Sports Nutrition* 2011, 8(Suppl 1):P3 (7 November 2011)
- Greenwood M, M Mardock, B Lockard, J Oliver, S Simbo, A Jagim, J Kresta, **C Baetge**, P Jung, M Koozehchian, D Khanna, C Rasmussen, R Kreider. Experiencing the impact of weight loss on work capacity prior to initiation of a weight loss program enhances success. *Journal of the International Society of Sports Nutrition* 2011, 8(Suppl 1):P2 (7 November 2011)
- **Baetge, C**, Lockard B, J Oliver, M Mardock, M Byrd, S Simbo, Y Jung, D Khanna, M Koozehchian, R Dalton, H Kim, J Kresta, T Leopold, K Horrell, V Fan, C Rasmussen, M Greenwood, R.B. Kreider. Exercise intensity and energy expenditure assessment of

performing the Curves with Zumba workout. *Journal of Strength and Conditioning Research*. In press, 2012.

- **C Baetge**, B Lockard, M Mardock, S Simbo, Y Jung, E Galvan, K Levers, M Byrd, M Koozehchian, D Khanna, B Sanchez, A Jagim, J Oliver, J Kresta, K Horrell, T Leopold, M Cho, M Greenwood, C Rasmussen, R Kreider. Comparison of the Efficacy of Popular Weight Loss Programs in Sedentary Overweight Women I: Body Composition and Energy Expenditure. **The FASEB Journal** 2012, **26**:lb372.
- Y. Jung, **C. Baetge**, B. Lockard, M. Mardock, S. Simbo, E. Galvan, K. Levers, M. Byrd, M. Koozehchian, D. Khanna, B. Sanchez, A. Jagim, J.M. Oliver, J.Y. Kresta, K. Horrell, T. Leopold, M. Cho, C. Rasmussen, R. Kreider Comparison of the efficacy of popular weight loss programs in sedentary overweight women II: health & fitness markers. **The FASEB Journal**. 2012, **26**:lb375.
- M. Koozehchian, **C. Baetge**, B. Lockard, M. Mardock, S. Simbo, Y. Jung, E. Galvan, K. Levers, M. Byrd, D. Khanna, B. Sanchez, A. Jagim, J.M. Oliver, J.Y. Kresta, K. Horrell, T. Leopold, M. Cho, C. Rasmussen, R. Kreider Comparison of the efficacy of popular weight loss programs in sedentary overweight women III: fasting blood lipids and glucose. **The FASEB Journal**. 2012, **26**:lb381.
- E. Galvan, **C. Baetge**, B. Lockard, M. Mardock, S. Simbo, Y. Jung, K. Levers, M. Byrd, M. Koozehchian, D. Khanna, B. Sanchez, A. Jagim, J.M. Oliver, J.Y. Kresta, K. Horrell, T. Leopold, M. Cho, C. Rasmussen, R. Kreider Comparison of the efficacy of popular weight loss programs in sedentary overweight women IV: bone, protein & liver status. **The FASEB Journal**. 2012, **26**:lb383.
- K. Levers, **C. Baetge**, B. Lockard, M. Mardock, S. Simbo, Y. Jung, M. Byrd, M. Koozehchian, E. Galvan, D. Khanna, B. Sanchez, A. Jagim, J.M. Oliver, J.Y. Kresta, K. Horrell, T. Leopold, M. Cho, C. Rasmussen, R. Kreider Comparison of the efficacy of popular weight loss programs in sedentary overweight women V: perception of quality of diets. **The FASEB Journal**. 2012, **26**:lb404.
- D. Khanna, **C. Baetge**, B. Lockard, M. Mardock, S. Simbo, Y. Jung, M. Byrd, M. Koozehchian, E. Galvan, K. Levers, B. Sanchez, A. Jagim, J.M. Oliver, J.Y. Kresta, K. Horrell, T. Leopold, M. Cho, C. Rasmussen, R. Kreider Comparison of the efficacy of popular weight loss programs in sedentary overweight women VI: quality of life. **The FASEB Journal**. 2012, **26**:lb407.
- B Lockard, **C Baetge**, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, YP Jung, J Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, J Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Women who participate in a structured weight loss program with resistance-exercise experience more favorable changes in body composition when compared to other popular weight loss programs. **FASEB Journal**, LB341, 2013.
- E Galvan, B Lockard, **C Baetge**, K Levers, A Jagim, S Simbo, M Byrd, YP Jung, JM Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, JY Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Women who participate in a structured weight loss program with resistance-exercise experience more favorable changes in blood lipids when compared to other popular weight loss programs. **FASEB Journal**, LB340, 2013.
- S. Simbo, B Lockard, **C Baetge**, K Levers, E Galvan, A Jagim, M Byrd, YP Jung, JM Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, JY Kresta, K Horrell, T

Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Effects of participation in popular weight loss and fitness programs on markers of health and fitness in women. **FASEB Journal**, LB306, 2013.

- R Dalton, B Lockard, **C Baetge**, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, YP Jung, JM Oliver, M Koozehchian, D Khanna, B Sanchez, JY Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Effects of participation in popular weight loss and fitness programs on insulin and leptin in women. **FASEB Journal**, LB339, 2013.
- K Levers, B Lockard, **C Baetge**, E Galvan, A Jagim, S Simbo, M Byrd, YP Jung, JM Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, JY Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Adding access to online meal plans and monitoring to a structured weight loss program with resistance-exercise promotes more positive changes in triglycerides. **FASEB Journal**, LB338, 2013.
- **C Baetge**, B Lockard, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, YP Jung, JM Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, JY Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Adding access to online meal plans and monitoring improves success to a structured weight loss program with resistance-exercise in women. **FASEB Journal**, LB342, 2013.
- YP Jung, B Lockard, **C Baetge**, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, JM Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, JY Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Adherence to a high protein and low fat energy-restricted diet while participating in a circuit resistance-exercise program promotes fat loss with no loss in fat free mass in postmenopausal women. **FASEB Journal**, LB33, 2013.
- A Jagim, B Lockard, **C Baetge**, K Levers, E Galvan, S Simbo, M Byrd, YP Jung, J Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, J Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Adherence to a high protein and low fat energy-restricted diet while participating in a circuit resistance-exercise program promotes positive changes in blood glucose and lipids in postmenopausal women. **FASEB Journal**, LB336, 2013.
- Mike Byrd, YP Jung, B Lockard, **C Baetge**, K Levers, E Galvan, A Jagim, S Simbo, JM Oliver, M Koozehchian, D Khanna, R Dalton, B Sanchez, K Horrell, T Leopold, M Cho, J Fluckey, S Riechman, M Greenwood, J Hart, K Shimkus, W Gapinski, M Perez, B Bessire, C Rasmussen, R Kreider. Effects of nutrient timing following resistance-exercise on changes in body composition in post-menopausal women participating in weight loss program. **FASEB Journal**, LB335, 2013.
- R. Dalton, **C Baetge**, B Lockard, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, Y Jung, JM Oliver, M. Koozehchian, D Khanna, B. Sanchez, JY Kresta, K. Horrell, T. Leopold, M. Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Analysis of efficacy and cost effectiveness of popular weight loss and fitness programs. **Journal of the International Society of Sports Nutrition**. In press, 2013.
- M Byrd, S Simbo, YP Jung, B Sanchez, M Cho, CW Lee, B Lockard, **C Baetge**, K Levers, E Galvan, A Jagim, JM Oliver, R Dalton, B Bessire, K Horrell, T Leopold, M Koozehchian, D Khanna, K Shimkus, W Gapinsky, M Perez, J Hart, S Riechman, J Fluckey, M Greenwood, C Rasmussen, R Kreider. Effects of immediate and delayed

nutrient timing following resistance exercise on changes in mixed muscle fractional synthesis rate (FSR) in post-menopausal women participating in a weight loss program. **Journal of the International Society of Sports Nutrition**. In press, 2013.

- K Levers, S Simbo, E Galvan, YP Jung, **C Baetge**, B Lockard, A Jagim, M Byrd, C Rasmussen, R Kreider. Effects of exercise and diet-induced weight loss on markers of inflammation I: impact on body composition and markers of health and fitness. **Journal of the International Society of Sports Nutrition**. In press, 2013.
- A Coletta, M Mardock, B Lockard, M Byrd, S Simbo, A Jagim, JY Kresta, **C Baetge**, YP Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, C Rasmussen, R Kreider. Effects of two popular weight loss programs on changes in body composition and visceral adipose tissue in women. **The FASEB Journal** vol. 28 no. 1 Supplement LB296.
- S Simbo, A Coletta, M Mardock, B Lockard, M Byrd, A Jagim, JY Kresta, **C Baetge**, YP Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, C Rasmussen, R Kreider. Effects of two popular weight loss programs on changes in android and gynoid body composition in women. **The FASEB Journal** vol. 28 no. 1 Supplement LB302.
- YP Jung, B Lockard, **C Baetge**, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, J Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, J Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Chang, C Rasmussen, R Kreider. Comparative effectiveness of popular diet programs on changes in body composition and visceral adipose tissue in women. **The FASEB Journal** vol. 28 no. 1 Supplement LB297.
- S Springer, B Lockard, **C Baetge**, YP Jung, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, J Oliver, M Koozehchian, R Dalton, D Khanna, J Kresta, B Sanchez, K Horrell, T Leopold, M Cho, A Rivera, C Cerda, C Chang, C Rasmussen, R Kreider. Comparative effectiveness of popular diet programs on changes in android and gynoid body composition in women. **The FASEB Journal** vol. 28 no. 1 Supplement LB301.

PREPARED POSTERS

- **ACSM 2010: C. Canon**, J. Culbertson, M. Byrd, C. Rasmussen, P. Jung, D. Khanna, M. Koozehchian, M. Mardock, J. Oliver, S. Simbo, R. Kreider, FACSM. Effects of a 30-Day Fitness Challenge on Body Composition and Markers of Health in Women. *Medicine & Science in Sports & Exercise*. 42(5):S458-9, 2010.
- **ISSN 2010: Claire Canon**, Julie Y. Kresta, Mike Byrd, Jonathan M. Oliver, Michelle Mardock, Sunday Simbo, Yanghoon Jung, Majid Koozehchian, Deepesh Khanna, Brittanie Lockard, Ryan Dalton, Han K. Kim, Chris Rasmussen, Richard B. Kreider. Long-term efficacy of women participating in the curves fitness and weight loss program. *Journal of the International Society of Sports Nutrition*. 2010, 7(Suppl 1):P11.
- **NSCA 2010: C. Canon**, J. Culbertson, M. Byrd, C. Rasmussen, P. Jung, D. Khanna, M. Koozehchian, M. Mardock, J. Oliver, S. Simbo, R. Kreider. Effects of a 30-Day Fitness Challenge on Body Composition and Health Markers in Sedentary Women. *Journal of Strength & Conditioning Research*. 25:S34-35, 2011.
- **ACSM 2011: Baetge C**, Kresta J, Byrd M, Oliver J, Mardock M, Simbo S, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider R. Effects of Intermittent Dieting During Resistance Training in Women IV: Quality of Life *Medicine & Science in Sports & Exercise* 2011;43(5):470-1.

- **NSCA 2011: C Baetge**, B Lockard, J Oliver, M Mardock, M Byrd, S Simbo, Y Jung, D Khanna, M Koozehchian, R Dalton, H Kim, J Kresta, C Rasmussen, M Greenwood, R.B. Kreider. Exercise Intensity and Energy Expenditure Assessment of Performing the Curves with Zumba Workout. *Journal of Strength and Conditioning Research*. In press, 2012.
- **FASEB 2012: C Baetge**, B Lockard, M Mardock, S Simbo, Y Jung, E Galvan, K Levers, M Byrd, M Koozehchian, D Khanna, B Sanchez, A Jagim, J Oliver, J Kresta, K Horrell, T Leopold, M Cho, M Greenwood, C Rasmussen, R Kreider. Comparison of the Efficacy of Popular Weight Loss Programs in Sedentary Overweight Women I: Body Composition and Energy Expenditure. *The FASEB Journal* 2012, 26:lb372.
- **FASEB 2013: C Baetge**, B Lockard, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, YP Jung, JM Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, JY Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Adding access to online meal plans and monitoring improves success to a structured weight loss program with resistance-exercise in women. *FASEB Journal*, LB342, 2013.

POSTER PRESENTATIONS

- Simbo S, J. Oliver, JY Kresta, **CN Canon**, M Byrd, M Mardock, P Jung, B Lockard, C Rasmussen, RB Kreider. *Effects of a high protein diet on weight loss and body composition in women with normal and elevated blood glucose levels*. **ACSM Integrated Physiology of Exercise Meeting**. Miami, FL. September 23, 2010.
- Mardock M, B Lockard, M Byrd, S Simbo, A Jagim, JY Kresta, **C Baetge**, Y Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women I: body composition and resting energy expenditure*. **Federation of American Societies of Experimental Biology Annual Meeting**. Washington, DC. April 13, 2011.
- Lockard B, M Mardock, M Byrd, S Simbo, A Jagim, JY Kresta, **C Baetge**, Y Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women II: metabolic markers*. **Federation of American Societies of Experimental Biology Annual Meeting**. Washington, DC. April 13, 2011.
- Byrd M, M Mardock, B Lockard, S Simbo, A Jagim, JY Kresta, **C Baetge**, Y Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women III: fitness markers*. **Federation of American Societies of Experimental Biology Annual Meeting**. Washington, DC. April 13, 2011.
- Jagim A, M Mardock, B Lockard, S Simbo, M Byrd, JY Kresta, **C Baetge**, Y Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women IV: quality of life*. **Federation of American Societies of Experimental Biology Annual Meeting**. Washington, DC. April 13, 2011.
- Simbo S, M Mardock, B Lockard, M Byrd, A Jagim, JY Kresta, **C Baetge**, Y Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, L. Greenwood, C Rasmussen, R Kreider. *Experiencing the impact of weight loss on work capacity prior to*

initiation of a weight loss program may influence weight loss success. **Federation of American Societies of Experimental Biology Annual Meeting.** Washington, DC. April 13, 2011.

- Kreider R, J Oliver, K Kresta, M Byrd, **C Baetge**, M Mardock, S Simbo, B Lockard, P Jung, M Koozehchian, D Khanna, Kyul, A Jagim, C. Kerksick, C Rasmussen. *Effects of diet type during an exercise and weight loss program on markers of metabolic syndrome in women with elevated uric acid levels.* **Federation of American Societies of Experimental Biology Annual Meeting.** Washington, DC. April 13, 2011.
- Kresta J, M Byrd, J Oliver, **C Baetge**, M Mardock, S Simbo, Y Jung, M Koozehchian, D Khanna, B Lockard, R Dalton, H Kim, C Rasmussen, R Kreider. *Effects of Intermittent Dieting During Resistance Training in Women II: Health Markers.* **American College of Sports Medicine Annual Meeting.** Denver, CO. June 2, 2011.
- Byrd M, J. Kresta, J. Oliver, **C. Baetge**, M. Mardock, S. Simbo, Y. Jung, M. Koozehchian, D. Khanna, B. Lockard, R. Dalton, H. Kim, C. Rasmussen, R. B. Kreider. *Effects of Intermittent Dieting During Resistance Training In Women III: Fitness.* **American College of Sports Medicine Annual Meeting.** Denver, CO. June 2, 2011.
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- Greenwood M, M Mardock, B Lockard, J Oliver, S Simbo, A Jagim, J Kresta, **C Baetge**, P Jung, M Koozehchian, D Khanna, C Rasmussen, R Kreider. *Experiencing the impact of weight loss on work capacity prior to initiation of a weight loss program enhances success.* **International Society of Sport Nutrition Annual Meeting.** Las Vegas, NV. June 24, 2011.

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- **Baetge C**, Lockard B, Mardock M, Simbo S, Jung Y, Galvan E, Levers K, Byrd M, Koozehchian M, Khanna D, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women I: body composition and resting energy expenditure*. **Federation of American Societies of Experimental Biology Annual Meeting**. San Diego, CA. April 25, 2012.
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- S Simbo, A Coletta, M Mardock, B Lockard, M Byrd, A Jagim, JY Kresta, **C Baetge**, YP Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, C Rasmussen, R Kreider. Effects of two popular weight loss programs on changes in android and gynoid body composition in women. **Experimental Biology** on April 30, 2014 in San Diego, CA.
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- CP Earnest, B Lockard, C Rasmussen, C Baetge, RB Kreider. *Retrospective Analysis of Metabolic Syndrome Prevalence Based on Protein and Carbohydrate Preference Stratified for Protein Intake Concurrent with Exercise in Sedentary, Overweight/Obese Women.* **International Society of Sports Nutrition.** Clearwater, FL. June, 2016