
Carena S. Winters

PhD, MPH, FACSM, ACSM-CEP, EIM Level III

School of Applied Health Sciences
Brooks Rehabilitation College of Healthcare Sciences
2800 University Boulevard North
Jacksonville, FL. 32211
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EDUCATION

Graduate:

| | | |
|---|------------|---------------------|
| University of Pittsburgh Pittsburgh, PA. 15213 | Ph.D. 2004 | Exercise Physiology |
|---|------------|---------------------|

Dissertation Mentor: Dr. Bret Goodpaster
Academic Advisor: Dr. Robert Robertson
*Doctoral Dissertation: Substrate Availability and Utilization During
Submaximal Exercise in the Elderly*

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| | MPH 2002 | Epidemiology |
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MPH Thesis Advisor: Dr. Andrea Kriska
*MPH Thesis: The Validity of a Questionnaire to Assess Historical Leisure
Physical Activity in Postmenopausal Women*

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| | M.S. 1997 | Exercise Physiology |
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MS Thesis Mentor: Dr. Niall Moyna
MS Thesis Advisor: Dr. Robert Robertson
*Master's Thesis: Lactate Kinetics of Women Runners
Throughout the Menstrual Cycle*

Undergraduate:

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| Eastern Kentucky University Richmond, KY. 40475 | B.S. 1992 | Psychology |
| | B.S. 1992 | Adult Fitness |

APPOINTMENTS

ACADEMIC:

| | | |
|---|---|--------------|
| Jacksonville University Department of Kinesiology Jacksonville, FL. 32211 | Associate Professor Department of Kinesiology | 7/17-Present |
| Slippery Rock University Exercise and Rehab Science Slippery Rock, PA. 16057 | Assistant Professor Exercise and Rehabilitative Sciences | 8/10-6/17 |
| Slippery Rock University Exercise and Rehab Science Slippery Rock, PA. 16057 | Temporary Instructor Exercise and Rehabilitative Sciences | 8/09-7/10 |
| Chatham University Science Department Pittsburgh, PA. 15232 | Assistant Professor and Program Coordinator, Exercise Science Director, Student Wellness | 8/06-8/09 |
| Chatham College Physical Therapy Department Woodland Road Pittsburgh, PA. 15232 | Adjunct Professor | 9/05-8/06 |
| University of Pittsburgh Physical Activity and Weight Management Research Center Pittsburgh, PA. 15261 | Research Associate NIH Study Coordinator <i>Director: Dr. John Jakicic</i> | 3/03-4/05 |
| dbaza, Inc. 5001 Baum Blvd, Suite 770 Pittsburgh, PA 15213 USA | Clinical Consultant | 9/01-8/05 |
| UPMC Health System, Dept. of Endocrinology Montefiore Hospital, 8 North Pittsburgh, PA. 15213 | Research Associate/ NIH Study Coordinator | 9/00-6/01 |
| Graduate School of Public Health, Depart. Of Epidemiology, Parran Hall Pittsburgh, PA. 15213 | Research Associate | 8/00-12/00 |

TEACHING ACTIVITIES

Jacksonville University

| | | |
|-------------|--|---------------------|
| KIN 195 | Exercise, Immunity, and COVID-19 | Spring 2021 |
| KIN 500 | Healthy Campus/ Exercise is Medicine | Fall 2018 |
| KIN 257 | Sociocultural Foundation in Health Science | Spring 2018 |
| KIN/CSD 323 | Epidemiology for the Health Sciences | Fall 2017-present |
| KIN 270 | Exercise Physiology (replaced KIN 470) | Fall 2020-present |
| KIN 270 Lab | Exercise Physiology Laboratory | Fall 2020 |
| KIN 470 | Physiology of Human Movement | Fall 2017-Spr 2020 |
| KIN 490 | Internship in Health Sciences | Fall 2017 – present |

Slippery Rock University

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| ERS 450 | Exercise Science Internship | Su 2011- Spr 2017 |
| ERS 411 | Exercise for Special Populations and Conditions | Spr 2011-Spr 2017 |
| ERS 400 | Wellness Promotion and Programming | Spr 2010- Spr 2012 |
| ERS 201 | Exercise Physiology | Fall 2009- Spr 2017 |
| ERS 100 | Introduction to Exercise Science | Spr 2010- Spr 2017 |
| INDS 101 | FYRST Seminar | Fall 2010-Fall 2017 |

Chatham University

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| WLN 600 | Wellness Physiology (online graduate course) | Spr 2009 |
| EXS 103 | Wellness | Fall 2008-Spr 2009 |
| WLN 503 | Spiritual Wellness (online graduate course) | Fall 2008 |
| EXS203 | Genetics in Exercise and Health, Maymester | May 2008 |
| EXS 426 | Applied Exercise Physiology II | Spr 2008 –Spr 2009 |

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| EXS 426L | Applied Exercise Physiology II Laboratory | Spr 2008- Spr 2009 |
| EXS 326 | Applied Exercise Physiology I | Spr 2007; Fall 2008 |
| EXS 326L | Applied Exercise Physiology I Laboratory | Spr 2007; Fall 2008 |
| EXS 101 | Introduction to Exercise Science | Spr 2007-Spr 2009 |
| EXS 252 | Exercise and Nutrition | Spr 2007-Spr 2009 |
| PTH 504 | Human Physiology (Graduate) | Fall 2006, Fall 2007 |
| POWER Program | First Year Wellness Initiative | Fall 2006- Fall 2007 |

University of Pittsburgh (Graduate Student)

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| Interventionist Behavioral, Exercise, Nutrition classes | | Spr 2003– Spr 2005 |
| HPRED 2269 Pediatric Exercise Physiology | | Summer 2003 |
| HPRED 1042 Physiology of Exercise | | Summer 1999 |
| HPRED 1033 Human Physiology (Reproductive Section) | | Spr 1997 |
| PEDC HPRED 1021 Personal Health | | Fall 1995 |

MEMBERSHIPS IN ORGANIZATIONS AND SERVICE

Professional/Scholarly:

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| Phi Kappa Phi Honor Society | | 2018-present |
| Member | | |
| Southeast Region Chapter (SEACSM) | | 2017-present |
| of the American College of Sports Medicine | | |
| Golden Key International Honour Society | | 2011-present |
| Honorary Member, SRU Chapter | | |
| Mid-Atlantic Region Chapter (MARC) | | 2008-2017 |
| of the American College of Sports Medicine | | |

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| American College of Sports Medicine (ACSM) | 1994-present |
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Committees:

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| Exercise is Medicine® on Campus Committee, Member | 2020-present |
| Exercise is Medicine® on Campus Committee, Outgoing Chair | 2018-present |
| Exercise is Medicine® on Campus Committee, Chair | 2013-2018 |
| Exercise is Medicine® Advisory Board, Member | 2009-present |
| Exercise is Medicine® on Campus committee, Member | 2009-2013 |
| MARC ACSM, Member-At-Large | 2009-2011 |
| MARC ACSM Research Committee, Chair | 2010-2011 |
| MARC ACSM Chapter Research Committee, Member | 2008-2010 |

HONORS AND AWARDS

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| Exercise is Medicine Global Leadership Award | 2019 |
| American College of Sports Medicine Fellow | 2012 |
| Early Career Award, School of Education, University of Pittsburgh | 2009 |
| Delta Omega Thesis/Dissertation Award, Dept. of Epidemiology, University of Pittsburgh | 2003 |
| Who's Who in American Colleges and Universities | 1992 |
| Member-Elect Golden Key National Honor Society | 1991 |

CERTIFICATIONS

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|---|--------------|
| American College of Sports Medicine Exercise is Medicine® (EIM) Level III Credential | 2013-present |
| American College of Sports Medicine Certified Clinical Exercise Physiologist (CEP) | 2008-present |
| American Red Cross CPR/AED certification | Current |

RESEARCH GRANTS

| | | |
|---|----------|------|
| EPIC Grant (JU) | \$3100 | 2017 |
| SURE Grant (SRU faculty/student) | \$1000 | 2015 |
| College of Health, Environment, and Science Research Grant (Co-PI) | \$3,784 | 2012 |
| Highmark Healthcare Grant (Co-Investigator) | \$13,200 | 2010 |
| Children's Institute Foundation Grant (Co-Investigator) | \$50,000 | 2009 |
| Women's Studies Fund for Student Research Grant (PI) | \$500 | 1996 |
| School of Education Research Grant (PI) | \$1500 | 1995 |

REVIEWER FOR PROFESSIONAL JOURNALS AND BOOKS

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|---|--------------|
| Journal of the American College of Nutrition | 2019-present |
| Journal of Alternative and Complementary Medicine | 2019-present |
| Current Sports Medicine Reports | 2015-present |
| International Journal of Environmental Research and Public Health | 2014-present |
| Research Quarterly for Exercise and Sports | 2012-present |
| Journal of Physical Activity & Health | 2009-present |
| Wolters Kluwer for Lippincott Williams & Wilkins | 2007-present |
| Archives of Physical Medicine and Rehabilitation | 2005-present |
| Medicine and Science in Sports and Exercise (MSSE) | 2003-present |

INTERNATIONAL PRESENTATIONS

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|---|---------------|
| 2020 Exercise is Medicine on Campus Recognition Ceremony Global Webinar Virtual | June 12, 2020 |
| Beijing Sports University, Beijing, China | Jan 5, 2016 |

Invited Guest speaker, Exercise is Medicine® on Campus International Forum

Dublin City University, Dublin, Ireland

Mar 8, 2011

Invited Guest Speaker, Exercise is Medicine®

NATIONAL PRESENTATIONS

Exercise is Medicine on Campus Webinar (Virtual) Sept 28, 2020
EIM-OC Webinar: Student Perspectives and Advisor's Reactions
to COVID-19

American College Health Association (ACHA) National Meeting (Virtual) Sept 15, 2020
An Interdisciplinary Approach to Utilizing the ACHA Framework and
Exercise is Medicine® on Campus Model

American College of Sports Medicine (Virtual) June 12, 2020
Exercise is Medicine on Campus Virtual Recognition Ceremony

American Kinesiology Association Leadership Workshop Jan 24, 2020
Exercise is Medicine: 2020 and Beyond

EIM Research Meeting, San Diego, CA Jan 14, 2020
Current Exercise is Medicine on Campus Research

Medical Fitness Conference, Orlando, FL. Nov 13, 2019
Exercise is Medicine on Campus

ACSM National Conference, Orlando, FL. May 30, 2019
Meet the Experts: Exercise is Medicine on Campus

ACSM National Conference, Orlando, FL. May 29, 2019
Exercise is Medicine® On Campus: Recognition of Outstanding Programs
And Awards Ceremony

ACSM National Conference, Orlando, FL. May 28, 2019
Exercise is Medicine® On Campus Solution for EIM Global Partners

ACSM Integrative Physiology Conference, San Diego, CA. Sep 7, 2018

Meet the Experts: Exercise is Medicine on Campus

ACSM National Conference, Minneapolis, MN. May 30, 2018

Exercise is Medicine® On Campus: Recognition of Outstanding Programs
And Awards Ceremony

ACSM National Conference, Minneapolis, MN. May 29, 2018
Exercise is Medicine® On Campus Solution

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| ACSM's International Health & Fitness Summit, Arlington, VA. Hot Topic: Exercise is Medicine on Campus | Apr 7, 2018 |
| ACSM's International Health & Fitness Summit, Arlington, VA. The Exercise is Medicine® Solution: Creative Applications for Practitioners | Apr 6, 2018 |
| University of Alaska, Anchorage, AK. Exercise is Medicine on Campus; EIM Ambassador Workshop | Nov 11, 2017 |
| University of Alaska, Fairbanks, AK. Exercise is Medicine: Science to Solutions | Nov 10, 2017 |
| ACSM National Conference, Denver, CO. Exercise is Medicine® On Campus: Recognition of Outstanding Programs And Awards Ceremony | May 31, 2017 |
| ACSM National Conference, Boston, MA. Exercise is Medicine® On Campus: Recognition of Outstanding Programs And Awards Ceremony | Jun 1, 2016 |
| ACSM National Conference, San Diego, CA. Exercise is Medicine® On Campus:A Celebration of Outstanding Programs | May 28, 2015 |
| ACSM National Conference, Orlando, FL Exercise is Medicine® On Campus: Registration Updates and University Recognition | May 29, 2014 |
| 2013 Walking Summit, Washington, DC Community Share Fair: Walking and Walkability | Oct 2, 2013 |
| 2013 Walking Summit, Washington, DC Why Walking is Medicine and Integrating it Into the Culture of Your Organization | Oct 1, 2013 |
| ACSM National Conference, Indianapolis, IN Presenter, "Exercise is Medicine® on Campus: Celebrate and Participate!" | May 28, 2013 |
| ACSM's Health and Fitness Summit, Las Vegas, NV Invited Speaker, "Exercise is Medicine®: Time to Get Involved" | Mar 28, 2012 |
| ACSM National Conference, Denver, CO Presenter "Exercise is Medicine™ on Campus: Thoughts from the Advocates" | Jun 1, 2011 |
| American College of Sports Medicine National Conference, Indianapolis, IN "Exercise Training Increases Intromyocellular Lipid and the Capacity for Fat Oxidation" | Jun 5, 2004 |

REGIONAL PRESENTATIONS

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|---|--------------|
| Southeast American College of Sports Medicine Conference Exercise is Medicine on Campus: 2020 and Beyond | Feb 14, 2020 |
| Patient Safety Forum, Quality and Safety Education for Nurses (QSEN) The Exercise is Medicine Solution | Mar 2, 2018 |
| MARC-ACSM Conference, Harrisburg, PA “Exercise is Medicine® Ambassador Program and Workshop” | Nov 5, 2016 |
| MARC-ACSM Conference, Harrisburg, PA “Exercise is Medicine® Recognition Program” | Nov 6, 2015 |
| MARC-ACSM Conference, Harrisburg, PA “Exercise is Medicine® Updates” | Nov 3, 2012 |
| MARC-ACSM Conference, Harrisburg, PA Presenter, “Exercise is Medicine™ on Campus” | Nov 6, 2010 |
| The Cardiovascular Institute, Philadelphia, PA Invited Keynote Speaker, “Exercise is Medicine™” | Oct 7, 2010 |
| MARC-ACSM Conference, Harrisburg, PA. Co-Presenter, “Motivational Interviewing in Exercise Prescription” | Nov 4, 2009 |
| Exercise is Medicine® on Campus, Chatham University Launch Host and Presenter | May 2009 |
| American College of Sports Medicine National Conference, Nashville, TN Changes in Markers of Insulin Resistance Following a 6-Month Weight Loss Program in Obese Women | Jun 3, 2005 |

LOCAL PRESENTATIONS

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| Jax Summit for HOPE2 Conference, Jacksonville, FL. Exercise is Medicine Tabling Event Hispanic Outreach Patient Engagement | Sep 28, 2019 |
| The Exercise is Medicine® Solution The Mayor’s Council on Fitness and Wellbeing, Jacksonville, FL. | Oct 4, 2017 |
| Exercise as Medicine: Tips and Tools to Move The Garden Montessori, Cranberry Township, PA. | Mar 10, 2016 |
| Career Scientists: Exercise Science, Marshall Middle School, North Allegheny | Jan 2014; 2015 |

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| Exercise is Medicine, Montessori Centre Academy, Glenshaw, PA. | May 2011 |
| Chatham Goes the Distance, Chatham University Fluid replacement, running gear, carbo-loading, training regime | Jan-May 2009 |
| Chatham College Fit for the Future Educational Sessions | Oct 2006 |
| "Women's Health" | Oct 3, 2006 |
| "Intro to Cardio Conditioning" | Oct 30, 2006 |
| Evidence Based Health and Fitness for the 21 st Century: An interdisciplinary Approach School of Nursing, University of Pittsburgh Invited Speaker: "Pediatric Exercise and Obesity" | May 7, 2004 |

ADDITIONAL INVITED PRESENTATIONS

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| Exercise, Immunity, and COVID-19 (Virtual) University of California, San Diego | Apr 21, 2021 |
| Exercise is Medicine: Get your Daily Dose (Virtual) Allstate Employee Wellness Lunch and Learn with Jacksonville University | Feb 24, 2021 |
| Exercise is Medicine on Campus: A Global Initiative and Implementation Strategies Florida State University | Feb 19, 2020 |
| Exercise is Medicine on Campus: Florida Gulf Coast University, Ft. Myers, FL Exercise is Medicine on Campus Month Launch and Stakeholder Meeting | Oct 5, 2015 |
| Georgia Southern University, Statesboro, GA Exercise is Medicine Block Party and Launch and Graduate Class Presentation | Feb 5, 2015 |
| Auburn University, Auburn, AL Invited Speaker, Consultant; Exercise is Medicine [®] on Campus: Planning and Implementation Seminar, Auburn University; University of Georgia | Dec 2, 2012 |
| Penn State University, University Park, PA "Kickoff to Exercise is Medicine Week at Penn State" | Nov 1, 2012 |
| University of Colorado, Colorado Springs, CO Invited Keynote Speaker, "Exercise is Medicine: 'Exercise with Altitude'" | Jan 24, 2012 |
| Penn State University, State College, PA Invited Guest Speaker, "Exercise is Medicine [®] " | Mar, 2010 |

INVITED WEBINAR PRESENTATIONS

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| Exercise is Medicine | |
| Exercise Is Medicine Student Perspective | Sep, 2020 |
| EIM 2.0 Roundtable | Dec, 2019 |
| Exercise is Medicine on Campus 101 | Aug, 2019 |

PUBLICATIONS

Winters, C. and Sallis, RE. Five Steps to Launching Exercise is Medicine® in Your Campus. *ACSM's Health & Fitness Journal*, 19(4): 28-33, 2015.

Lynn, J., Urda, J., and **Winters, CS.** Slippery Rock University: A Case Study of Success in Exercise is Medicine® on Campus. *ACSM's Health & Fitness Journal*, 19(4): 34-36, 2015.

Loughran, M. J., Hamilton, D., Downey, P.A., **Winters, C.**, & Moles, T. Going the distance: An interdisciplinary seminar series on a university campus in support of training for recreational distance running. *Recreational Sports Journal*, 37, 55-65, 2013.

Jakicic, JM, Otto, AD, Lang, W, Semler, L, **Winters, C.**, Polzien, K, and Mohr, Kara I. The Effect of Physical Activity on 18-month Weight Change in Overweight Adults. *Obesity* 19(1): 100–109, 2011.

Pruchnic, R., Katsiaras, A., He, J., Kelley, DE, **Winters, C.**, and Goodpaster, BH: Exercise training increases intramyocellular lipid content and oxidative capacity in older adults. *Am J Physiol Endocrinol Metab* 287: E857-E862, 2004.

Winters-Hart, C.S., Kriska AK, Brach, JS, and Trauth, J. The validity of a questionnaire to assess historical leisure physical activity in post-menopausal women. *Medicine & Science in Sports & Exercise*. 36(12):2082-2087, 2004.

Jakicic JM., Wing RR., **Winters-Hart, C.** Relationship of physical activity to eating behaviors and weight loss in women. *Medicine & Science in Sports & Exercise*. 34(10):1653-9, 2002.

Jakicic, JM., **Winters, C.**, Lang, W., Wing, RR. Effects of intermittent exercise and use of home exercise equipment on adherence, weight loss, and fitness in overweight women: A randomized trial. *JAMA*. 282(16):1554-60, 1999.

Jakicic, JM., **Winters, C.**, Lagally, K., Ho, J., Robertson, R.J., Wing, RR. The accuracy of the TriTrac-R3D accelerometer during various modes of physical activity. *Med. Sc.Sports Exerc*. 31(5):747-54.

PUBLISHED PRESENTATIONS

- Exercise is Medicine™ on Campus: Time to Get Involved 2012
Healthy Learning™ DVD, Monterey, CA
2012 ACSM Health & Fitness Summit
- Exercise is Medicine™ on Campus: Thoughts from the Advocates 2011
Healthy Learning™ DVD, Monterey, CA
2011 National EIM and ACSM National Conference

PUBLISHED ABSTRACTS

Jeffreys Heil, R., N. Peterson, CL Tompkins, M. Rothermel, S. Mandla, Z. Shirazi, R. Stuhr, **C. Winters**. "Exercise Is Medicine On Campus (EIM-OC): State Of The Literature." *Jeffreys-Heil, Medicine & Science in Sports & Exercise: July 2020 - Volume 52 - Issue 7S - p 317-318* doi: 10.1249/01.mss.0000677072.90117.64 (July 2020)

Saenz, C., Hooper, S., Orange, T., Knight, A., Lynch, T., Barragan, M.A., Remenapp, A., Winters, C. FACSM, Hausenblas, HA. "Efficacy of Ketogenic Diet on Women with Metabolic Syndrome: A Pilot Trial G.L.O.W.. Grading Level of Carbohydrate Optimal for Women". *Medicine & Science in Sports & Exercise: July 2020 - Volume 52 - Issue 7S - p 1087.* doi: 10.1249/01.mss.0000687480.31149.20

Urda JL, **C Winters**, B Larouere, K Smith, JS Lynn, N Wilhelm, J Kelly, and S Kovacs "Effectiveness of an Exercise Is Medicine (EIM)® Referral Program to Change Exercise Behaviors and Efficacy." (ACSM, 2014)

Wilhelm, N., Kelly, J., Kovacs, S., Urda, J., **Winters, C.**, Larouere, B., Smith, K., and Lynn, J "Effectiveness of an Exercise Is Medicine (EIM)® referral program to change exercise behaviors and efficacy." *International Journal of Exercise Science: Conference Proceedings: Vol. 9 : Iss. 2 (2014)* <http://digitalcommons.wku.edu/ijesab/vol9/iss2/86/>

Larouere, B., **Winters, C.** (2013) "Examination of Sedentary Time, Physical Activity, and Body Mass Index (BMI) in College-Aged Students". *International Journal of Exercise Science: Conference Proceedings: Vol. 9: Iss. 1, Article 44.* Available at: <http://digitalcommons.wku.edu/ijesab/vol9/iss1/44>

Carothers, A.; Veltre, S.; **Winters, C.**; Urda, J.; Smith, Kimberly A. Dr.; and Lynn, J. (2013) "Implementation of the Exercise is Medicine (EIM)™ Referral System at Slippery Rock University," *International Journal of Exercise Science: Conference Proceedings: Vol. 9: Iss. 1, Article 8.* Available at: <http://digitalcommons.wku.edu/ijesab/vol9/iss1/8>

Popivchak, J.; Larouere, B.; and **Winters, Carena S.** (2013) "Unhealthy Behaviors and the Relationship to Body Mass Index (BMI) in College Students," *International Journal of Exercise*

Science: Conference Proceedings: Vol. 9: Iss. 1, Article 64.
Available at: <http://digitalcommons.wku.edu/ijesab/vol9/iss1/64>

Miller, E.; Larouere, B.; and **Winters, Carena S.** (2013) "Body Image and Associated Behaviors Among College-Aged Students," *International Journal of Exercise Science: Conference Proceedings*: Vol. 9: Iss. 1, Article 56.
Available at: <http://digitalcommons.wku.edu/ijesab/vol9/iss1/56>

Veltre, S.L., Carothers, A., **Winters, C.(faculty advisor)**, Lynn, J., Urda, J., and Smith, K. Implementation of the Exercise is Medicine™ Referral System at Slippery Rock University. *SRU Symposium for Student Research, Scholarship, and Creative Achievement*. (Spring 2012).

Durham, C., Moyna, NM., and **Winters, C.** Maximal Oxygen Consumption in Female Ice Hockey Players. (*Med. Sc. Sports Exerc.*, 2009).

Winters-Hart, C., Marcus, B., and Jakicic, J. Changes in Markers of Insulin Resistance Following a 6-Month Weight Loss Program in Obese Women. (*Med. Sc. Sports Exerc.*, 2005).

Winters, C., Pruchnic, R., Katsiaras, A., Jakicic, J., and Goodpaster, B. Exercise training increases intramyocellular lipid and the capacity for fat oxidation (*Med. Sc. Sports Exerc.*, 2004).

Winters-Hart, C., Gallagher, K., Jakicic, J. Comparison of Weight Loss, Physical Activity and Body Image in Obese Women. (*NAASO*, 2003).

Winters-Hart, C.S., Brach, J.S., Storti, K.L., Kriska A.K. The validity of a questionnaire to assess historical leisure physical activity in post-menopausal women. (*Med.Sc. Sports Exerc.* 2003).

Katsiaras, A., Wolf, D., **Winters-Hart, C.**, Fleet, S., McCormick, K., Bell, J., Graham, C., Szarmach, C., Goodpaster, B. The effects of a 12-week aerobic training program on substrate oxidation in the elderly. (*Med.Sc. Sports Exerc.* 2003).

Wolf, D., Katsiaras, A., **Hart-Winters, C.**, McCormick, K., Fleet, S., Bell, J., Goodpaster, B. Determinants of Substrate Oxidation During Exercise in the Elderly. (*Med.Sc. Sports Exerc.* 2003).

Jakicic, John M., Wing, Rena R., **Winters, Carena**. Can BIA detect changes in body fatness across an 18-month weight loss program in overweight women? *NAASO*, 1999.

Winters, CS., Robertson, RJ., Miley, MW., Goss, FL, and Moyna, NM. Effect of menstrual cycle phase on selected physiological and perceived exertion responses to treadmill exercise. *American College of Sports Medicine*, 1997.

Winters, CS., Lagally, K., Jakicic, JM., Wing, RR., and Robertson, RJ. Estimated energy expenditure using KALX heat flux monitor during several modes of physical activity. *American College of Sports Medicine* 1996.

Lagally, K., **Winters, CS.**, Jakicic, JM., Wing, RR., and Robertson, RJ. The accuracy of the TriTrac-R3D accelerometer during various modes of physical activity. *American College of Sports Medicine*, 1996.

Jakicic, JM., Wing, RR., **Winters, CS.**, and Clifford, L. Accumulation of 150 minutes of exercise per week enhances weight loss and fat loss in overweight adult women. *American College of Sports Medicine*.

Jakicic, JM., Wing, RR., **Winters, CS.**, and Clifford, L. Exercise adherence in overweight women: Effect of short-bouts of exercise and exercise equipment. *Society of Behavior Medicine*.

CURRENT RESEARCH INTERESTS

- Exercise is Medicine®
 - Exercise in the prevention and management of chronic disease
 - Exercise Epidemiology
 - Exercise for weight loss and maintenance
-