

CURRICULUM VITAE-2024

Name: Cody L. Sipe, MS, PhD, DipACLM
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Web of Science Profile: <https://www.webofscience.com/wos/author/record/AAA-3474-2022>

Education

Purdue University
West Lafayette IN
From August 2004-May 2008
PhD in Health and Kinesiology

Virginia Tech
Blacksburg VA
From August 1993-May 1996
Master of Science in Exercise Science

Harding University
Searcy AR
From August 1989-May 1993
Bachelor of Arts in Youth Ministry

Current Academic Position:

Full Professor (2021- present); Associate Professor (2011-2021)
Director of Clinical Research (2011-2024)
Chair, Institutional Review Board (2018-2022)
Doctoral Physical Therapy Program
Harding University

Previous Academic Positions Held

Assistant Professor
Director, Helping Older People Exercise (H.O.P.E.) Program
Department of Kinesiology (August 2008-May 2011)
University of North Carolina-Greensboro
Greensboro, NC

Visiting Assistant Professor
Department of Kinesiology (August 2007-July 2008)
University of North Carolina-Charlotte
Charlotte NC

Current Non-Academic Positions

CEO

Marbles Fitness LLC (2024-present)

Searcy AR

Marbles Brain Body Fitness™ is the first-of-its-kind brain gym franchise in the USA. Its mission is to improve brain health, reduce dementia risk, increase cognitive performance and improve physical function in adults aged 55 and over by providing evidence-based dual-tasking programs utilizing the latest technologies to the general public.

Co-Founder, Vice President (2013-2022), Consultant (2022-present)

Functional Aging Institute (FAI), www.functionalaginginstitute.com

West Lafayette, IN

FAI is the fitness industry's leading professional education resource for training older adults. It offers numerous certifications, such as the Functional Aging Specialist Certification and the Brain Fitness Trainer Certification, as well as a host of continuing education courses. FAI was acquired by the International Sports Sciences Association in 2022.

Co-Founder, Co-Owner

Ageless Fitness

West Lafayette, IN

Ageless Fitness is a licensed small group personal training program that health clubs and gyms can implement to attract, serve and retain older clients based on the Functional Aging Training Model. It includes pre-designed programming, done-for-you marketing tools, sales scripts and other resources to enable facilities to add an additional \$10k+/month in revenue.

Co-Owner

One Life Strength and Conditioning (Dec 2021- present)

Searcy, AR

A local fitness facility offering a variety of programs including Ageless Fitness, Metabolic Conditioning group classes and personal training. Dr. Sipe provides direction for the financial and strategic growth of the facility including marketing, sales and programming.

Previous Non-Academic Positions Held

Co-Owner

Miracles Fitness (January 2007 – July 2022)

West Lafayette, IN

Miracles Fitness is a small group and 1-1 personal training facility specializing in the older adult client and serving close to 400 members at its peak. Dr. Sipe initially served as a trainer and manager during the first year before leaving to accept an academic position at UNC-Charlotte. Over the years, he continued to provide operational assistance for the continued development and growth of the facility which became a model for how to successfully attract, serve and retain older adults.

Director

A.H. Ismail Center for Health, Exercise & Nutrition (August 2000 – December 2006)
 Purdue University
 West Lafayette IN

The Ismail Center at Purdue University is a fitness facility open to faculty, staff and retirees, and operated through the Department of Health and Kinesiology, that combines student education, faculty-initiated research and community service. Dr. Sipe secured grant funding for numerous research and demonstration projects and significantly expanded the scope and reach of the center during his tenure as director.

Assistant Fitness Director/Exercise Specialist

Medfit Wellness Center (August 1997 – August 2000)
 Charlottesville, VA

MedFit is a medical fitness center established by a physician that provides health and fitness programming to those with chronic health risks and conditions, medical concerns and physical limitations.

Current Teaching Responsibilities**Fall**

DPT 8142 Functional Anatomy and Biomechanics
 DPT 8432 Human Lifespan Development

Spring

DPT 8223 Evidence Based Physical Therapy Practice I
 DPT 8226 Physiology of Therapeutic Exercise
 DPT 8511 Evidence Based Physical Therapy Practice II

Summer

DPT 8611 Evidence Based Physical Therapy Practice III
 DPT 8621 Wellness and Health Promotion

Highlights (since 2010)

- Completed 30+ scientific journal article reviews; currently serve on the editorial board of the Journal of Aging and Physical Activity; ad-hoc review for the European Journal of Physiotherapy and the International Journal of Disease Reversal and Prevention
- Delivered over 100 professional presentations and workshops at over 24 different conferences (many for multiple years) in 10 countries
- Created the Functional Aging Specialist certification which has been taken by more than 5,000 health and fitness professionals in 25 countries since it was launched in 2014; co-developer of the Brain Fitness Specialist certification course (2024)
- Applied for \$700,000 in grant funds for research and demonstration projects including an R15 award from the National Institutes of Health
- Serve or have served on multiple boards including the Curves Scientific Advisory Board; Harding Institutional Review Board (Chair); American College of Sports Medicine Special Interest Group on Aging (Co-Chair); Activate Brain and Body Advisory Board; Naboso Technologies Board of Directors; and others.
- Author of 2 consumer books: Quick Functional Exercises for Seniors (Skyhorse Publishing 2023); Never Grow Old (Amazon Best-Selling e-book)

Recognition and Awards

- William Bortz Lecture (invited), “Functional Aging at the Crossroads of Science and Practice: Past Perspectives and Future Forecasts” at the 2024 Annual American College of Sports Medicine Health and Fitness Summit
- Featured Expert, IDEA Fit Pro Podcast (2021)
- Top 3 Finalist, 2019 IDEA International Fitness Innovator of the Year (IDEA China)
- 2005 International Program Director of the Year, IDEA Health and Fitness Association
- 2003 Clinical Exercise Professional of the Year, American College of Sports Medicine Midwest Chapter

CEU, Certificate and Certification Courses Completed

2021	Certified Diplomate of the American College of Lifestyle Medicine and the International Board of Lifestyle Medicine
2021	Foundations of Lifestyle Medicine Board Review Course, 3 rd ed. (30 CEU's)
2020	Adult Functional Independence Test
2020	Otago Exercise Program Instructor
2020	Certificate in Plant Based Nutrition from Cornell (30 CEUs)
2019-2020	Nutrition CME Courses (www.nutritioncme.org)
	A Unifying Theory of Reversing Chronic Disease (1.0)
	Evidence-Based Eating Patterns for Heart Disease (1.0)
	Hormone Haywire (0.5)
	Plant-Based 101 (1.0)
	Plant-Based Interventions for Diabetes (1.0)
	Blue Zones: Eating & Living Like the World's Longest-Lived People (1.0)
	Unleashing the Power of Plant-Based Diets (0.5)
	Current Recommendations for Nutrition and Cancer: A Closer Look (0.5)
	Deconstructing Keto and Paleo Diets (0.5)
	Evidence-Based Eating Patterns for Weight Control (0.5)
	Keto Controversy: What You Need to Know (1.0)
	Mediterranean Diets: Separating Facts from Mythology (0.5)
	Plant-based Nutrition for Diabetes (0.5)
	Soyfoods and Health: Proposed Benefits and Issues of Concern (1.0)
	What We Now Know about Cancer Prevention (1.0)
2019	Certified Original Strength Coach
2018	Modern Management of the Older Adult
2016	Certified Ageless Grace Educator
2016	Functional Movement Screen Level 2 Certification
2016	Functional Movement Screen Level 1 Certification
2016	Healthy Knees Cycle Coach Certification
2015	Montreal Cognitive Assessment Certified Rater
2015	Barefoot Training Workshop
2006	FallProof Balance and Mobility Enhancement Specialist (Cal State Fullerton)
2004	Master Trainer, Canadian Center for Activity and Aging
2000	ACSM Registry of Clinical Exercise Physiologists
2000	Certificate of Enhanced Qualification: Physical Activity for the Older Adult
1998	ACSM Exercise Specialist Certification

Peer-Reviewed Publications

Sipe CL, Killins A, Mathis RA and Taylor JD. “Effectiveness of a neuroplasticity exercise program on physical and cognitive function in older adults: A pilot study”, *J Gerontol Geriatr Med* 2020, 6:065. DOI: 10.24966/GGM-8662/100065

Sipe CL, Ramey K, Plisky P and Taylor JD. “The Y-Balance Test: A Valid and Reliable Assessment in Older Adults”, *Journal on Aging and Physical Activity*. 2019; 27:663-669. <https://doi.org/10.1123/japa.2018-0330>

Sipe, Cody L. “Older Adults”, *Exercise Physiology*; Chicago: F.A. Davis, 2014. 710-737. Print. (Book Chapter)

Barbara Resnick, PhD; Marcia G. Ory, PhD, MPH; Michael E. Rogers, PhD; Phillip Page, MS, PT; Roseann M. Lyle, PhD; Cody Sipe, MS; Wojtek Chodzko-Zajko, PhD; Terry L. Bazzarre, PhD. A Proposal for a New Screening Paradigm and Tool Called Exercise Assessment and Screening for You (EASY), *Journal of Aging and Physical Activity*. 2008.16(2), 215-233

Ritchie, DM, Sipe CL and Lyle RM. The relationship between the Late-Life Function and Disability Instrument and Berg Balance Scale. *Med Sci Sports Exerc*. 2007 May;39(5 Suppl):S419

Barbara Resnick, PhD; Marcia G. Ory, PhD, MPH; Michael E. Rogers, PhD; Phillip Page, MS, PT; Roseann M. Lyle, PhD; Cody Sipe, MS; Wojtek Chodzko-Zajko, PhD; Terry L. Bazzarre, PhD. Screening and Prescribing Exercise for Older Adults, *Geriatrics and Aging*, 2006, 9(3); 174-182.

Sipe, Cody L. “Screening and Risk Stratification”, *ACSM’s Resource for Personal Trainers*, 2nd ed., Baltimore: Lippincott, Williams and Wilkins, 2006. 255-274. Print.

Niederpreum M and Sipe, CL. “Introduction to Personal Training”, *ACSM’s Resource for Personal Trainers*, 2nd ed., Baltimore: Lippincott, Williams and Wilkins, 2006. 2-21. Print.

Sipe, CL. Personal training reform in the United States. *Scientific Proceedings from the 6th World Congress on Aging and Physical Activity*. Jones, Taylor and Ecclestone, eds. Canadian Centre on Activity and Aging (London, ON), 2004.

Hurley KS, Hyner GC, Lyle RM, McKenzie S, Seehafer RW, Sipe C. A university and community partnership to increase activity in older adults: Results and implications of a baseline community assessment. *Journal of Physical Activity and Aging*. 2004; 12, 377.

Lyle RM, Hyner GC, McKenzie S, Seehafer R, Sipe C. The Coalition for Living Well After 50: A community and university partnership to increase physical activity – Past, Present, and Future. *Journal of Physical Activity and Aging*. 2004; 12, 278.

Ritchie DM, Sipe CL, Dill DB, Seehafer R. Examining the outcomes of the Home Support Exercise Program on community-dwelling older adults. *Journal of Physical Activity and Aging*. 2004; 12, 334.

Hurley KS, Hyner GC, Lyle RM, McKenzie SP, Seehafer RW, Sipe CL. Perceptions of Health: Relationships with self, community, and cultural conditions. The Gerontologist. 2004. 44: p 233.

Sipe CL and Gaesser GA. Resting energy expenditure and fat oxidation after one 40-min and two 20-min aerobic exercise bouts, Medicine and Science in Sport and Exercise. 1999; 31(5S), S311.

Sipe CL, Davis SE, Craft LL, Herbert WG and Ocel JV. Validity and test-retest reliability of the StairmasterSM CardopsqiatTM 1650LETM. Journal of Cardiopulmonary Rehabilitation. 1996;16(5), 322.

Peer Reviewed Scientific and Professional Presentations

Sipe CL, Cooper M, Rawlins K, Ferretiz M, Trotter N, Sipe CA, Taylor D. Dietary Knowledge, Beliefs and Behaviors of Healthcare Professionals in Arkansas. Poster presented at: American College of Lifestyle Medicine Annual Meeting 2021; virtual

Sipe CL, Cooper M, Rawlins K, Ferretiz M, Trotter N, Taylor D. The Dietary Views of Physical and Occupational Therapists in Arkansas. Poster presented at: American College of Lifestyle Medicine Annual Meeting 2021; virtual

Sipe CL, Mathis RA, Killins A and Taylor JD
Effects of a Neuroplasticity Exercise Program in Older Adults
Arkansas Physical Therapy Association Annual Meeting 2019 (poster)

Sipe CL and Ramey K.
The Y-Balance Test is a valid and reliable assessment in older adults
ACRM Annual Meeting 2018 (poster)

Sipe CL, Wolfe T and Hillier B
Relationship of fall risk questionnaires to computerized dynamic posturography in older adults: A pilot study
ACSM Annual meeting 2016 (oral presentation)

Turley KR and Sipe CL.
Age span post-exercise muscle ischemic comparison; 8-75 years old.
ACSM Annual Meeting 2014 (poster)

Sipe CL, Ritchie DM and Lyle RM
The effects of strength and power training on functional abilities in older adults.
World Congress on Active Aging 2012 (poster)

Ritchie DM, Sipe CL and Lyle RM
The relationship between the Late-Life Function and Disability Instrument and the Berg Balance Scale.
World Congress on Active Aging 2012 (poster)

Ritchie DM, Sipe CL and Lyle RM.
Comparison of two doses of an exercise intervention on mobility and function in older adults.

World Congress on Active Aging 2012 (poster)

Davis PG, Adams MM, Roe ML, Owens RE, Wilson JC, Sipe CL, Gill DL, Newman DH and Smith AN.

Exercise and post-bariatric surgery patients: The Bariatric Exercise and Lifestyle Transformation (BELT) Program.

Annual Meeting of the American Society for Metabolic and Bariatric Surgery 2012 (poster)

Davis PG, Gill DL, Wilson JC, Sipe CL, Roe ML, Justus NW and Lepper RW.

Effect of a structured exercise program on attitudes toward exercise in post-bariatric surgery patients.

Annual Meeting of American College of Sports Medicine 2013 (poster)

Hurley KS, Hyner GC, Lyle RM, McKenzie S, Seehafer RW, Sipe C.

A university and community partnership to increase activity in older adults: Results and implications of a baseline community assessment.

6th World Congress on Physical Activity and Aging 2004 (oral presentation)

Lyle RM, Hyner GC, McKenzie S, Seehafer R, Sipe C.

The Coalition for Living Well After 50: A community and university partnership to increase physical activity – Past, Present, and Future.

6th World Congress on Physical Activity and Aging 2004

Ritchie DM, Sipe CL, Dill DB, Seehafer R.

Examining the outcomes of the Home Support Exercise Program on community-dwelling older adults.

6th World Congress on Physical Activity and Aging 2004 (poster)

Ritchie, DM, Sipe CL and Lyle RM.

The relationship between the Late-Life Function and Disability Instrument and Berg Balance Scale.

ACSM Annual Meeting 2007

DeMano A, Lyle RM, Laing S, Sipe C, Lumley C, Decker L.

Just Walk – A community coalition, INShape Indiana and AOM collaboration.

INShape Indiana Obesity Summit 2006

Lyle RM, Sipe C, Laing S, Alley K.

Lessons learned from a pedometer walking challenge in cooperation with Indiana/America on the Move (AOM).

Walking for Health: Measurement and Research Issues and Challenges 2005

Lyle RM, Sipe C, Laing S, Alley K.

Lessons learned: An Indiana on the Move (IOM)/Coalition for Living Well After 50 Challenge.

Walking for Health: Measurement and Research Issues and Challenges 2005

Bonnar-Kidd K, Sipe C, Lyle RM.

Lessons learned from a web-based walking program for older adults.
Walking for Health: Measurement and Research Issues and Challenges 2005

Sipe CL and Gaesser GA.

Resting energy expenditure and fat oxidation after one 40-min and two 20-min aerobic exercise bouts.

Southeast Regional ACSM Meeting 1999

Sipe CL and Gaesser GA.

Resting energy expenditure and fat oxidation after one 40-min and two 20-min aerobic exercise bouts,

ACSM National Meeting 1999

Sipe CL, Davis SE, Craft LL, Herbert WG and Ocel JV.

Validity and test-retest reliability of the StairmasterSM CardopsqiatTM 1650LETM.

AACVPR National Meeting. 1996

Recent Unpublished and In-Progress Research Activity

Sipe CL, Cooper M, Rawlins K, Ferretiz M, Trotter N, Sipe CA, Taylor D. Dietary Knowledge, Beliefs and Behaviors of Healthcare Professionals in Arkansas (manuscript in preparation)

Sipe CL, Cooper M, Rawlins K, Ferretiz M, Trotter N, Taylor D. The Dietary Views of Physical and Occupational Therapists in Arkansas (manuscript in preparation)

Jordre B and Sipe CL. Lower extremity power and movement velocity in competitive older athletes; the influence of gender, age, and sport intensity

Jordre B and Sipe CL. Investigating measures of lower extremity power and movement velocity to discriminate fall history in competitive older athletes.

Jordre B and Sipe CL. TITLE TBD

Sipe CL, O'Hara K and Taylor JD (2019)

A Randomized Controlled Trial of a Cognitive Fitness Program in Older Adults (Portugal, Spain)

Student Mentored Research Projects

Sipe CL, Cooper M, Rawlins K, Ferretiz M, Trotter N, Sipe CA, Taylor D (2021)

Dietary Knowledge, Beliefs and Behaviors of Healthcare Professionals in Arkansas

Sipe CL, Huang V and Jones R (2019)

Validity of the Sit to Stand Test as a Means of Assessing Muscle Power in Older Adults

Sipe CL, Ross E and Holman B (2019)

Effects of a Quadrupedal Training Program on Physical and Cognitive Fitness in Older Adults

Sipe CL, Ellis E, Harris B, Penny B and Graham J (2019)

The Relationship of Attitudes Towards Aging and Physical Function in Older Adults

Sipe CL and Learmonth L (2017)

Functional Assessment of Concussed Student-Athletes Who Have Been Cleared for Return to Play

Sipe CL, Wolfe T, Hillier B (2016)

Comparison of Self-Report Measures of Balance to Computerized Dynamic Posturography in Healthy Older Adults

Sipe CL (2014)

Relationship Between Proprioception, Function and Balance in Older Adults

Grant Activity

1. **Agency:** Arkansas Cancer Coalition
Type of Grant: Arkansas Cancer Plan Competitive Grant
Title of Grant: Plant Powered Prevention
Duration of Funding: July 1, 2021-June 30, 2022
Total Amount of Award: 55,000
Role: PI
Status: Not Funded
2. **Agency:** T. Colin Campbell Center for Nutrition Studies
Type of Grant: Demonstration Project
Title of Grant: Plant Powered Searcy Key Influencer Project
Duration of Funding: February 1, 2021 – July 31, 2021
Total Amount of Award: \$5,000
Role: Project Leader
Status: Funded
3. **Agency:** Blue and You Foundation
Title of Grant: Building a Healthy and Sustainable Food Environment on the Local Level
Duration of Funding: July 2020 – June 2020
Total Amount of Award: \$150,000
Role: PI
Status: Not submitted due to COVID
4. **Agency:** Retirement Research Foundation
Title of Grant: Effects of a Neuroplasticity Exercise Program: A Randomized Controlled Trial
Duration of Funding: August 2019-February 2020
Total Amount of Award: \$192,352
Role: PI
Status: Not funded
5. **Agency:** National Institutes of Health

- Type of Grant:** Research Enhancement Award (R15)
Title of Grant: Effects of High Velocity Training in Mobility Limited Older Adults
Duration of Funding: April 1, 2016-March 31, 2019
Total Amount of Award: \$432,899
Role: PI
Status: Not funded
6. **Agency:** UAMS Pepper Center
Title of Grant: Relationship of BMI, musculoskeletal performance and functional capacity in older patients with congestive heart failure – A pilot study
Duration of Funding: November 2012-April 2013
Total Amount of Award: \$20,000
Role: PI
Status: Funded
7. **Agency:** UNCG Office of Research
Title of Grant: TEBAM Testing Pilot Study
Duration of Funding: June 2010-August 2010
Total Amount of Award: \$1,140
Role: PI
Status: Funded
8. **Agency:** North Central Health Services
Title of Grant: Friendship House Senior Functional Fitness Center
Duration of Funding: June 2005-May 2006
Total Amount of Award: \$46,000
Role: Co-PI
Status: Funded
9. **Agency:** Indiana State Department of Health
Title of Grant: Increasing Physical Activity in Women
Duration of Funding: May 1, 2004 –September 30, 2004.
Total Amount of Award: \$30,643
Role: PI
Status: Funded
10. **Agency:** Active Aging Partnership (Robert Wood Johnson Foundation National Blueprint Mini-Grant Program)
Title of Grant: ACE Initiative: Awareness, Communication, Education
Duration of Funding: April 1, 2003 – June 30, 2004
Total Amount of Award: \$25,000
Role: Co-PI
Status: Funded
11. **Agency:** Indiana State Department of Health
Title of Grant: Greater Lafayette Survey of Exercise-Related Patterns and

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|-------------------------------|--|
| | Needs of Older Adults |
| Duration of Funding: | August 2002-July 2003 |
| Total Amount of Award: | \$17,000 |
| Role: | Co-PI |
| Status: | Funded |
| | |
| 12. Agency: | Indiana Family and Social Services Administration |
| Title of Grant: | Building capacity for delivering a home-based exercise program to older adults |
| Duration of Funding: | March 2003 – February 2004 |
| Total Amount of Award: | \$39,835 |
| Role: | PI |
| Status: | Funded |
| | |
| 13. Agency: | Area IV Agency on Aging and Community Action Programs |
| Title of Grant: | Project ISFIT (Increasing Senior Fitness in Tippecanoe) |
| Duration of Funding: | May 2002 – April 2003 |
| Total Amount of Award: | \$4,000 |
| Role: | PI |
| Status: | Funded |
| | |
| 14. Agency: | North Central Health Services |
| Title of Grant: | One Step at a Time Senior Wellness Program |
| Duration of Funding: | September 2002 – August 2003 |
| Total Amount of Award: | \$23,000 |
| Role: | Co-PI |
| Status: | Funded |
| | |
| 15. Agency: | Subaru-Isuzu Automotive Foundation |
| Title of Grant: | Senior Center Exercise Program |
| Duration of Funding: | June 2001 – May 2002 |
| Total Amount of Award: | \$3,300 |
| Role: | Co-PI |
| Status: | Funded |

Membership in Scientific/Professional Organizations

APTA Section on Geriatrics (December 2013 – present)
 American College of Sports Medicine (1998-2007; 2013-2020)
 American College of Lifestyle Medicine (2021-present)
 Geriatric Interest Group
 Academic Interest Group

Consultative and Advisory Positions Held:

Unity Health Graduate Medical Education Committee (2020-present)
 Editorial Board, Journal on Aging and Physical Activity (2019-present)

Scientific Advisory Board, Curves Fitness Franchise (2019-2023)
 Older Adult Spokesperson, IDEA Health and Fitness Association (2015-2020)
 Advisory Board, Act!vate Brain and Body (2013 - 2023)
 Canadian Fitness Education Services Advisory Board (2011-2018)
 Column Editor, “50+” Column, Faith and Fitness Magazine (2013-2015)
 Column Editor, Active Aging Today (2008-2011)
 Contributing Editors’ Board, IDEA Health and Fitness Association (2007-2011)
 National Posture Institute Advisory Board (2011-2018)
 WholyFit Advisory Board (2010-2012)
 Scientific and Translational Science Advisory Boards, World Congress on Active Aging 2012
 International Council on Active Aging
 Chair, Wellness Career Paths Workgroup (2010)
 Visioning Board Member (2009-2011)
 American College of Sports Medicine
 Special Interest Group on Aging (2004-2010, 2017-present)
 Co-chair (2017-2019)

Service to the University/College/School on Committees/Councils/Commissions

University-wide

Chair, Institutional Review Board (2019-2022)
 Sponsored Programs Committee, Harding University (2016-2019)
 Health and Wellness Advisory Committee, Harding University (2016-present)
 Center for Teaching and Learning (2020, 2021, 2022, 2023)

School

Health Sciences Academic Leaders, Harding University (2011-2014)
 Health Sciences Interprofessional Education “Lunch and Learn” Presentations (2020, 2021, 2023)

Department

Stewardship Committee (2023-present)
 Student Admissions Committee, Physical Therapy Program, Harding University (2012-present)

Service to the Community

Founder and Chair, Plant Powered Searcy Pod (2019-present)
 Health-related presentations (Unity Medical Center, Downtown Church of Christ, Harding University, Arkansas LifeQuest, One Life Wellness)
 Unity Graduate Medical Education Presentations
 “Introduction to Lifestyle Medicine”
 “Nutrition for Health”
 “Exercise for Health”
 Downtown Church of Christ Children’s Committee (2015-2018)
 Volunteer, Special Olympics State Tournament (2015, 2016, 2018, 2019, 2021)
 Searcy Parks and Recreation coach (numerous years)
 Foster family (2020-present)
 Adult Counselor, Camp Tahkodah (2018, 2019, 2021)

Service to the Profession

Scholarly Reviews

International Journal of Disease Reversal and Prevention
 Journal of Aging and Physical Activity (2015-current)
 European Journal of Physiotherapy
 Journal of Gerontology and Geriatric Medicine
 American College of Sports Medicine's Guide to Exercise Testing and Prescription, 11th ed
 (2020)

Professional Presentations and Workshops Delivered (partial list)

International Council on Active Aging Annual Meeting (2024)
 Ex Pro Fitness Conference (Singapore – 2024)
 Functional Aging Summit (2024)
 IDEA World Conference (2024)
 Pediatric Hospital Sports Residency Consortium: Invited Lecture – “Care for the Masters Athlete”
 American College of Sports Medicine Health and Fitness Summit (invited speaker – 2024)
 Asia Fit Conference (Bangkok, Thailand – 2023)
 Functional Aging Summit (2023)
 IDEA World Conference (2023)
 IDEA Personal Trainer Institute (2023)
 FitnessFest (2023)
 American College of Sports Medicine Health and Fitness Summit (2023)
 Functional Aging Specialist Workshop (Mexico City, Mexico – 2022)
 IDEA Personal Trainer Institute (2022)
 American College of Sports Medicine Health and Fitness Summit (2022)
 IDEA World (2022)
 MedEx Taiwan Functional Aging Specialist Workshop 2021, 2022 (virtual)
 Barefoot Summit 2021 (USA – virtual)
 IDEA Personal Training Institute 2021 (USA – virtual)
 Functional Aging Summit 2021 (USA - virtual)
 Canadian Fitness Education Services Annual Conference 2021 (Canada – virtual)
 Canadian Personal Trainer Network Annual Conference 2021 (Canada – virtual)
 ExPRO Fitness Conference 2020 (Singapore – virtual)
 “Preventing and Reversing Heart Disease One Bite at a Time”
 Enchant Webinar 2020 (Pakistan – virtual)
 “The Functional Aging Training Model: An evidence-based approach to enhancing and maintaining functional in older adults of all ability levels”
 Environmental Protection Agency Region 6 Webinar (USA – virtual)
 “The WFPB Lifestyle for Personal and Environmental Health”
 Perspectives in Exercise and Health Conference 2020 (Canada – virtual)
 “Training Clients with Multiple Chronic Conditions”
 Canadian Fitness Education Services Annual Conference 2020 (Canada- virtual)
 “Getting Your Older Clients Back in Action After COVID”
 Active Aging Rehab and Fitness Summit 2020 (USA - virtual)
 “Power Training: An Essential Strategy for ALL Older Adults”
 Functional Aging Summit 2020 (USA – virtual)
 “Powerful Aging: Stop Loading, Start Exploding”
 Healthy Ageing Summit 2020 (Brisbane, AUS - virtual)

“The NEW Rules of Power Training for Older Adults”
 MedEx Taiwan Functional Aging Specialist Workshop 2020 (Taipei, Taiwan)
 FIBO USA 2019 (Miami)
 IDEA China 2019 (Shanghai)
 “Balance Training and Corrective Exercises for Older Adults”, “Cognified Fitness for
 Optimal Aging”, “Exercise to Prevent and Manage Chronic Disease”
 IDEA World Conference (2014-2020, 2022)
 IDEA Personal Training Institute (2015-2022)
 Association of Fitness Studios Succeed Summit (2019)
 Functional Aging Summit (2015-2022)
 Arkansas LifeQuest Annual Conference 2018 (Little Rock)
 SCW Mania Conference – Dallas and Atlanta (2018); Washington DC (2017)
 Arkansas Geriatric Education Collaborative “Geriatric Grand Rounds” 2017 (UAMS, Little
 Rock)
 DCAC Fitness Annual Conference (2015, 2016)
 Norway Aktiv Conference (2017)
 International Council on Active Aging Conference (2017)
 FitnessFest Conference (2015, 2016, 2017)
 Fitness Business Summit (2016, 2017)
 FitPro Annual Conference – London, England (2015)
 Asia Fitness Conference – Bangkok, Thailand (2015)
 World Congress on Active Aging (2012) – Glasgow, Scotland
 CanFitPro Annual Conference (2010)– Toronto, CA
 New Zealand Fitness and Health Expo (2009)– Auckland, NZ
 World Congress on Active Aging (2008) – Toronto, CA
 FILEX Fitness Conference (2007) – Sydney, AUS
 Italian Federation of Fitness Conference (2006) – Bologna, IT

Professional Publications (partial list)

Brain Training for Older Clients – Personal Fitness Professional Magazine 2024

Degrees of Ability – Demystified. IDEA Fitness Journal, Autumn 2022

American Council on Exercise Blog Articles

- Cognified Fitness; July 5, 2019
- Tips for Training Senior Athletes; December 6, 2018
- Exercise Limitations After Knee and Other Joint Replacements; October 11, 2018
- Address the Needs, Likes and Wants of Your Older Clients for Maximum Effectiveness; May 31, 2018
- Shattering Older Adult Exercise Stereotypes; January 30, 2018
- Functional Circuits for Older Adults; December 28, 2017
- What Are Your Older Adult Training Programs Missing? December 8, 2017
- Stop Loading and Start Exploding: Power Training for Powerful Aging; September 26, 2017
- Exercise for Optimal Brain Function; September 22, 2017
- Assessing Functional Fitness in Mature Adults; September 5, 2017

Senior Fitness and Your Business. IDEA Fit Tips; Feb, 2019.

Boosting the Brain Health of Older Adults. IDEA Health and Fitness Journal; Jan, 2019.
5 Top Trends in Older Adult Fitness. IDEA Fitness Business Success; Dec, 2018.
Protecting the Aging Brain. IDEA Health and Fitness Journal; Nov, 2017.
Tai Chi – The Perfect Balance for Aging Adults. IDEA Health and Fitness Journal; Sept, 2017.
Ageism and the Fitness Industry. IDEA Health and Fitness Journal; Jan, 2017.
The Significant 7: Principles of Functional Training for Older Adults; Dec, 2011.
Training Master Athletes. IDEA Health and Fitness Journal; Sept, 2008.
Bridging the Age Gap. IDEA Health and Fitness Journal; June, 2008.
Improving Functional Abilities in Older Adults. IDEA Health and Fitness Journal; Feb, 2007.
Cultivating Community Relationships. IDEA Fitness Manager; July, 2006.
Get “Em Powered Up. IDEA Health and Fitness Journal; April, 2005.