

# CURRICULUM VITAE

## BIOGRAPHICAL

**Name:** Dr. Paul J. Arciero, FACSM, FTOS, FISSN  
**Home Phone:** 518-859-0935  
**Business Address:** 3860 South Water St. Pittsburgh, PA  
**Business Phone:** 518-859-0935

**Birth Date:** October 19, 1962  
**Birth Place:** Huntington, NY  
**Citizenship:** U.S.A.  
**E-Mail:** [PJA34@pitt.edu](mailto:PJA34@pitt.edu)

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## EDUCATION and TRAINING

### UNDERGRADUATE:

1980-1986 Central Connecticut State University, New Britain CT, B.Sc., Special Studies; Biology, Physical Education and Business, 1986

### GRADUATE:

1986-1987 Purdue University, West Lafayette, IN, M.Sc., Exercise Physiology  
Specialization: bioenergetics, nutrition, metabolism, 1987

1991-1993 University of Vermont, School of Medicine and Nutritional Sciences,  
Burlington, VT, M.Sc., Nutritional Sciences, 1993

1988-1989 Springfield College, Springfield, MA, D.P.E./Ph.D.,  
1990-1993 Exercise Physiology, 1993

### POSTGRADUATE:

1993-1994 Washington University School of Medicine, Postdoctoral Fellowship,  
Applied Physiology, 1994  
Program Directors, John O. Holloszy, MD and Wendy M. Kohrt, PhD

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## APPOINTMENTS and POSITIONS

### ACADEMIC:

2023- present University of Pittsburgh Professor, Sports Medicine & Nutrition  
3860 South Water St.  
Pittsburgh, PA 15203

1994-present Skidmore College Professor, Health & Human  
815 N. Broadway Physiological Sciences  
Saratoga Springs, NY 12866 Director, Human Nutrition, Metabolism &  
Performance Laboratory

Updated: 10/31/2023

2010-present	Union College 807 Union St. Schenectady, NY 12308	Research Professor Psychology & Neurosciences
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**NON-ACADEMIC:**

*Include military or other Government service*

2022-present	HealthNews Vilnius Vilniaus, Lithuania +370-676-99070	Medical Advisory Board Member
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2022-present	GLG Councils Gerson Lehrman Group, Inc. 60 East 42 <sup>nd</sup> Street, 3 <sup>rd</sup> Floor New York, NY 10165 (212) 984-8538	Expert Nutrition Consultant
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2021-present	ProSapient Limited 100 Grays Inn Rd London, UK WC1X 8AL	Expert Nutrition Consultant
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2020-present	iPACES LLC 56 Clifton Country Rd Clifton Park, NY 12065	Co-Founder Applied Nutrition and Physiology
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2017-present	International Protein Board Flower Mound, TX 75027	Scientific Advisory Board Member
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2016-present	Isagenix International 155 Rivulon BLVD Gilbert, AZ 85297	Scientific Advisory Board Member
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2015-present	PRISEWell LLC 3640 Yearling Court Matthews, NC 28105	Founder, Chief Science Officer
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2014-present	PRISE LLC 1 Amelia Court Saratoga Springs, NY 12866	President, Chief Executive Officer
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1993-July/August	United States Army Research Institute of Environmental Medicine stationed at Pennington Biomedical Research Center, Baton Rouge, LA	Research Associate
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## CERTIFICATION and LICENSURE

### SPECIALTY CERTIFICATION:

Collaborative Institutional Training Initiative (CITI) Program Administrators (RCR) Biomedical Research Biosafety level 1 &2 COI PHS Regulated GCP for Investigational Drugs and Medical Devices Research Conduct	2017-present
Biohazardous and Blood Borne Pathogen Training	1995-present
American Red Cross: First Aid, CPR	1992-present
Body Composition and Bone Densitometry, GE Healthcare	1998-present

### MEDICAL or OTHER PROFESSIONAL LICENSURE:

<i>Licensing Board/State</i>	<i>Year</i>
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## MEMBERSHIPS in PROFESSIONAL and SCIENTIFIC SOCIETIES

International Protein Board	2017-present
International Society of Sports Nutrition	2016 – present
The Obesity Society	2013 – present
American Physiological Society (APS)	1993-present.
American College of Sports Medicine (ACSM)	1987-present
North American Association for Study of Obesity (NAASO)	1991-1993
American Society of Clinical Nutrition (ASCN),	1991-1993
New England American College of Sports Medicine	1988-1993

## HONORS

Edwin M. Moseley Faculty Leadership Award	2022
Fellow, American College of Sports Medicine (FACSM)	1999
Fellow, The Obesity Society (FTOS)	2014
Fellow, International Society of Sports Nutrition (FISSN)	2018
Isagenix International LLC, Scientific Advisory Board Member	2017-present
Dymatize Nutrition, Scientific Advisory Board Member	2016-2020.
Abbott Nutrition, EAS Academy, Scientific Advisory Board Member	2017-2018
American Heart Association Advisory Board, Capital Region	2011-2017
Mid-Atlantic ACSM, Executive Committee, Member-at-Large	1998-2000
Springfield College Student Ad-Hoc Advisor for ACSM	1988-89

## PUBLICATIONS

### Refereed Articles (“\*” Denotes, Senior Corresponding Author)

1. **Arciero PJ\***, Grasso P, Anderson-Hanley C and Zimmerman E. Editorial: How does exercise modify the course of Alzheimer’s disease? *Front. Aging Neurosci.* 2023. 15:1127747. <https://doi:10.3389/fnagi.2023.1127747>
2. **Arciero PJ\***, Poe M, Mohr AE, Ives SJ, Arciero A, Sweazea KL, Gumpricht E, Arciero KM. Intermittent fasting and protein pacing is superior to caloric restriction for weight- and visceral-fat loss. *Obesity (Silver Spring)*. 2022;1-11. <https://doi:10.1002/oby.23660>.
3. Mohr AE, Jasbi P, Bowes DA, Dirks B, Whisner CM, Arciero KM, Poe M, Gu H, Gumpricht E, Sweazea KL, **Arciero PJ\***. Exploratory Analysis of One Versus Two-Day Intermittent Fasting Protocols on the Gut Microbiome and Plasma Metabolome in Adults with Overweight/Obesity. *Front Nutr*, 2022. 26 October, 9. <https://doi.org/10.3389/fnut2022.1036080>.
4. **Arciero PJ\***, Arciero KM; Poe M, Mohr AE, Ives SJ, Arciero AJ, Boyce M, Zhang J, Haas M, Valdez E, Corbet D, Judd K, Smith A, Furlong O, Wahler M, Gumpricht E. Intermittent Fasting Two Days versus One Day per Week, Matched for Total Energy Intake and Expenditure, Increases Weight Loss in Overweight/Obese Men and Women. *Nutr J* 21, 36 (2022). <https://doi.org/10.1186/s12937-022-00790-0>.
5. **Arciero PJ\***, Ives SJ, Mohr AE, Robinson N, Escudero D, Robinson J, Rose K, Minicucci O, O’Brien G, Curran K, Miller VJ, He F, Norton C, Paul M, Sheridan C, Beard S, Centore J, Dudar M, Ehnstrom K, Hoyte D, Mak H, Yarde A. Morning Exercise Reduces Abdominal Fat and Blood Pressure in Women; Evening Exercise Increases Muscular Performance in Women and Lowers Blood Pressure in Men. *Front. Physiol.* 31 May, 2022. 13. <https://doi.org/10.3389/fphys.2022.893783>
6. Mohr AE, McEvoy C, Sears DD, **Arciero PJ**, Sweazea K. Impact of Intermittent Fasting Regimens on Circulating Markers of Oxidative Stress in Overweight and Obese Humans: A Systematic Review of Randomized Controlled Trials. *Adv Redox Research*; 2021, 3(December) <https://doi.org/10.1016/j.arres.2021.100026>
7. Mohr AE, Minicucci O, Long Jr D, Miller VJ, Keller A, Sheridan C, Obrien G, Ward E, Schuler B, Connelly S, Holst JJ, Astrup A, He F, Gentile CL, **Arciero PJ\***. Resistant Starch Combined with Whey Protein Increases Postprandial Metabolism and Lowers Glucose and Insulin Responses in Healthy Adult Men. *Foods*. 2021 March 5;10(537); 1-17 <https://doi.org/10.3390/foods10030537>
8. Mohr AE, Ramos C, Tavaréz K, **Arciero PJ\***. Lower Postprandial Thermogenic Response to an Unprocessed Whole Food Meal Compared to an Iso-Energetic/Macronutrient Meal Replacement in Young Women: A Single-Blind Randomized Cross-Over Trial. *Nutrients*. 2020 Aug 17;12(8):2469. doi: 10.3390/nu12082469
9. Dioneda D, Healy M, Paul M, Sheridan C, Mohr AE and **Arciero PJ\***. A Gluten-Free Meal Produces a Lower Postprandial Thermogenic Response Compared to an Iso-Energetic/Macronutrient Whole Food or Processed Food Meal in Young Women: A Single-Blind Randomized Cross-Over Trial. *Nutrients* 2020, 12(7), 2035; <https://doi.org/10.3390/nu12072035>

10. Mohr AE, Jäger R, Carpenter KC, Kerksick CM, Purpura M, Townsend JR, West NP, Black K, Gleeson M, Pyne DB, Wells SD, Arent SM, Kreider RB, Campbell BI, Bannock L, Scheiman J, Wissent CJ, Pane M, Kalman DS, Pugh JN, Ortega-Santos CP, ter Haar JA, **Arciero PJ** & Antonio J. The athletic gut microbiota. *J Int Soc Sports Nutr.* 2020 May 17:24.
11. Beckner ME, Pihoker AA, Darnell ME, Beals K, Lovalekar M, Proessl FS, Flanagan SD, **Arciero PJ**, Nindl BC, and Martin BJ. Effects of Multi-ingredient Preworkout Supplements on Physical Performance, Cognitive Performance, Mood State, and Hormone Concentrations in Recreationally Active Men and Women. *J Strength Cond Res.* 2020, June: 1-9.
12. Brown A, Prado C, Ghosh S, Leonard S, **Arciero PJ**, Tucker K, Ormsbee MJ. High-protein intake and physical activity are associated with healthier body composition and cardiometabolic health in Hispanic adults. *Clinical Nutrition ESPEN.* 2019, 30: 145-51.
13. Anderson-Hanley C, Barcelos NM, Zimmerman EA, Gillen RW, Dunnam M, Cohen BD, Yerokhin V, Miller KE, Hayes DJ, **Arciero PJ**, Maloney M, Kramer AF. The Aerobic and Cognitive Exercise Study (ACES) for Community-Dwelling Older Adults With or At-Risk for Mild Cognitive Impairment (MCI): Neuropsychological, Neurobiological and Neuroimaging Outcomes of a Randomized Clinical Trial. *Front Aging Neurosci.* 2018 May 4;10:76. doi: 10.3389.
14. Wall K, Stark J, Schillaci A, Saulnier ET, McLaren E, Steignitz K, Cohen BD, **Arciero PJ**, Kramer AF, and Anderson-Hanley C. The Enhanced Interactive Physical Cognitive Exercise System (iPaces™ v2.0): Pilot Clinical Trial of an In-Home iPad-Based Neuro-Exergame for Mild Cognitive Impairment (MCI). *J Clin Medicine.* 2018, 7, 249.
15. Ives SJ, Bloom S, Matias A, Morrow N, Martins N, Roh Y, Ebenstein D, O'Brien G, Escudero D, Brito K, Glickman L, Connelly S, **Arciero PJ**\*. Effects of a combined protein and antioxidant supplement on recovery of muscle function and soreness following eccentric exercise. *J Int Soc Sports Nutr.* 2017 Jul 3;14:21.
16. Kerksick CM, Arent S, Schoenfeld BJ, Stout JR, Campbell B, Wilborn CD, Taylor L, Kalman D, Smith-Ryan AE, Kreider RB, Willoughby D, **Arciero PJ**, VanDusseldorp TA, Ormsbee MJ, Wildman R, Greenwood M, Ziegenfuss TN, Aragon AA, Antonio J. International society of sports nutrition position stand: nutrient timing. *J Int Soc Sports Nutr.* 2017 Aug 29;14:33
17. Jäger R, Kerksick CM, Campbell BI, Cribb PJ, Wells SD, Skwiat TM, Purpura M, Ziegenfuss TN, Ferrando AA, Arent SM, Smith-Ryan AE, Stout JR, **Arciero PJ**, Ormsbee MJ, Taylor LW, Wilborn CD, Kalman DS, Kreider RB, Willoughby DS, Hoffman JR, Krzykowski JL, Antonio J. International Society of Sports Nutrition Position Stand: Protein and Exercise. *J Int Soc Sports Nutr.* 2017. 14:20 DOI: 10.1186/s12970-017-0177-8.
18. Aragon AA, Schoenfeld BJ, Wildman R, Kleiner S, VanDusseldorp T, Taylor L, Earnest CP, **Arciero PJ**, Wilborn C, Kalman DS, Stout JR, Willoughby DS, Campbell B, Arent SM, Bannock L, Smith-Ryan AE, Antonio J. International society of sports nutrition position stand: Diets and Body Composition. *J Int Soc Sports Nutr.* 2017. 14:16. DOI: 10.1186/s12970-017-0174-y.
19. He F, Zuo L, Ward E, **Arciero PJ**\*. Serum Polychlorinated Biphenyls Increase and Oxidative Stress Decreases with a Protein-Pacing Caloric Restriction Diet in Obese Men and Women. *Int. J. Environ. Res. Public Health* 2017, 14, 59; doi:10.3390/ijerph14010059.

Updated: 10/31/2023

20. Ives SJ, Norton C, Miller V, Minicucci O, Robinson J, O'Brien G, Escudero D, Paul M, Sheridan C, Curran K, Rose K, Robinson N, He F, **Arciero PJ\***. Multi-modal Exercise Training and Protein-pacing Enhances Physical Performance Adaptations Independent of Growth Hormone and BDNF but may be Related to IGF-1 in Exercise-trained Men. *Growth Hormone and IGF-1 Research*, <http://dx.doi.org/10.1016/j.ghir.2016.10.002>
21. Zuo L, He F, Tinsley GM, Pannell BK, Ward E, **Arciero PJ\***. Comparison of High-Protein, Intermittent Fasting Low-Calorie Diet and Heart Healthy Diet for Vascular Health of the Obese. *Front. Physiol.*, 29 August 2016 <http://dx.doi.org/10.3389/fphys.2016.00350>
22. **Arciero PJ\***, Edmonds R, He F, Ward E, Gumpricht E, Mohr A, Ormsbee MJ, Astrup A. Protein-Pacing Caloric-Restriction Enhances Body Composition Similarly in Obese Men and Women during Weight Loss and Sustains Efficacy during Long-Term Weight Maintenance. *Nutrients* 2016, 8, 476; doi:10.3390/nu8080476.
23. **Arciero PJ\***, Ives SJ, Norton C, Escudero D, Minicucci O, O'Brien G, Paul M, Ormsbee MJ, Miller V, Sheridan C, He F. Protein-Pacing and Multi-Component Exercise Training Improves Physical Performance Outcomes in Exercise-Trained Women: The PRISE 3 Study. *Nutrients* 2016, 8, 332; doi:10.3390/nu8060332
24. **Arciero PJ\***, Edmonds RC, Bunsawat K, Gentile CL, Ketcham C, Darin C, Renna M, Zheng Q, Zhu Zhang J and Ormsbee MJ. Protein-Pacing from Food or Supplementation Improves Physical Performance in Overweight Men and Women: The PRISE 2 Study. *Nutrients*. 2016, May 11;8(5). pii: E288. doi: 10.3390/nu8050288.
25. Ruby M, Repka CP and **Arciero PJ\***. Comparison of Protein-Pacing Alone or Combined with Yoga/Stretching and Resistance Training on Glycemia, Total and Regional Body Composition, and Aerobic Fitness in Overweight Women. *JPAH*, 2016, 754 -764.
26. Barcelos N, Shah N, Cohen K, Hogan MJ, Mulkerrin E, **Arciero PJ**, Cohen BD, Kramer AF and Anderson-Hanley C. Aerobic and Cognitive Exercise (ACE) Pilot Study for Older Adults: Executive Function Improves with Cognitive Challenge While Exergaming. *JINS*, 21: 10; 768-779, 2015.
27. Smekal G, von Duvillard SP, Hormandinger M, Moll R, Heller M, Pokan R, Bacharach DW, LeMura LM, **Arciero PJ\***. Physiological Demands of Simulated Off-Road Cycling Competition. *J Sports Sci Med* 14, 799-810, 2015.
28. Gentile CL, Ward E, Holst JJ, Astrup A, Ormsbee MJ, Connelly S, **Arciero PJ\***. Resistant Starch and Protein Intake Enhances Fat Oxidation and Feelings of Fullness in Lean and Overweight/Obese Women. *Nutr Journal*, 14, 113; 2015.
29. **Arciero PJ\***, Miller VJ, Ward E. Performance Enhancing Diets and the PRISE Protocol to Optimize Athletic Performance. *J Nutr Metab* 715859, 2015.
30. Ormsbee MJ, Ward EG, Bach CW, **Arciero PJ**, McKune AJ, Panton JB. The impact of a pre-loaded multi-ingredient performance supplement on muscle soreness and performance following downhill running. *J Int Soc Sports Nutr* 12(1), 2015.

31. Ormsbee MJ, Kinsey AW, Eddy WR, Madzima TA, **Arciero PJ**, Panton LB. The influence of exercise training and nighttime eating in overweight and obese women. *Appl. Physiol. Nutr. Metab.* 40: 1–9 (2015)
32. Kinsey, A. W., Eddy, W., Madzima, T., Panton, L., **Arciero, P.J.**, Kim, J-S, & Ormsbee, M. J. The Influence of Nighttime Protein and Carbohydrate Intake on Appetite and Cardiometabolic Risk in Sedentary Overweight and Obese Women. *Br J Nutr*, 2015.
33. Anderson-Hanley C, **Arciero PJ**, Barcelos N, Nimon J, Rocha T, Thurin M, Maloney M. Executive function and self-regulated exergaming adherence among older adults. *Frontiers in Human Neuroscience*. Dec. 2014; Volume8, Article 989.
34. **Arciero PJ\***, Bauer D, Connelly S. Ormsbee MJ. Timed-daily ingestion of whey protein and exercise training reduces visceral adipose tissue mass and improves insulin resistance: The PRISE study. *J Appl Physiol* 117:1-10, 2014
35. Ormsbee MJ, Lox J, and **Arciero PJ (Senior Author)**. Beetroot Juice and Exercise Performance. *Nutr Diet Suppl*, 2013:5 27-35.
36. **Arciero PJ\***, Gentile CG, Brestoff J, Ruby M, Ormsbee MO, Nindl BC, Ruby ML. Increased Protein Intake and Meal Frequency Reduces Abdominal Fat During Energy Balance and Energy Deficit. *Obesity Journal*, July: 21(7): 1357-66, 2013.
37. Smekal G, von Duvillard SP, Pokan R, Hofmann P, Braun WA, **Arciero PJ**, Tschan H, Wonisch M, Baron R, and Bachl N. Blood lactate concentration at the maximal lactate steady state is not dependent on endurance capacity in healthy recreationally trained individuals. *Eur J Appl Physiol*, 11: 2283-7, 2012.
38. Anderson-Hanley C, **Arciero PJ**, Nimon J, Westen S, Okuma N, Merz M, Zimmerman E. Exergaming and older adult cognition: a cluster randomized clinical trial. *Am J Prev Med*, 42(2): 109-119, 2012.
39. Snyder A, Anderson-Hanley C, **Arciero PJ**. Virtual and live social facilitation while exergaming: Competitiveness moderates exercise intensity. *J Sport & Exerc Psych*, Apr;34(2):252-9, 2012.
40. Ormsbee MJ & **Arciero PJ\***. Detraining Increases Body Fat and Weight and Decreases VO<sub>2</sub>peak and Metabolic Rate. *J Strength Cond Res*, 26(8): 2087-2095, 2012.
41. Anderson-Hanley C, **Arciero PJ**, Westen S, Nimon J, Zimmerman E. Neuropsychological benefits of stationary bike exercise and a cybicycle Exergame for older adults with diabetes: an exploratory analysis. *J Diabetes Sci Technol*, 6(4): 2012.
42. Anderson-Hanley C & **Arciero PJ (Senior Author)**. Seniors Cybercycling for Enhanced Cognitive Performance. *CyberTherapy and Rehabilitation*, 2: 2-4, 2011
43. Jürimäe J, Ramson R, Maestu J, Jürimäe T, **Arciero PJ**, Braun WA, LeMura LM, von Duvillard SP. Interactions between adipose, bone, and muscle mass tissue markers during acute negative energy balance in male rowers. *J Sports Med Phys Fitness*, 51(2):347-54, 2011.

44. Anderson-Hanley C, Snyder AL, Nimon JP, **Arciero PJ (Senior Author)**. Social Facilitation in virtual reality-enhanced exercise: competitiveness moderates exercise effort of older adults. *Clin Interv Aging*, 6:275-280, 2011.
45. **Arciero PJ\*** and Ormsbee MJ. Relationship of blood pressure, behavioral mood state and physical activity following caffeine ingestion in younger and older women. *Appl Physiol, Nutr Metab*, 34: 1-9, 2009.
46. Brestoff J, Clippinger B, Nindl BC, **Arciero PJ\***. An Acute Bout of Endurance Exercise But Not Sprint Interval Exercise Enhances Insulin Sensitivity. *Applied Physiology, Nutrition and Metabolism*, 34:25-32, 2009.
47. **Arciero PJ\***, Christopher L. Gentile, Roger Pressman, Meghan Everett, Michael J. Ormsbee, Jeff Martin, Jason Santamore, Liza Gorman, Patricia C. Fehling, Matthew D. Vukovich, Bradley C. Nindl. Moderate Protein Intake Improves Total and Regional Body Composition and Insulin Sensitivity in Overweight Adults. *Metabolism: Clin Exp*, 57: 6,757-765, 2008.
48. Jürimäe J, Jürimäe T, Ring-Dimitriou S, LeMura LM, **Arciero PJ**, von Duvillard SP. Plasma adiponectin and insulin sensitivity in overweight and normal weight middle-aged premenopausal women. *Metabolism*, 2009.
49. Jurimae J, Ramson R, Maestu J, Purge P, Jurimae T, **Arciero PJ**, von Duvillard SP. Plasma visfatin and ghrelin response to prolonged sculling in competitive male rowers. *Med Sci Sports & Exerc*, 41:1, 2009.
50. von Duvillard SP, **Arciero PJ**, Alford K. Sports Drink, Exercise Training and Competition. *Current Sports Med Reports*, 7:202-208, 2008.
51. **Arciero PJ\***, Martin-Pressman R, Gentile CL, Ormsbee MJ, Everett M, Zwicky L, Steele C. Increased Dietary Protein and Combined High Intensity Cardiovascular and Resistance Exercise Training Enhances Body Fat Distribution and Cardiovascular Health. *International Journal of Sports Nutrition and Exercise Metabolism*, 16: 373-392, August 2006.
52. Nindl, BC, Kraemer WJ, **Arciero PJ**, Samatallee N, Leone CD, Mayo MF, Hafeman DL. Leptin concentrations experience a delayed reduction after resistance exercise in men. *Med Sci Sports Exerc*. 34: 608-613, 2002.
53. **Arciero PJ\***, Hannibal NS, Nindl BC, Gentile CL, Hamed J, Vukovich MD. Comparison of creatine ingestion and resistance training on energy expenditure and limb blood flow. *Metabolism: Clinical and Experimental*, vol 50: pp 1429-1434, 2001.
54. Nindl BC, Kraemer WJ, Marx JO, **Arciero PJ**, Dohi K, Kellogg MD, Loomis GA. Overnight responses of the circulating insulin-like growth factor-1 system following acute heavy resistance exercise. *J Appl Physiol*, 90: 1319-1326, 2001.
55. Fehling PC, **Arciero PJ**, Smith DL, MacPherson CJ. Reproducibility of peripheral blood flow using venous occlusive plethysmography. *Int J Sports Med*, 20: 555-559, 1999.
56. **Arciero PJ\***, Bougopoulos CL, Nindl BC, Benowitz NL. Influence of age on the thermic response to caffeine in women. *Metabolism: Clinical and Experimental*, 49(1): 101-107, 2000.

Updated: 10/31/2023



57. **Arciero PJ**, Vukovich MD, Holloszy JO, Racette S, Kohrt WM. Comparison of a short-term diet and exercise training on insulin action in individuals with abnormal glucose tolerance. *J Appl Physiol*. 86(6): 1930-1935, 1999.
58. **Arciero PJ\***, Smith DL, Calles-Escandon J. Effects of inactivity on glucose tolerance, energy expenditure and blood flow in highly trained endurance athletes. *J Appl Physiol*, 1998; 84:1217-1224.
59. **Arciero PJ\***, Gardner AW, Benowitz NL, and Poehlman ET. Relationship of Blood Pressure, Heart Rate and Behavioral Mood State to Norepinephrine Kinetics in Younger and Older Men Following Caffeine Ingestion. *Eur J Clin Nutr*. 52: 1-7, 1998.
60. Toth MJ, **Arciero PJ**, Gardner AW, Calles-Escandon J, and Poehlman ET. Gender differences in fat oxidation and sympathetic nervous system activity at rest and during submaximal exercise in older individuals. *Clin Sci*. 95: 59-66, 1998.
61. Toth MJ, **Arciero PJ**, Gardner AW, & Poehlman ET. Rates of Free Fatty Acid Appearance and Fat Oxidation in Healthy Younger and Older Men. *J Appl Physiol*, 1996;80:506-511
62. Vukovich MD, **Arciero PJ**, Kohrt WM, Racette S, Hansen P, and Holloszy JO. Changes in insulin action and GLUT-4 with 6 days of inactivity in endurance runners. *J Appl Physiol*, 1996;80:240-244
63. Calles-Escandon J, **Arciero PJ**, Gardner AW, Bauman C, Poehlman ET. Basal Fat Oxidation Decreases with Aging in Women. *J Appl Physiol*, 1995;78:266-271
64. **Arciero PJ**, Gardner AW, Calles-Escandon J, Benowitz NL, and Poehlman ET. Effects of Caffeine Ingestion on Norepinephrine Kinetics, Fat Oxidation, and Energy Expenditure in Younger and Older Men. *Am J Physiol*, 1995;268:31; E1192-E1198
65. Poehlman ET, Gardner AW, Goran MI, **Arciero PJ**, Toth MJ, Ades PA, and Calles-Escandon J. Sympathetic Nervous System Activity, Body fatness, and Body Fat Distribution in Younger and Older Males. *J Appl Physiol*, 1995;78:802-806
66. Poehlman ET, **Arciero PJ**, and Goran MI. Energetic and Metabolic Adaptations to Exercise in Aging Humans. *Exercise and Sport Sciences Reviews*, 1994; 22:251-284
67. **Arciero PJ**, Goran MI and Poehlman ET. Resting Metabolic Rate is Lower in Females Compared to Males. *J Appl Physiol*, 1993;75:2514-2520
68. **Arciero PJ**, Goran MI, Gardner AW, Ades PA, Tyzbir RS, and Poehlman ET. A Practical Equation to Predict Resting Metabolic Rate in Older Females. *J Am Geriat Soc*, 1993;41:389-395
69. **Arciero PJ**, Goran MI, Gardner AW, Ades PA, Tyzbir RS, and Poehlman ET. A Practical Equation to Predict Resting Metabolic Rate in Older Males. *Metabolism*, 1993;42:87-94

70. Poehlman ET, **Arciero PJ**, Melby CL, Badylak SF. Resting Metabolic Rate and Postprandial Thermogenesis in Vegetarians and Nonvegetarians. *Am J Clin Nut*, 1988;48:209-213.

**Reviews, invited published papers, proceedings of conference and symposia, monographs, books and book chapters**

1. **Arciero PJ\***, Gentile C, Nindl BC, Devine PJ. **Obesity**. In *Clinical Exercise Physiology: Application and Physiological Principles*. Ed. Lippincott Williams and Wilkins. Chapter 20, 303-318, January 2004.
2. **Arciero PJ\***, Ormsbee MJ, Wildman REC, Layman DK. Protein as a Functional Food Ingredient for Optimizing Weight Loss and Body Composition. In *Handbook of Nutraceuticals and Functional Foods*. Ed. Taylor and Francis. Chapter 14, 245-265, 2019.

**Published abstracts**

2023

1. Gumpricht E, Mohr AE, Swazea K, **Arciero PJ\***. Multimodal Intermittent Fasting Regimen With Protein Pacing Shifts Plasma Metabolome, Reflective of Increased Fat Mobilization and Macronutrient Metabolism. American Society of Nutrition, Boston, MA, April 24, 2023.

2022

2. **Arciero PJ\***, Ferguson I, Sadek S, Esiaka D, Arciero JP, Saulnier T, Merrill D, Panos S, Anderson-Hanley C. Lower protein, fiber intake and physical activity are associated with more impaired cognitive status among enrollees in the trial of the interactive Physical and Cognitive Exercise System (iPACES) for mild cognitive impairment (MCI). International Conference on Frailty and Sarcopenia Research, Boston, MA, April 20-22, 2022.

2021

3. **Arciero PJ\***, Esiaka D, Ferguson I, Merrill D, Panos S, Anderson-Hanley C. Neuro-exergaming for mild cognitive impairment (MCI): Nutrition and diversity status of pilot enrollees in the interactive Physical and Cognitive Exercise Study (iPACES). 2<sup>nd</sup> International Conference on Neuroprotection by Drugs, Nutraceuticals, and Physical Activity, Italy, December 9-10, 2021.
4. **Arciero PJ\***, Arciero KM, Poe M, Gumpricht E, Mohr AE, Ives SJ, Furlong O, Boyce M, Haas M, Smith A, Zhang J, Valdez E, Corbet D, Judd K. Intermittent Fasting-Protein Pacing Diet Reduces Abdominal Fat Compared to a Heart Healthy Diet. Obesity Society, Annual Conference, November 1-5, 2021.
5. **Arciero PJ\***, Arciero KM, Poe M. Protein Pacing, Intermittent Fasting Diet For the Win!: A 100 Pound Weight loss Case Report. Obesity Society, Annual Conference, November 1-5, 2021.
6. Dalterio C, Ferguson I, Nath K, **Arciero PJ**, Roque N, & Anderson-Hanley C. Biomarker and cognitive effects of single bouts of moderate-intensity neuro-exergaming, high intensity interval training (HIIT), and fasted exercise for mild cognitive impairment: A case study of serial interventions. International Conference on Frailty and Sarcopenia Research, September 29 – October 2, 2021

2019

7. Beckner ME, Martin BJ, Pihoker AA, Darnell ME, Kjellsen AL, **Arciero PJ**, FACSM, Lovalekar M, Beals K, Flanagan SD, Nindl BC, ACSM. The Effects of Two Multi-ingredient Pre-workout Supplements on Endurance Capacity and Anaerobic Cycling Performance. American College of Sports Medicine, Annual Conference, Orlando, FL. May 31, 2019.

2018

8. Kjellsen AL, Martin BJ, Darnell ME, Beckner ME, Pihoker AA, Beals K, Flanagan SD,

Updated: 10/31/2023

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### **Other publications**

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2. **Arciero, Paul J.** *The PRiSE Life: Protein Pacing for Optimal Health and Performance.* O'Leary Publishing, 2020. Amazon #1 Best-Seller.
3. **Arciero, Paul J.** *The Protein Pacing Diet.* Outskirts Press, 2019. Amazon #1 Best-Seller.



## PROFESSIONAL ACTIVITIES

### TEACHING:

Skidmore College uses an 18 credit hour per year course load for faculty. This equates to a 3-2 or 2-3 (number of courses taught each fall – spring semester) teaching schedule each year. The majority of courses we teach are 4 credit hours and the balance of credit hours per year is 18.

### List of Courses Taught:

1. Research Design HP 355 (with 2 hour add on)
  - a. An examination of the fundamental concepts of research design in the field of exercise science. Students will learn and practice specific research skills in exercise science. The course includes the preparation and presentation of a thesis proposal and prepares students for HP 375.
  - b. Enrolls 17-20 undergraduate senior students every fall. Meets 2X/week for 80 minute lectures and additional 2 hour add on. (4 credits)
2. Introduction to Exercise Physiology HP 111 (with Laboratory)
  - a. An introduction to the scientific basis of physical activity. Emphasis is placed upon the study of the physiological change and adaptations that occur as a result of the stress of exercise. Students will be active participants in laboratory experiments that examine the body's response to exercise.
  - b. Enrolls 80 undergraduate students each semester. Meets 2x/week for 80 minute lectures plus 2 hour lab (4 credits)
3. Sports Nutrition, HP 351D (with 2 hour add on)
  - a. In depth study of a variety of topics at the advanced level of optimization of human performance using nutrition intake and supplementation strategies. Students will immerse in nutritional biochemistry and integrative precision nutrition lifestyle strategies as they relate to sport, athletics, fitness, health and physiology.
  - b. Enrolls 16 undergraduate upper level students one semester alternating years. Meets 2X/week for 80 minute lectures plus 2 hour add on (4 credits)
4. Nutrition and Bioenergetics HP 351A (with 2 hour add on)
  - a. understand the role of enzyme control of biochemical pathways related to micro- macro-nutrient metabolism and the interrelationship of biochemical pathways during exercise and various metabolic states including role of nutritional supplementation for optimal physical performance. Identify proper nutrition information from unsubstantiated and invalid advertising and how nutrition, from a holistic point, impacts our overall health.
  - b. Enrolls 16-20 undergraduate upper level students one semester alternating years. Meets 2X/week for 80 minute lectures plus 2 hour add on (4 credits)
5. Senior Thesis Seminar HP 375
  - a. Students will work primarily with faculty thesis advisor to design and conduct a study, and to write a senior thesis and give an oral presentation. This course will provide an opportunity for students to meet together to discuss issues of common concern and to share the breadth of their experience with one another. By working closely with students who are pursuing projects in different content areas and using different methodologies, students in this course will gain a broader appreciation for the research opportunities in Health and Human Physiological Sciences.

- b. Enrolls undergraduate seniors (range from 2-10 students) each semester to work on senior thesis research projects. Time is equivalent to a 4 hour credit class.
- 6. Principles of Nutrition HP 242 (with 2 hour Laboratory)
  - a. Understand the scientific basis of nutrition and energy requirements for all ages, including metabolism of the macro and micro nutrients and phytochemicals in humans, as well as describe nutrient requirements associated with varying levels of health. At the completion of this course, students will be able to develop a voice that communicates scientific information in the nutrition field to different audiences, in writing.
  - b. Enrolls 24 undergraduate students every semester. Meets 2X/week for 80 minute lectures plus 2 hour lab (4 credits)
- 7. Physiology of Exercise HP 311 (with 2 hour Laboratory)
  - a. Exploration of the physiological changes in the human body that occur during physical activity as well as the structural and physiological adaptations that occur as a result of a training program. Students will be active participants in laboratories that investigate the physiological mechanisms responsible for the exercise response and training adaptations.
  - b. Enrolls 24-30 undergraduate upper class students per fall semester. Meets 2X/week for 80 minute lectures plus 3 hour lab (4 credits)
- 8. Anatomy & Physiology Laboratory (HP 126 & 127)
  - a. Students will actively study the structure and function of the human body. Students will acquire an understanding of fundamental principles of biochemistry, cell biology, and histology, as well as the integumentary, skeletal, muscular, and nervous systems. Students will explore the interdependence of structure and function at both the cellular and system level.
  - b. Enrolls 16 undergraduate students per lab per semester. Meets for 2 hour lab 1X/week (2 credits)
- 9. Exercise Testing and Prescription (HP 241)
  - a. Exploration of the theoretical and applied aspects of exercise testing and exercise prescription. Students will study the role of exercise testing in predicting disease, assessing fitness level, and prescribing exercise programs. Attention will be given to the development of appropriate exercise prescriptions to various populations.
  - b. Enrolls up to 24 undergraduate students per semester. Meets 2X/week for 80 minute lectures plus 3 hour lab (4 credits)
- 10. First Year Seminar – Ancient Genes in the Land of Plenty: Nutrigenomics and Health
  - a. Introduce students to disciplinary and interdisciplinary perspectives on the impact of our inherited genes and the modern environment in which we live, our predisposition for chronic disease, and effective strategies to attain optimal health, with the following goals: 1) knowledge of the environmental-genetic hypothesis leading to susceptibility of chronic diseases, 2) a basic understanding of the physical activity and diet of modern-day hunter-gatherer society's, 3) the ability to critically analyze and formulate opinions about the use of technology and its impact on our level of physical activity and food quality, 4) the ability to critically read and assess information gathered from various sources to determine what are credible and valid sources, and 5) to gain an understanding of what it means to be fully informed of the consequences of our lifestyle choices at the whole body and genome level and the strategies that are effective in living a life of optimal health..

- b. Enrolls up to 30 first year students every 4 years or more. Meets 2X/week for 80 minute lectures plus 1 hour add on (4 credits)
- 11. Cross Training for Yoga – Employee Wellness Program
  - a. Enrolls up to 30 employees to meet 1X/week for 1 hour. Class is scheduled on demand when employee fitness classes are needed.
- 12. First Year Seminar - Made to Move: the human body in a physical and cultural context
  - a. Exploration of the human body as a biological entity in terms of human movement. Specific emphasis will be on the historical significance of the need for human movement followed to late 20th century culture. Emphasis is placed on the physiological and psychological basis and need for human movement, as well as the cultural influences that determine patterns of physical activity in various populations. Pathological conditions resulting from extremes of physical activity (inadequate to excessive) will be examined as they relate to contemporary cultural expectations.
  - b. Enrolls up to 30 first year students every 4 years or more. Meets 2X/week for 80 minute lectures plus 1 hour add on (4 credits)

**RESEARCH:**

**1. Current Grant Support: \*must not exceed 100%**

<b>Grant Number (Funded)</b>	<b>Grant Title</b>	<b>Role in Project &amp; % of Effort</b>	<b>Years Inclusive</b>	<b>Source \$ Amount</b>
IRB #2111-1004	Effects of Daily Protein Supplementation for 8 Weeks on Improved Glucose, Insulin, and HbA1c Levels in Type 2 Diabetes Mellitus	10%	2021-2022	\$100,633
1R44 AG071063-01	Neuro-exergaming for the prevention and remediation of decline due to Alzheimer's disease and related dementias: Clinical trial of the interactive Physical and Cognitive Exercise System (iPACES v3)	40%	2020-2022	\$2.47 million
IRB #1911-859	Comparison of a Low Sugar Protein Pacing, Intermittent Fasting Diet versus a Heart Healthy Diet on Body Weight, Total and	20%	2020-2022	\$235,000

	Regional Body Composition, Cardiometabolic and Brain Health, and Gut Microbiome, in Overweight Men and Women During Weight Loss			
1R44NS132690-01	Neuro-exergaming for the prevention and remediation of decline due to Parkinson's Disease: Clinical trial of the interactive Physical and Cognitive Exercise System (iPACES v3)	10%	2023-2026	\$4,417,278.00

***Prior Grant Support Since 2011 Only:***

IRB #0061098 Isagenix International	Acute Effects of Two Pre-Workout Supplements with Varied Formulations on Muscular Strength, Power and Anaerobic Capacity	Co-I	2018-2019	\$75,000
IRB #1401-382 Isagenix International	Effects of Frequent High-Quality Multi-Ingredient Protein Meals and Exercise Training on Hormones, Body Composition, Muscular Performance, and Energy Metabolism in Active Healthy Men and Women	PI	2014-2018	\$170,000
IRB #1503-451 Connelly Foundation	Effects of Antioxidant and Protein Supplementation on Muscle Force-generating Capacity and Soreness	PI	2015-2018	\$76,000
IRB #1307-347 Isagenix International	Effects of Intermittent Fasting and Caloric Restriction on Total and Regional Body Composition,	PI	2013-2017	\$190,000

	Cardiometabolic, Oxidative Stress & Plasma Toxin Biomarkers, and Energy Metabolism in Obese Men and Women			
IRB #1307-348 Connelly Foundation	Effects of Dietary Supplementation with Hydroxypropyl-Distarch on Resting Energy Expenditure and Postprandial Glycemia and Insulinemia Responses in Lean and Obese Women and Men	PI	2013-2015	\$80,000
IRB #1012-227 General Electric Global Research Grant	Changes in iDXA visceral adipose tissue (VAT) measurements and markers of cardiometabolic disease during a 16-week lifestyle intervention	PI	2011-2012	\$10,500
IRB #1001-192 Connelly Foundation	Effects of Timed-Ingestion of Protein With and Without Multi-model Exercise Training on Total and Regional Body Composition, Cardiometabolic Health, Mood State, Hunger and Muscular Performance	PI	2010-2012	\$38,000
#48781-64449 Robert Wood Johnson Foundation	Seniors Cybercycling with a Virtual Team: Behavioral, Neuropsychological and Physiological Outcomes	Co-PI	2008-2011	\$200,000
<b>Pending</b>				
HT9425-23-PRORP-CTRA	Gamification of Musculoskeletal Injury Prehabilitation and Rehabilitation	PI	2024-2025	\$265,000

## **2. Seminars and invited lectureships related to your research.**

1. American Heart Association, Check It! Challenge Invited Expert Speaker, "How to Be More Active & Manage Weight", April 26, 12-1PM.
2. Five Stars 15<sup>th</sup> International Congress Sports Nutrition. Intermittent Fasting and the PRISE Life for Optimal Athletic Performance. February 6-7, 2021. Spain.
3. IE Business School, Pharma & Healthcare; Keynote Speaker, Giving Healthcare a Personal Touch; Wellness Solutions & Health Coaching using the PRISE® Life. May 12, 2020 7pm.
4. US Rowing Webinar Series Keynote Speaker, Optimizing Performance with the PRISE Life. April 29, 2020. Presented to over 225 attendees.
5. Senior Trailblazer Leadership Team Keynote Speaker, Coloplast Corporation, The PRISE® Life for Optimal Health and Performance. April 23, 2020. Presented to 50 commercial leadership corporate members.
6. Come to the Mountain Invited Keynote Speaker, The PRISE Life for Optimal Health and Performance. April 18, 2020. Presented to 40 attendees.
7. Joy of Sculling Conference, 2019. Invited Keynote Speaker for two talks; 1) "Carbohydrates and Endurance Exercise" and 2) "Pre-Race and Post-Race Nutrition". December 14-15, 2019. Saratoga Springs, NY
8. New York Chiropractic College, "Keep Your Eyes On the PRISE! The New Science of Weight Loss, Fitness, and Optimal Performance" March 7<sup>th</sup> 2019, Seneca Falls, NY
9. Connecticut Association of Nutrition and Dietetics Conference, Keynote Speaker: The PRISE<sup>SM</sup> Protocol for Optimal Health and Peak Performance: Keep your Eyes on the PRISE". Hartford, CT, April 20, 2018.
10. Long Island University – Brooklyn, Invited Speaker, Sports Nutrition Conference, The Giddyup on Protein Pacing for Sports Performance, October 13, 2017
11. ISSN, Phoenix AZ, Protein Pacing: The Right Protein at the Right Time, June 2017
12. Adirondack Health Foundation Invited Keynote Speaker for 3 separate events: 1) Grand Rounds, "Applying the Science of Optimal Health and Performance Nutrition for Athletes"; 2) "Optimal Sport Performance Nutrition for Athletes"; 3) "Healthy Everyday" Community Health Forum, October 19, 2017
13. American Hockey League - Adirondack Flames (Calgary Flames NHL affiliate), Sports Nutrition Seminar, January 17, 2015
14. CASDA, Fit4Life, "Nutritional Components Needed to Be Successful in Sports", February 8, 2017, Albany Health Sciences Campus, NY
15. Dymatize Athletic Nutrition Summit invited Speaker. "Protein-pacing and multi-mode training: New paradigm of sports nutrition", January 19-21, 2017 Dallas, TX.

16. MacDonald Center for Obesity Prevention and Education (COPE) – Villanova University; Webinar Series invited speaker. Titled, “The PRISE Protocol for Optimal Health and Performance”. November 9, 2016.
17. Institute of Sports Sciences and Medicine, 2<sup>nd</sup> Annual Performance Nutrition Conference, Florida State University, “Optimal Health and Performance On-the-Go”, January 23, 2016. Tallahassee, Florida
18. Junior Rowing Coaches Conference, “Rest, Recovery and Nutrition”, January 17, 2016
19. CASDA, Taking Care of your Health and Wellbeing, Student Leadership & Community Service Institute, January 13, 2016
20. ENCORE, Health and Well-Being, Mobile Optimal Health and Well-Being, Invited Speaker, Skidmore College, November 3 & 5, 2015.
21. Integra Life Sciences (formerly Codman Neurovascular) – Johnson & Johnson Company, Invited Keynote Speaker titled “PRISE – The Gift of Vital Nutrition, Physiology and Fitness for Healthcare Professionals”, August 7, 2015.
22. “You’re the Cure on the Hill”, American Heart Association Advocacy Day on Capitol Hill. May 11-12, 2015.
23. Obesity Society; Two featured presentations on “WonderCarb” and “High-Protein, Intermittent-Fast on Plasma Toxins”, Boston, MA, October 3-5, 2014.
24. Women’s President Organization, “Woman Strong”, Equinox Resort, Manchester, VT, October, 2014
25. National Rowing Conference, Joy of Sculling, Yoga Instruction and Teaching, December 15, 2015, Saratoga Springs, NY
26. Vermont City Marathon Expo: May 2014. Information and motivational talk for up to 8,000 attendees, Burlington, VT
27. Society of Behavioral Medicine, Aerobic and Cognitive Exercise Study (ACES): Pilot Study in Ireland. Philadelphia, PA, April 23-26, 2014.
28. Capital Area School Development Association (CASDA); Invited Key Note Speaker, Fit4Life; both mentally and physically. March 6, 2014. Albany, NY
29. National High School Rowing Conference, “Optimal Nourishment for High School Rowers”. January, 2014, Saratoga Springs, NY
30. Abbott Nutrition, Protein Pacing and the PRISE Protocol and EAS Nutrition for Optimal Health and Performance, Columbus, OH. June 28th, 2013
31. National Rowing Conference, Joy of Sculling, Yoga Instruction and Teaching, December 15, 2013, Saratoga Springs, NY

Updated: 10/31/2023

32. Society of Behavioral Medicine, Exercise and diet have synergistic effects on mood: A randomized trial. New Orleans, LA, March 2012.
33. Obesity Society, Visceral Adipose Stores Decline Significantly Following 4 Month Lifestyle Interventions in Overweight/Obese Adults, Orlando, FL October 2011.
34. Leading Edge Forum – Computer Sciences Corporation, “The Future of Healthcare: It’s Health, Then Care”. I was the health and wellness expert and presented three talks to the entire group on nutrition and exercise for optimal health and taught yoga every morning. Orlando, FL, May 2011.
35. Experimental Biology, Whey Protein, Resistance and Sprint Interval Training and Healthy Lifestyle Strategies: Effects on Cardiometabolic Risk. Washington, DC, April 2011.
36. Go Red For Women, American Heart Association Invited Session Leader, Troy, NY May 18, 2011
37. Invited Guest at “The Power of Play: Innovations in Getting Active” Summit hosted by the American Heart Association and Nintendo of America, San Francisco, CA, January 12-13, 2011.
38. Invited Symposium Presenter: Seniors Cybercycling with a Virtual Team: Effects on Exercise Behavior, Neuropsychological Function and Physiological Outcomes. North American Society for the Psychology of Sport and Physical Activity, Burlington, VT, June 6-11, 2011.
39. Neuropsychological effects of exercise: Greater impact among older persons with diabetes, International Neuropsychological Society, Boston, MA Feb, 2011.
40. Invited Presenter at 18<sup>th</sup> Annual Joy of Sculling Coaches Conference, taught yoga and nutrition to conference attendees, Saratoga Springs, NY December 10-12, 2010.
41. WMHT – Public Television, Invited TV Guest Panelist, HealthLink, “Childhood Obesity”, March 31, 2010.
42. Pulse Yoga Teacher Training Workshop Presenter, “Optimal Nutrition for Yoga” and “Physiological and Psychological Benefits of Pulse Yoga in Women” Presented to conference attendees in Vail, CO March 12-16, 2010.
43. Distinguished Professional Free Communication Session, Mid-Atlantic Regional Chapter of the American College of Sports Medicine, 33<sup>rd</sup> Annual Meeting, Harrisburg, PA November 5-6, 2010.
44. Neuropsychological Effects of Exercise: Greater Impact Among Older Persons with Diabetes. International Neuropsychological Society, Boston, MA, October 2010.
45. Normative Electrophysiological and Neuropsychological. 11<sup>th</sup> International Conference of Behavioral Medicine, Washington, DC. August 4-7<sup>th</sup>, 2010.
46. The Theory of Planned Behavior and Videogame-Enhanced Exercise for Older Adults: Results from Year 2 of the Cybercycle Study. 11<sup>th</sup> International Conference of Behavioral Medicine, Washington, DC. August 4-7<sup>th</sup>, 2010.

Updated: 10/31/2023



47. Neuropsychological effects of cybercycling for older adults – One Year Follow-up. 118<sup>th</sup> Annual American Psychological Association, San Diego, CA, August 14, 2010.
48. American College of Sports Medicine, Annual Conference – “Physiological Health Outcomes of Older Adults following Videogame-enhanced Exercise”, Baltimore, MD, June 2-5, 2010.
49. Learning 2009; Keynote Speaker “Optimal Nourishment for Performance” and “Fitness and Health Leader”, Orlando, FL, November 9-11, 2009.
50. American College of Sports Medicine, Annual Conference – “Yoga and Functional Resistance Training Improves Body Composition, VO<sub>2</sub>peak, and Mood State in Women”, Seattle, Washington, May 27-30, 2009.
51. Catholic Charities, “Cognitive and Physical Benefits of Healthy Exercise and Nutrition”, Scotia-Glenville Senior Center, September 21, 2009.
52. Society of Behavioral Medicine, Annual Conference, 2009 “Physiological effects of videogame-enhanced exercise for older adults, Montreal, Canada April 22-25, 2009.
53. Learning 2008; Keynote Speaker “Mind-Body Wellness and Learning” and two featured presentations; “Nuts and Beans of Healthy Eating” and “Functional Exercises for Optimal Health”, Orlando, FL, October 2008.
54. United States Junior Development Rowing Camp, Saratoga Springs, NY – Yoga Instructor and Nutrition Counseling to 32 female rowers for a 5 day camp from June 23-26, 2008.
55. FIMS Congress, Barcelona Spain, Sports Medicine Annual Conference, 2008 “Influence of Prolonged Rowing Exercise on Plasma Visfatin, Ghrelin and Leptin Concentrations in Male Rowers” (Co-author), August 2008.
56. Eastern Collegiate Athletic Conference Sports Information Directors Association Annual Meeting, Invited Guest Speaker, “Looking out for #1 – bringing wellness to a hectic lifestyle”, Saratoga Springs, NY June 10-13, 2008.
57. New York State Public High School Athletic Association - Track/Field and Cross Country Coaches Clinic in conjunction with the National Distance Running Hall of Fame, Invited Guest Speaker, “Fueling for Maximum Performance”, Radisson Hotel Utica, NY, March 28-29, 2008.
58. Experimental Biology Annual Meeting, “Increased Dietary Protein and Meal Frequency Improves Postprandial Thermogenesis in Obese Men and Women”, April 28-May 1, 2007, S7578; 111.2, 2007 Washington, DC 2007.
59. Experimental Biology Annual Meeting, “Acute Bout of Sprint Interval versus Endurance Exercise on Insulin Sensitivity”, Washington DC, S615.6, A619 April 28-May 1, 2007.
60. American College of Sports Medicine Annual Meeting. “Comparison of Meal Frequency and Macronutrient Composition on Changes in Total and Regional Body Composition in Men and Women”, Denver, CO, May 31-June 3, 2006.

Updated: 10/31/2023

61. FASEB Annual Meeting, "Increased Dietary Protein and Exercise Training is Associated with Improved Plasma Leptin, Body Fat Distribution and Cardiovascular Risk in Obese Men and Women" Washington, DC, April 17-21, 2004.
62. FASEB Annual Meeting, "Body Fat Distribution and Total Cholesterol is Influenced by Energy Expenditure of Exercise and Macronutrient Composition in Middle-Aged Men and Women Following a 12wk Intervention" Washington, DC, April 17-21, 2004.
63. Syracuse University, Invited Guest Speaker for Graduate Seminar Series, January, 2004. American College of Sports Medicine Annual Meeting. "Enhanced Insulin Sensitivity and Body Composition Following 12wk Dietary and Exercise Interventions in Obese Subjects" Indianapolis, IN June 2-5, 2004.
64. American College of Sports Medicine Annual Meeting. "Effects of Aerobic and Resistance training on body composition, RMR, Blood Lipids, and Muscular Strength in Middle-Aged Women and Men" San Francisco, CA May 28-31, 2003.
65. New England American College of Sports Medicine Annual Convention, "Exercise, The Fountain of Youth", Rhode Island Convention Center, Providence, RI. Invited Guest speaker "Fact and Fiction of Dietary Supplements Proposed to Increase Fat Loss", November 7-8, 2002.
66. National High School Coaches Association Convention and Clinic Annual Meeting. "Proper Nutrition for Competitive Tennis" and "High Intensity Training for Tennis", Wesleyan University, Cromwell, CT June 23-29, 2002.
67. American College of Sports Medicine Annual Meeting. "Comparison of green tea, caffeine, and ephedrine combinations on energy expenditure in humans", St. Louis, MO May 29-June 1, 2002.
68. Central NY Research Symposium, "Influence of Green Tea, Caffeine, and Ephedrine on Energy Expenditure, Blood Pressure and Mood State in Healthy Males and Females, Ithaca College, April 19, 2002.
69. American Physiological Society Intersociety Meeting: The Integrative Biology of Exercise, Portland, ME titled "Effects of 6 weeks of detraining on RMR, body composition, limb blood flow (LBF) and V02 peak", September 20-23, 2000.
70. American Physiological Society Intersociety Meeting: The Integrative Biology of Exercise, Portland, ME titled "Acute effects of oral glucosamine-chondroitin (GC) on oral glucose tolerance test results in humans", September 20-23, 2000.
71. American College of Sports Medicine, Mid-Atlantic Regional Chapter (MARC), 22<sup>nd</sup> Annual Scientific Meeting, titled "Effects of 6 weeks of detraining on RMR, Body Composition, Blood Flow and V02 Peak", Ithaca College, Ithaca, NY November 5-6, 1999.
72. American College of Sports Medicine Annual Meeting, titled "Effect of creatine on resting metabolic rate, body composition, strength, and blood cholesterol", Seattle, WA June 2-5, 1999.
73. Experimental Biology Annual Meeting, titled "Creatine ingestion and resistance training

Updated: 10/31/2023

increases limb blood flow”, Washington, DC April 17-21, 1999.

74. American College of Sports Medicine Annual Meeting, titled “Energy expenditure, leisure time physical activity, and fat distribution in women of three ethnic groups”, Orlando, Florida June 3-6, 1998.
75. International Sport Nutrition Conference, titled “Comparison of two carbohydrate-electrolyte solutions on endurance exercise performance in male collegiate oarsmen”, Williamsburg, Virginia, September 25-28, 1997.
76. International Sport Nutrition Conference, titled “Effects of creatine supplementation and weight training on resting metabolic rate and 1RM in college-aged males”, Williamsburg, Virginia, September 25-28, 1997.
77. National Institute of Health, National Institute of Diabetes and Digestive and Kidney Diseases conference on Nutrient and Energy Metabolism in the Elderly; Basic mechanisms to integrative physiology, titled “Quantitative comparison of short-term energy restriction vs. physical training on glucose tolerance and insulin action in obese individuals with impaired or diabetic glucose tolerance”, University of Vermont, September 15-16, 1997.
78. National Institute of Health, National Institute of Diabetes and Digestive and Kidney Diseases conference on Nutrient and Energy Metabolism in the Elderly; Basic mechanisms to integrative physiology, titled “Effects of caffeine ingestion on energy expenditure, blood pressure and psychological mood state in younger and older women”, University of Vermont, September 15-16, 1997.
79. American College of Sports Medicine, Annual Meeting, titled “Effects of 7-10 days of inactivity on glucose tolerance, blood flow, and energy expenditure in trained subjects”, Denver Colorado, May 28-June 1, 1997
80. American College of Sports Medicine, Annual Meeting, titled "Effects of Caffeine Ingestion on Energy Expenditure, Blood Pressure, Heart Rate, and Mood State in Older Women", Cincinnati, OH, May 29-June 1, 1996
81. New England American College of Sports Medicine, Annual Meeting, titled, "Effects of Caffeine Ingestion on Energy Expenditure, Blood Pressure, Heart Rate, and Mood State in Older Women", Boxborough, MA, November 2-3, 1995
82. American College of Sports Medicine, Annual Meeting, titled "Effects of 10 days of Exercise on Insulin Action in Obese Men and Women with Mild NIDDM", Minneapolis, MN, May 30-June 4, 1995
83. International Life Sciences Institute, International Conference Series on Nutrition and Physical Activity to Optimize Performance and Well-Being, titled "Short-term Caloric Restriction improves Glucose Tolerance and Insulin Secretory Capacity in Obese Patients with Impaired or Diabetic Glucose Tolerance", Atlanta, GA, April 5-7, 1995
84. American College of Sports Medicine, Mid-Atlantic Regional Chapter, titled, "Cardiovascular Responses of Trained and Untrained Women to Lower Leg Immersion in Cold and Hot Water", Annual Meeting, Lancaster, PA, November, 1994

Updated: 10/31/2023

85. American College of Sports Medicine, Mid-Atlantic Regional Chapter, titled, "Effects of Caloric Restriction on Insulin Action and Secretion in Obese Men and Women with NIDDM", Annual Meeting, Lancaster, Pennsylvania, November, 1994
86. American College of Sports Medicine, Annual Meeting, titled "Effects of Age on Norepinephrine and Lipid Kinetics Following Caffeine Ingestion", Indianapolis, IN, June, 1994
87. Experimental Biology, Annual Meeting, titled "The Effect of Blood Loss on Cardiovascular Efficiency", Anaheim, CA, 1994.
88. Experimental Biology, Annual Meeting, titled "Sympathetic Nervous System Activity and Body Fat Distribution in Younger and Older Males", Anaheim, CA, April, 1994.
89. University of Maryland Medical School, Division of Geriatrics and dept. of Physiology, "Gender differences in resting metabolic rate, 1993
90. Department of Nutritional Sciences, University of Alabama at Birmingham, "Prediction of energy expenditure in older men and women, 1993
91. Sims Obesity and Nutrition Research Center, Division of Endocrinology Symposium, University of Vermont, "Differences in resting metabolic rate between males and females, 1993
92. Geriatrics Society of America, Annual Meeting, titled "Metabolic Determinants of the Decline in Resting Metabolic Rate in Aging Females", Washington DC, November, 1992
93. American College of Sports Medicine, New England Chapter, titled "The Influence of Age on the Thermic and Cardiovascular response to Caffeine", Annual Meeting, Boxborough, Massachusetts, October, 1992
94. North American Association for the Study of Obesity, titled "A New Equation to Predict Resting Energy Requirements in Older Women", Annual Meeting, Atlanta, Georgia, 1992
95. American Society of Clinical Nutrition, American Federation of Clinical Research Joint Conference, titled "Prediction of Resting Metabolic Rate in Older Men", Annual Meeting, Baltimore, Maryland, 1992
96. American College of Sports Medicine, New England Chapter, titled "Is Resting Metabolic Rate Lower in Females Compared to Males Independent of Body Composition and Age?", Annual Meeting, Marlborough, Massachusetts, 1991
97. North American Association for the Study of Obesity, titled "Resting Energy Expenditure and Postprandial Thermogenesis in Male Vegetarians and Nonvegetarians", Annual Meeting, Boston, Massachusetts, 1988

### **3. Other research related activities.**

1. **Editorial Board Member for *Frontiers in Aging Neuroscience*** - Lausanne
2. Switzerland
3. **Editorial Board Member for *Nutrients* — Open Access Human Nutrition Journal, MDPI AG**, Basel, Switzerland.
4. **Invited Virtual Focus Group Reviewer:** Wiley, Grosvenor, Visualizing Nutrition Textbook. Wiley, 2013.

Updated: 10/31/2023

5. **Editorial Board Member for *Journal of Functional Morphology and Kinesiology***, MDPI Publisher
6. **Honorary Editorial Board Member for *Nutrition and Dietary Supplements: Open Access***, Dove Medical Press
7. **Editorial Board Member for *Bioenergetics: Open Access***, OMICS Group, Foster City, CA
8. **Editorial Board Member for *ISRN Endocrinology***, Hindawi Publishing Corporation, 410 Park Ave, New York, NY 10022, 2010 – present.
9. **Editorial Board Member, *Annals of Nutrition and Food Science***. Remedy publisher.
10. ***Obesity***, The Obesity Society, Publisher.
11. ***Trends in Microbiology***, Cell Press Publisher.
12. ***Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy***. Dove Press publisher.
13. ***American Journal of Clinical Nutrition***. American Society for Nutrition publisher.
14. ***Genes***. MDPI Publisher.
15. ***Complementary Therapies in Clinical Practice***. Elsevier Publisher
16. ***Journal of Nutrition***. Oxford Academic publisher.
17. ***International Journal of Environmental Research and Public Health***. MDPI publisher.
18. ***Clinical Nutrition***. ESPEN publisher
19. ***Journal of Obesity***, Penn State University, College of Medicine, The Milton S. Hershey Medical Center Penn State Institute for Diabetes and Obesity.
20. ***Journal of Science and Medicine in Sport***. Elsevier.
21. ***International Journal of Sport Nutrition and Exercise Metabolism***. Human Kinetics publisher
22. ***Journal of Sports Sciences***, Loughborough University, Loughborough United Kingdom.
23. ***Comparative Exercise Physiology***. Wageningen Academic Publishers
24. ***Medical Science Monitor***. International Scientific Information publisher.
25. ***Journal of Nutritional Biochemistry***. Elsevier.
26. ***European Journal of Applied Physiology***, University of Leeds, Leeds United Kingdom.
27. ***Applied, Physiology, Nutrition and Metabolism***, Canadian Science Publishing.
28. ***Physiological Reports***. Wiley publisher.
29. ***Journal of Food Science***. Institute of Food Technologists.
30. ***Nutrition Research***. Elsevier.
31. ***Californian Journal of Health Promotion***. CSU Open Journals
32. ***Diabetes***, David Geffen School of Medicine at UCLA, Los Angeles, CA 90024.
33. ***Research Quarterly for Sport and Exercise***, HPER, Texas Tech University, Lubbock, TX 79409-1121.
34. ***Journal of Applied Physiology***, College of Medicine, Dept. of Physiology, State University of New York Health Science Center, Syracuse, NY 13210.
35. ***International Journal of Sports Medicine***, Adis International Ltd. 41 Centorian Drive, Auckland, New Zealand.
36. ***International Journal of Obesity***, Laval University, Medical Research Center, Ste-Foy, Quebec Canada G1V4G2.
37. ***Medicine and Science in Sports and Exercise***. Wolters Kluwer publisher.
38. ***Metabolism, Clinical and Experimental***, Editor-in-Chief, James B. Field, M.D., 8 Windmill Point Lane, Hampton, VA 23664-2129.
39. ***Journal of the International Society of Sports Nutrition***. Springer publisher.
40. ***Nutrition and Metabolism***, BMC publisher.
41. ***Growth Hormone and IGF Research***, Elsevier B.V. Publishing.
42. ***American Journal of Human Biology***, Department of Kinesiology and Health Education, University of Texas, Austin, Texas 78712-1287

Updated: 10/31/2023

43. **Archives of Gerontology and Geriatrics.** Elsevier publisher.
44. **Journal of Gerontology-Biological Sciences**, Department of Physiology, The University of Texas Health Sciences Center, 7703 Floyd Curl Drive San Antonio, Texas 78284-7756
45. **Journal of Gerontology-Medical Sciences**, Division on Aging, Harvard Medical School, West Roxbury, MA 02132
46. **American Journal of Human Biology**, Department of Kinesiology & Health Education, University of Texas, Austin Texas 78712-1287
47. **Journal of Cardiopulmonary Rehabilitation**, 7611 Elmwood Ave, Suite 201, Middleton, WI 53562
48. **Annals of Epidemiology**, Editor-in-Chief, Albert Oberman, MD, MPH, University of Alabama at Birmingham, Diabetes Building Room 405, 1808 7th Ave. South, Birmingham, AL 35294-0012
49. **Strength and Conditioning**, Editor-in-Chief, Paul Roetert, PhD, 7310 Crandon BLVD, Key Biscayne, FL 33149
50. **North American Society for Pediatric Exercise Medicine**, Graduate Student Grant Proposal Reviewer, January, 2003
51. **Journal of Sports Sciences**, UCD Institute for Sport and Health, University College Dublin, Ireland

#### **LIST of CURRENT RESEARCH INTERESTS:**

Nutrition, Neurocognitive Exergame, and Fitness Lifestyle Interventions for Optimal Performance, Health, Wellness, and Disease Prevention.

#### **SERVICE:**

1. **University and Medical School.** *Include committee service and chairmanships, administrative appointments and assignments.*

#### **Elected College-Wide Committee Service:**

1. Athletics Council, Fall 2022 start
2. Student Opportunity Funds Committee, January 2017
3. COACHE, 2016-2017
4. Wellness Committee, 2015-present
5. Athletics Council, Spring 2008-2011, **(Chair, 2009-2011)**; elected Fall 2022
6. Porter Scholarship Committee, **2007-2017**
7. Institutional Policy and Planning Committee - subcommittee on Admissions and Financial Aid, Fall 2007-2009
8. Committee on Educational Policies and Planning (CEPP), Fall 1997-Spring 2000
9. Institutional Review Board, Skidmore College, 1994-2003, **(Chair 1999-2003)**
10. Information Resources Task Force II, Summer 1999-Winter 2000
11. Eating Disorder Task Force, Summer 2003
12. Greenberg Child Care Center Advisory Board, 1995-2006 **(Chair 2001-2006)**

#### **Other Committee Service:**

1. Health Advisory Council, IPPC Subcommittee of Student Affairs, Fall 2010 - present
2. Science Planning Group, Fall 2010 - present
3. Strategic Plan, Town Hall Meeting Moderator, Fall 2009
4. Search Committee for Science Librarian, Spring 2008

#### **Departmental Committee Service:**

1. Acting Chair, Health and Exercise Sciences Department, 2010 – 2011

Updated: 10/31/2023

2. Committee on Human Research, Exercise Science Department, Skidmore College, 1994-2002 (**Chair 1998-2002**)
3. Exercise Science Committee, Skidmore College, 1994-present (**Chair 2000-2001**)
4. Intercollegiate Athletics Committee, Skidmore College, 1994-2006

**Local Community Committee Service:**

1. Saratoga Safe Routes to Schools, Summer 2010 - 2011
2. Prevention Council 2009 – 2011
3. Saratoga Springs City School District School lunch Program Committee

**University Related Appointments:**

**Washington University School of Medicine**

St. Louis, Missouri, 1993-1994

Postdoctoral Research Fellowship, Section of Applied Physiology, Instructor of Physiology to graduate students

**United States Army Research Institute of Environmental Medicine**

Natick, Massachusetts, June-August, 1993

Research Associate for study determining ideal food rations for Special Operation Forces (Green Berets) of the U.S. Army

Pennington Biomedical Research Center, Baton Rouge, Louisiana

**University of Vermont**

Burlington, Vermont, 1991-1993

Research Fellowship; Departments of Medicine and Nutritional Sciences

**Springfield College**

Springfield, Massachusetts, 1988-1989 and 1990-1991

Doctoral Teaching Fellowship; Exercise Physiology, Anatomy and Physiology, Genetics

**Purdue University**

West Lafayette, Indiana, 1986-1987

Graduate Teaching/Research Fellowship; Exercise Physiology

**2. Community activities.** *Include hospital appointments and consultantships.*

Co-Founder

iPACES LLC

Clifton Park, NY

[www.myipaces.org](http://www.myipaces.org)

Advisory Board Member (November 2017-present)

International Protein Board

<https://www.internationalproteinboard.org/about/directory-of-ipb-members.htm>

Scientific Advisory Board Member and Senior Consultant (2016-present)

Isagenix International LLC

155 Rivulon BLVD

Gilbert, AZ 85297

<https://www.isagenix.com/en-us/about-isagenix/scientific-advisory-board>

President & CEO (2014-present)

Updated: 10/31/2023

PRISE LLC ([www.priselife.com](http://www.priselife.com))  
Paul Arciero Consulting LLC ([www.paularciero.com](http://www.paularciero.com))

Founder and Chief Science Officer (2015-present)  
PRISEWell LLC ([www.prisewell.com](http://www.prisewell.com))  
Consulting Services for Nutrition, Fitness and Wellness  
Saratoga Springs, NY 12866

Senior Health and Wellness Consultant (October 2013 – January 2015)  
MVP Health Plan Inc.  
625 State Street  
Schenectady, NY 12305

Advisory Board Member (2010-2017)  
American Heart Association (Capital Region)  
[https://www.yourethecure.org/paul\\_arciero\\_new\\_york](https://www.yourethecure.org/paul_arciero_new_york) and <https://newsarchive.heart.org/the-science-of-fitness-from-a-very-fit-scientist/>

Senior Health and Wellness Consultant (September 2014 – January 2016)  
New Country Motor Group  
358 Broadway Suite 403  
Saratoga Springs, NY 12866

Scientific Advisory Board Member (2015-2020)  
Dymatize Nutrition, Post Holdings, LLC  
111 Leslie St.  
Dallas, TX 75207  
Health and Wellness Consultant  
Happify Inc. (September 2018-present)  
New York, NY 10003

## **Other Community Service and Media Engagements of my Research**

### **Media Coverage of Research (Selected cases only):**

1. <https://www.bbc.com/reel/playlist/the-science-of-fitness?vpid=p0cx58ph>
2. <https://frontiers.altmetric.com/details/127878755>
3. <http://loop-impact.frontiersin.org/impact/article/893783#totalviews/views>
4. <https://www.bbc.com/news/health-61636805>
5. <https://fortune.com/well/2023/06/04/best-time-of-day-to-exercise/>
6. <https://blog.frontiersin.org/2022/05/31/exercise-time-of-day-etod-optimum-differs-for-women-men/>
7. <https://www.washingtonpost.com/wellness/2022/09/21/best-time-exercise-workout-men-women/>
8. <https://www.insider.com/avoid-these-intermittent-fasting-mistakes-for-weight-loss-researcher-2023-3>
9. <https://www.medicalnewstoday.com/articles/the-best-exercise-time-is-different-for-men-and-women-study-finds>
10. [https://www.aol.co.uk/lifestyle/best-time-to-exercise-weight-loss-men-women-151326482.html?guccounter=1&guce\\_referrer=aHR0cHM6Ly93d3cuZ29vZ2xiLmNvbS8&guce\\_referrer\\_sig=AQAAAILaj6vqJm0H6FeVzr1dzmRZPHQEFL0K7K4jr22c-qHoG-](https://www.aol.co.uk/lifestyle/best-time-to-exercise-weight-loss-men-women-151326482.html?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xiLmNvbS8&guce_referrer_sig=AQAAAILaj6vqJm0H6FeVzr1dzmRZPHQEFL0K7K4jr22c-qHoG-)

Updated: 10/31/2023



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Updated: 10/31/2023



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Updated: 10/31/2023

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[fsphealthandfitness.co.za](http://fsphealthandfitness.co.za)  
[2dreamagain.com](http://2dreamagain.com)  
[my30daydiet.org](http://my30daydiet.org)

## **HEALTH & FITNESS RELATED EXPERIENCE**

### **Director of Tennis, Head Tennis Professional:**

- Men's Varsity Tennis Coach, Skidmore College, Saratoga Springs, NY, 1994-May 2006
- Head Tennis Pro, Saratoga Golf and Polo Club, Saratoga Springs, NY, Summer 2001
- Men's Varsity Tennis Coach, Cushing Academy, Ashburnham, Massachusetts, 1990
- Head Tennis Director, Granby Tennis Club, Granby, Connecticut, Summers 1990, 1991
- Director of Tennis, Town Parks and Recreation Department, Simsbury, Connecticut, 1984-1986,1989
- Tournament Chairperson for Upstate Collegiate Athletic Association Tennis Championships, Hobart College, April, 1996

### **Associate Tennis Professional:**

- Saratoga Springs YMCA, Saratoga Springs, NY, 2006-2016
- Tumble Brook Country Club and Bloomfield Racquet Club, Bloomfield, CT, Summer 1985, Fall/Winter 1986
- East Hartford Racquet Club, East Hartford, CT, Fall/Winter 1984,1985
- Canton Racquet Club, Canton, CT, Fall/Winter 1988,1989
- Farmington Valley Racquet Club, Simsbury, CT, Fall/Winter 1990 to 1992
- Simsbury Town Recreation Department, Simsbury, CT, Summers 1978-1980,1983
- Private Tennis Coach and Nutrition and Fitness Consultant, 1985-present

### **Skidmore College Head, Varsity College Tennis Coach Honors and Awards:**

- Liberty League Coach of the Year, 2006
- Liberty League (Formerly UCAA) Men's Tennis Champions 2005-2006
- Liberty League (Formerly UCAA) Men's Tennis Champions 2004-2005
- Upstate Collegiate Athletic Association (UCAA) Men's Tennis Runner-ups 2003-2004
- Upstate Collegiate Athletic Association (UCAA) Men's Tennis Champions 2002-2003
- Upstate Collegiate Athletic Association (UCAA) Men's Tennis Runner-ups 2001-2002
- Upstate Collegiate Athletic Association (UCAA) Men's Tennis Champions 2000-2001
- Upstate Collegiate Athletic Association (UCAA) Men's Tennis Champions, 1998-1999
- Coach of the Year, The Saratogian Newspaper, Fall 1995

### **Competitive Tennis Experience:**

- United States Tennis Association (USTA) National Grass Court 50 & Over Doubles Championships, 3<sup>rd</sup> Place, 2012
- USTA Eastern Section, Men's Open doubles #1 Ranking, 2007

Updated: 10/31/2023

- USTA - Eastern Tennis Association – Men’s Open Singles Champion of Seven (7) Singles Tournaments, 1995-2005
- European Professional Satellite Tennis Circuit Singles Champion, Ville de St. Girons Open, France, 1982
- National Collegiate Athletic Association Division II National Tennis Ranking #32 Singles, 1985
- Quarterfinalist, NCAA Division I Rolex East Region Tennis Championships, Princeton University, 1985
- All-New England Men's Inter-Collegiate Tennis Team, Singles and Doubles, 1981,1983,1984,1985
- Captain, Central Connecticut State University Tennis Team, 1981, 1983,1984,1985
- Selected to National Collegiate Athletic Association (NCAA) Division II Tennis Championships, 1985
- National 40 & over Grass Court Championships R16 Singles, 2002 Quarterfinals doubles, 2003
- At-A-Glance Pro-Am Invitational Tennis Tournament Finalist, February 12-13, 2000
- New England Lawn Tennis Association Men's Open division ranking top 15, 1985,1989-1991
- New England Lawn Tennis Association Boy's 18 & under ranking #12, 1981
- Simsbury Rotary Club Award for Tennis, 1980
- Finished #13 (out of 180) in Midwest Triathlon and 3<sup>rd</sup> fastest runner overall, 1986
- Finished #34 (out of 550) in Farmington Valley Triathlon, 1986
- Finished #8 in Silk City Triathlon, 1988
- Won Shelburne Vermont 10K road race, 1992
- 3<sup>rd</sup> Place in Green Mountain Half Marathon, 1992
- Won St. Louis Missouri Corporate Challenge 4 mile Cross Country Race, 1993
- Won Gateway Athletics St. Johns Hospital 4 mile race, 1993
- Empire State Games Gold and Silver Medalist in Snowshoeing 5K and 400 meter sprint races, 2002

**Other Professional Experiences:**

- Fitness and Nutrition Expert, Legal Cases. 2006-present.
- Yoga Teaching Certification, “Pulse Yoga”, Vail, Colorado, March 2009
- Yoga Teaching Certification, “Yoga for Athletes Fitness System”, Sayulita, Mexico, June 6-10, 2005
- Consultant, Fitness Risk Management Inc., Denver, Colorado, 1991-1993
- Director, Springfield Fire Department Physical Training Program, Springfield, Massachusetts, Spring 1989
- Program Coordinator, Health and Physical Fitness Department, YMCA, Hartford Connecticut Branch, Hartford, Connecticut, 1987-1988
- Health Fitness Center Coordinator, Inside Out Fitness Center, Tallahassee, Florida, Fall/Winter 1987
- Director of Racquet Operations, Clapp & Treat, Inc., Simsbury, Connecticut, 1982-1986