

DR. JESSICA MATTHEWS, DBH, NBC-HWC, FACLM, DIPACLM

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TEACHING ✦ HEALTH & WELLNESS COACHING ✦ LIFESTYLE MEDICINE ✦ INTEGRATIVE HEALTH
Curriculum Development ✦ Clinical Research ✦ Industry Leadership

A savvy, dedicated educator nationally-recognized for developing and delivering innovative academic and professional training programs. Out-of-the-box thinker and consummate professional who utilizes applied industry experience to elevate the education of health professionals passionate about lifestyle medicine and health behavior change. Passionate leader committed to healthcare innovation, to include spearheading the development and management of health and wellness coaching services within clinical practice and research. Sought after speaker providing keynote speeches and lectures at events and organizations worldwide, to include delivering a 2019 TEDx talk titled "Reclaiming Wellness." Trusted authority on health, fitness and wellness, regularly contributing to top national media outlets (print, web, radio and television) for over 13 years. Accomplished author and seasoned writer for academic textbooks, journals, prescriptive non-fiction and consumer publications. Industry thought leader with service on the board of directors for the National Board for Health & Wellness Coaching (NBHWC) and the American College of Lifestyle Medicine (ACLM). Honored in 2021 as a Fellow of ACLM for outstanding achievement in the field of lifestyle medicine and exceptional dedication to advancing the organization's mission. Additionally, honored as the 2017 IDEA Fitness Instructor of the Year, a top award giving for superior instructional abilities and positive influence in the global health and fitness industry. Enthusiastic team player who excels within collaborative environments that focus on academic excellence and health care innovation. Exceptional professional experience, training and academic qualifications, including a Doctor of Behavioral Health with focus in Clinical Integrated Care from Arizona State University, national board certified health and wellness coach (NBC-HWC) and certified lifestyle medicine professional (DipACLM).

SELECTED HIGHLIGHTS

- Experienced curriculum developer, specializing in online learning as well as the development of certificate and degree programs, including creating the Master of Science in Integrative Wellness program at Point Loma Nazarene University.
- Recipient of numerous prestigious honors and awards, including 2021 Fellow of the American College of Lifestyle Medicine, 2017 IDEA Fitness Instructor of the Year, and 2019-2020 PLNU Teaching Excellence award.
- Featured wellness expert with hundreds of regular impressions in major media outlets over the past 13 years, including CNN, Oprah.com, Women's Health, NPR, USA Today, The Wall Street Journal, The Washington Post, and The New York Times.
- Accomplished author and editor, including serving as lead author and editor of the textbook *The Professional's Guide to Health and Wellness Coaching*.
- High-level industry leadership and strategic advising, to include service on the board of directors for the National Board for Health and Wellness Coaching (NBHWC) and the American College of Lifestyle Medicine (ACLM) as well as the advisory board for the Global Positive Health Institute (GPHI).
- TEDx speaker and sought after presenter delivering keynote speeches, lectures and workshops at national and international conferences, including Academy of Nutrition and Dietetics SCAN Symposium, ACLM Lifestyle Medicine Conference, IDEA Nutrition and Behavior Change Summit, Asia Fitness Conference, NIRSA Annual Conference, IDEA China.

CORE COMPETENCIES

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|-----------------------------|------------------------------|-------------------------------|
| ▪ Applied Teaching | ▪ Technical Editing | ▪ Integrative Health Research |
| ▪ Curriculum Development | ▪ Wellness Education | ▪ Industry Leadership |
| ▪ Career Mentorship | ▪ Health & Wellness Coaching | ▪ Public Speaking |
| ▪ Academic Program Creation | ▪ Lifestyle Medicine | ▪ Media Relations |

PROFESSIONAL EXPERIENCE

Point Loma Nazarene University ✦ San Diego, CA ✦ August 2016 – Present

Associate Professor – College of Health Sciences

Program Creator and Director- Master of Science in Kinesiology- Integrative Wellness

- Creator of the M.S. Integrative Wellness program, including designing the courses listed below.*
- Apply best practices to create and teach Lifestyle Medicine and Integrative Health* (KIN 6017), Mind-Body Medicine* (KIN 6087), Advanced Health & Wellness Coaching* (KIN 6077), Clinical Exercise Prescription* (KIN 6056), Behavior Change Models, Methods and Theories* (KIN 6027), Exercise and Nutrition for Health and Healing* (KIN 6037) and Integrative Health and Wellness Coaching* (KIN 6047).
- Serve as faculty advisor for the Lifestyle Medicine Society (LMS), an ACLM-recognized Lifestyle Medicine Interest Group (LMIG).

University of California- San Diego ✦ San Diego, CA ✦ 2018 – present
Director of Integrative Health Coaching- Centers for Integrative Health
Department of Family Medicine

- Developing, delivering and managing clinical health coaching services within the Center for Integrative Medicine, to include establishing and overseeing a team of board certified health and wellness coaches.
- Core research team member in the Krupp Center for Integrative Research, providing training, supervision and mentorship of health and wellness coaches within lifestyle medicine studies centered on examining the effects of whole food plant-based diets in the treatment of chronic diseases, conditions and disorders.

MiraCosta College ✦ San Diego, CA ✦ January 2013 – May 2017
Associate Kinesiology Faculty and Curriculum Designer
Co-creator of Advanced Yoga Teacher Training Program

- Instructed courses in the Yoga Teacher Training Certificate Program, including Internship Studies (KINE 292), Yoga Teacher Training Development (KINE 147), Beginning Yoga (KINE 150), Intermediate Yoga (KINE 154), and Advanced Yoga (KINE 155).
- Co-developed 300-hour Yoga Teacher Program—a Yoga Alliance-recognized program—including creating curriculum for Yoga Teacher Training Implementation (KINE 159).

Miramar College ✦ San Diego, CA ✦ October 2010 – August 2016

Assistant Professor of Health and Exercise Science and Director of Yoga Teacher Program: 2014-2016

- Elevated professional excellence and student achievement as a full-time faculty member (tenure track position).
- Developed a specialized 200-hour Yoga Teacher Certificate Program recognized by Yoga Alliance, including creating curriculum for Yoga Teacher Training Essentials (EXSC 292) and Yoga Teacher Training Progressive Methodologies (EXSC 293).
- Instructed Health and Lifestyles (HEAL 101), Introduction to Kinesiology (EXSC 241B), Applied Kinesiology (EXSC 281), Fitness Assessments and Exercise Program Design (EXSC 283), Techniques of Exercise Leadership (EXSC 286), Aerobic and Core Conditioning (EXSC 124A-D), Yoga I- Fundamentals of Yoga (EXSC 145A), Yoga II- Introduction to Yoga (EXSC 145B), Yoga III- Intermediate Yoga (EXSC 145C) and Yoga IV- Advanced Yoga (EXSC 145D).
- Served as faculty advisor for the newly formed F.I.T. Club, the college's first student wellness club.

Adjunct Exercise Science Professor- Personal Training/Fitness Specialist Program: October 2010 – December 2012

- Instructed Techniques of Exercise Leadership (PHYE 286), Exercise Assessments (PHYE 283) and Lifelong Fitness Lab (PHYE 153).

Integrative Wellness Education and Consulting, Inc. ✦ San Diego, CA ✦ January 2008 – Present
Founder and Executive Director

- Provide wellness consulting and advising services internationally, including program planning, business development, content creation, writing, editing, presentations, online course creation and curriculum design (academic and professional courses)
- Sought after subject matter expert, media spokesperson, health coach, wellness educator, author and speaker.

American Council on Exercise (ACE) ✦ San Diego, CA ✦ January 2006 – August 2019

Senior Advisor – Integrative Wellness and Behavioral Health Coaching: January 2014- August 2019

- Developed cutting edge educational content in the form of textbooks, articles, and online courses.
- Served as lead author, editor and content developer for *The Professional's Guide to Health and Wellness Coaching*.
- Content creator and master coach for Applying Behavior Change workshop.

Exercise Physiologist and Senior Health and Fitness Editor: July 2011 – December 2013

- Created educational health and fitness content for fitness professionals and the general public.
- Established and grew the organization's blogs and video-based content.
- Served as content manager for ACEfit.com & ACEfitness.org, developing and managing an extensive network of content experts.
- Key media spokesperson, representing the organization across various media outlets.

Certification Director: July 2010 – July 2011

- Directed the organizations four core certification programs (health coach, personal trainer, group fitness instructor and medical exercise specialist), maintaining NCCA-accreditation for each program.
- Effectively led and developed exam registration staff.
- Successfully managed certification department budget.
- Facilitated exam development meetings, including assembling teams of subject matter experts from around the country.

Academy Exercise Scientist and Continuing Education Coordinator: January 2006 – July 2010

- Developed educational content in the form of videos, courses and written materials.
- Managed the organizations continuing education program, including hundreds of continuing education course providers.
- Sought after media spokesperson, speaking on a wide array of health and fitness topics on behalf of the organization.

Additional Experience

Experienced Registered Yoga Teacher (E-RYT), Yoga Six: 2015

Featured Health & Fitness Expert/Guest Host, Web-based Video Series #OWNSHOW Oprah Winfrey Network (OWNTV): 2014 – 2016

Contributing Editor & Featured Health and Fitness Expert, Shape Magazine: 2013 – 2016

Featured Wellness Blogger - "Fit For Life" Weight Watchers-: 2013 – 2014

Experienced Registered Yoga Teacher (E-RYT) and Teacher Training Lecturer, Indie Yoga: 2011 – 2013

Registered Yoga Teacher (RYT), Corepower Yoga: 2009 – 2012

Yoga Teacher and Group Fitness Instructor, Toby Wells YMCA: 2006 – 2009

Aquatics Director, Yoga Teacher & Group Fitness Instructor, Conway Medical Wellness and Fitness Center: 2005 – 2006

Yoga Teacher, Group Fitness Instructor and Personal Trainer, Coastal Carolina University Recreation Center: 2002 – 2005

Group Fitness Instructor and Administrative Assistant, Fitness For Her: 2000-2002

PRESENTATIONS

- Santa Catalina School Well-Being Day- Keynote address, "Your Time to Thrive: How to Live Well in the Real World"
- ACLM Lifestyle Medicine 2021- "Facilitating Behavior Change: A Recipe for Effective Lifestyle Prescriptions"
- Adobe Wellbeing Matters Global Speaker Series (2021)- "Nourish Your Health: A Mind-Body Approach to Nutrition"
- ACLM Lifestyle Medicine in Academia Symposium (2021)- "Preprofessional (Bachelor/Master/Doctoral) Breakout- Presentations from Leaders with Panel Q&A"
- Southeast Collegiate Fitness Expo 2021- "Transforming Campuses and Communities Through Health and Wellness Coaching"
- NIRSA 2021- "Meeting Students Where They Are: Transforming Campuses and Communities Through Health and Wellness Coaching"
- TexFit 2021- Keynote address, "Go Your Own Way: Paving Your Own Purpose-Driven Professional Path"
- UC San Diego Family Medicine Resident Training (2020)- "Behavioral Health Coaching" (part of 5-hour Nutrition Training)
- NYSUT Trustee Education and Wellness Workshop (2020)- "Lifestyle as Medicine: A Prescription for Physical Health and Self-Improvement"
- UC San Diego Medical School Guest Lecturer (2020)- San Diego, CA, "Examining the Interplay of Mind, Body and Behavior" (course- FPM 242- Lifestyle Medicine)
- NIRSA Triventure 2019- San Diego, CA, "The Future of The Field: An Integrative Approach to Wellness"
- National Board for Health and Wellness Coaching Quarterly Connect Webinar (2019)- "Collaborating for Enhanced Health Care: Positioning Health and Wellness Coaching at the Heart of Lifestyle Medicine"
- IDEA World Nutrition and Behavior Change Summit 2019- Anaheim, CA, "The Current and Future State of Health Coaching," "Demystifying Mindfulness and Meditation"
- University of California San Diego, Institute of Public Health- San Diego, CA, "Health Coaching and Lifestyle Medicine: A Collaborative Approach to Health Care"
- Academy of Nutrition and Dietetics 35th Annual Sports, Cardiovascular and Wellness Nutrition (SCAN) Symposium- Phoenix, AZ, "Cultivating Wellness Within: Positive Self-Care Practices and Stress Management Strategies for Clients and Professionals"
- TEDxPLNU 2019- San Diego, CA, "Reclaiming Wellness"
- American College of Lifestyle Medicine 2018 Webinar Series- "Empowering Patients to Engage in (and Actually Enjoy) Exercise"
- IDEA China 2018- Shanghai, China, "The Art and Science of Behavior Change," "From Training to Transforming: A Health Coach Approach to Working with Clients," "Motivational Interviewing for Meaningful Lifestyle Changes."
- IDEA World Fitness Convention and Nutrition & Behavior Change Summit 2018- San Diego, CA, "East Meets West: A Mindful Approach to Health Coaching," "ACE Health Coaching Panel: Expanding Your Reach for Greater Impact," "Nourish Your Soul: A Yoga Self-Care Practice."
- UCFitCon 2018- University of California, Riverside, Keynote address, "Health, Fitness and the Pursuit of Happiness"
- ACLM Summit on Happiness Science in Health Care 2018- "Community Resources Panel"
- Asia Fitness Conference 2017- Bangkok, Thailand, "Mindful By Design," "A Science-based Blueprint for Creating Inclusive Yoga Classes," "Integrative Yoga Flow."
- IDEA World Fitness Convention and Nutrition & Behavior Change Summit 2017- Las Vegas, NV, "NamaSTAY Here: Teaching Techniques for Maximum Impact," "All About Fitness Panel," and "Key Ingredients for Coaching Behavior Change"
- UCSD FitLife- San Diego, CA, "Paving Your Path in the Fitness Industry"
- PFC Fitness Camp at Omni La Costa Resort- San Diego, CA, "Values Be Thy Name" and "A Mindful Coach Approach" (interactive behavioral health lunch & learn sessions)
- 2-1-1 San Diego – San Diego, CA, "Facilitating Behavioral Change" (6-hour staff development workshop)

- ACSM Health and Fitness Summit 2017- San Diego, CA, “The Future of the Field: An Integrative Approach to Wellness”
- Health Magazine Fit Foodie Sweat Session 2016- San Diego, CA, “Go with the Flow” (featured fitness + yoga instructor)
- New York Sports Club- New York, NY, “Applying Behavior Change Techniques” (5-hour workshop)
- IDEA World Fitness Convention 2016- Los Angeles, CA, “Applying Behavior Change Techniques” (pre-Conference workshop)
- World Spinning & Sports Conditioning Conference 2016- Miami, FL, “Navigating Your Career Path in the Fitness Industry;” “Creating Memorable Movement Experiences;” “A Science-Based Blueprint for Designing Yoga Classes;” & “Integrative Yoga.”
- 3010 Weight Loss Clinic- Seattle, WA, “Coaching Behavior Change” (5-hour workshop)
- Obesity Action Coalition 2015 YWM Event- Los Angeles, CA, “Exercise Essentials: Learning What’s Safe and Effective”
- NIRSA Triventure 2015- Indianapolis, IN, Keynote address, “The Power of Perspective;” 4-hour “Foundations of Health Coaching” pre-conference workshop and “Integrative Yoga Flow” session
- IDEA World Fitness BlogFest 2015- Los Angeles, CA, “The Future of Blogging”
- Genavix Wellness Network- Watertown, MA, “Health Coaching Practical Skills Workshop (8-hour workshop)”
- The American Association of University Women (Featured Speaker)- San Diego, CA, “Your Healthy Self: Exercise Choices for Women of Any Age”
- Clinton Foundation 3rd Women’s Health Codeathon (Featured Expert Panelist)- Los Angeles, CA, “Health and Technology Innovation Panel”
- American Academy of Physical Medicine & Rehabilitation (AAPM&R) 2014 Annual Assembly- San Diego, CA, “Yoga: A Mind-Body Exploration” (3 part-series)
- 2014 Southeast Collegiate Fitness Expo (Featured Master Presenter) - Wilmington, NC,
- “Getting Started with SUP Yoga Intensive (3-hour pre-con),” “Navigating Your Path in the Fitness Industry,” “SUP Yoga” and “Go With the Flow”
- Evolution Fitness Conference 2014- Los Angeles, CA, “Go With the Flow”
- ACE Fitness Symposium East 2013- Orlando, FL, “Go With the Flow” and “Your Health and Fitness Questions Answered- Ask the ACE Experts Panel Discussion”
- MINDBODY FitPro 2013- Los Angeles, CA, “Getting Started with Developing Video-Based Fitness Content” and “Creating, Cultivating and Living Your Brand in the Fitness Industry”
- ACE Fitness Symposium West 2013- San Diego, CA, “Your Health and Fitness Questions Answered- Ask the ACE Experts Panel”
- AARP Life @50 Event 2012- New Orleans, LA, “Chair Yoga- A Practice for All Ages”
- Evolution Fitness Conference 2012- Los Angeles, CA, “Strong. Exceptional. Enlightened. Yoga.”
- ACE Fitness Symposium 2011- San Diego, CA, “What Happened to the Fit in Youth Fitness?”
- UCSD Bonafide Orthopaedic Nursing Symposium (BONES) 2011- San Diego, CA, “Exercise and Back Pain- What You Need to Know” (Wellness Panel Expert)
- AARP Life @50 Event 2011- Los Angeles, CA, “Yoga for Every Body”
- IDEA World Fitness Convention 2011- Los Angeles, CA, “ACE Youth Fitness Workshop” (8-hour pre-conference session)
- ACE Fitness Symposium 2010- San Diego, CA, “Intelligent Sequencing for Yoga Classes” and “Yoga Flow”
- Asia Fitness Convention 2009- Bangkok, Thailand, “Youth Fitness and Athletic Programming”, “Vegetarianism for Fitness and Athletic Performance”, “Empowering Clients to Make Lifestyle Changes” and “Core ‘Power’ Yoga”

PUBLICATIONS

Textbook Editor

- **Matthews, J.A.**, Bryant, C.X., Skinner, J.S. & Green, D.J. (Eds.). (2019). *The professional’s guide to health and wellness coaching: Empower transformation through lifestyle behavior change*. American Council on Exercise.
- **Matthews, J.**, Merrill, S., Galati, T., Green, D.J. & Bryant, C.X (Eds). (2016). *ACE group fitness instructor handbook: The professional’s guide to creating memorable movement experiences*. American Council on Exercise

Book Chapters

- Fairies, M.D., Abreu, A., Keyes, S.A., El Mezain, T. & **Matthews, J.A.** (2021). Behavior change strategies in women’s health. In Rippe, J.M., Tollefson, M., Pathak, N. & Eriksen, N. (Eds.). *Improving women’s health across the lifespan* (a volume in the Lifestyle Medicine series). CRC Press.
- **Matthews, J.A.** (2019). A mindful approach to stress management. In Matthews, J.A., Bryant, C.X, Skinner, J.S. & Green, D.J. (Eds.). *The professional’s guide to health and wellness coaching: Empower transformation through lifestyle behavior change* (pp. 143-166). American Council on Exercise.

- **Matthews, J.A.** & Muth, N.D. (2019). The art of coaching. In Matthews, J.A., Bryant, C.X, Skinner, J.S. & Green, D.J. (Eds.). *The professional's guide to health and wellness coaching: Empower transformation through lifestyle behavior change* (pp. 119-141). American Council on Exercise.
- Brehm, B.A., & **Matthews, J.A.** (2019). Skills and methods for supporting lifestyle change. In Matthews, J.A., Bryant, C.X, Skinner, J.S. & Green, D.J. (Eds.). *The professional's guide to health and wellness coaching: Empower transformation through lifestyle behavior change* (pp.71-94). American Council on Exercise.
- Pettitt, C.D. & **Matthews, J.A.** (2019). Role and scope of the health coach. In Matthews, J.A., Bryant, C.X, Skinner, J.S. & Green, D.J. (Eds.). *The professional's guide to health and wellness coaching: Empower transformation through lifestyle behavior change* (pp.1-24). American Council on Exercise.
- Merrill, S. & **Matthews, J.** (2016). Understanding human movement. In Matthews, J., Merrill, S., Galati, T., Green, D.J. & Bryant, C.X (Eds). *ACE group fitness instructor handbook: The professional's guide to creating memorable movement experiences* (pp. 32-53). American Council on Exercise.
- **Matthews, J.** (2016). Designing a class blueprint. In Matthews, J., Merrill, S., Galati, T., Green, D.J. & Bryant, C.X (Eds). *ACE group fitness instructor handbook: The professional's guide to creating memorable movement experiences* (pp. 76-93). American Council on Exercise.
- **Matthews, J.** (2016). Creating memorable movement experiences. In Matthews, J., Merrill, S., Galati, T., Green, D.J. & Bryant, C.X (Eds). *ACE group fitness instructor handbook: The professional's guide to creating memorable movement experiences* (pp. 94-109). American Council on Exercise.
- **Matthews, J.** (2016). Leading group fitness classes. In Matthews, J., Merrill, S., Galati, T., Green, D.J. & Bryant, C.X (Eds). *ACE group fitness instructor handbook: The professional's guide to creating memorable movement experiences* (pp.126-141). American Council on Exercise.

Articles and Other Scholarly Works

- **Matthews, J.A.**, Moore, M. & Collings, C. (2022). A coach approach to facilitating behavior change. *Journal of Family Practice*, 71(1), eS93-eS99.
- Lianov, L.S., Barron, G.C., Fredrickson, B.L., Hashmi, S., Klemes, A., Krishnaswami, J., Lee, J., Le Pertel, N., **Matthews, J.A.**, Millstein, R.A., Phillips, E.M., Sannidhi, D., Purpur de Vries, P., Wallace, A. & Winter, S.J. (2020). Positive psychology in health care: Defining key stakeholders and their roles. *Translational Behavioral Medicine*, 10(3), 637-47.
- Faculty for fundamentals of health behavior change section of *Lifestyle Medicine Board Review, 3rd edition* (American College of Lifestyle Medicine, 2021)
- Content editor for *The Exercise Professional's Guide to Personal Training* (American Council on Exercise, 2020)
- Lead faculty for the health behavior change module of the Lifestyle Medicine Residency Curriculum (American College of Lifestyle Medicine, 2019)
- **Matthews, J.** (2016). *Stretching to stay young: Simple workouts to keep you flexible, energized & pain-free*. Althea Press.
- Ferraro, K. & **Matthews, J.** (2014). *Understanding nutrition and well-being*. Connect for Education.

EDUCATION

Arizona State University: August 2018 – Doctor of Behavioral Health– Clinical Integrated Care (GPA: 4.0)

- **Clubs/Activities:** Member of Phi Kappa Phi (honor society)

Canisius College: September 2007 – Master of Science – Physical Education (GPA: 3.97)

- **Clubs/Activities:** Member of Alpha Sigma Nu (Jesuit honor society)

Coastal Carolina University: May 2005 – Bachelor of Science – Physical Education Teacher Education/Exercise Science (GPA: 3.73)

- **Clubs/Activities:** Vice President of Kappa Delta Pi (international honor society in education); Member of Alpha Mu Gamma (foreign language honor society); Founding member of CCU Physical Education Club; Member of Student Triathletes Developing Excellence (S.T.R.I.D.E.); Member of South Carolina Alliance for Health, Physical Education, Recreation and Dance (SCAPHERD)

Certifications and Additional Training:

Board Certified Lifestyle Medicine Professional/Diplomate of the American College of Lifestyle Medicine (DipACLM)

National Board Certified Health and Wellness Coach (NBC-HWC) with National Board for Health and Wellness Coaching

South Carolina and New York State Licensed Health and Physical Education Teacher (K-12)

UC San Diego 8-week Mindfulness-Based Stress Reduction (MBSR) Course

UC San Diego Integrative Nutrition Certificate

American Council on Exercise (ACE) Health Coach

Experienced Registered Yoga Teacher (E-RYT 500) with Yoga Alliance

American Council on Exercise (ACE) Group Fitness Instructor
 Reiki Practitioner (USUI Method of Natural Healing Level I and II training)
 American Council on Exercise (ACE) Personal Trainer
 World Paddle Association (WPA) Standup Paddleboard (SUP) Level I Instructor
 Mad Dogg Athletics Spinning™ Instructor

ADDITIONAL CREDENTIALS	
TECHNICAL SKILLS	Microsoft Office Suite, Blackboard, Canvas, Moodle, Epic
HONORS & AWARDS	<ul style="list-style-type: none"> ▪ 2021 American College of Lifestyle Medicine Fellow (DipACLM) ▪ PLNU Teaching Excellence Award (2019-2020 academic year) ▪ Finalist for 2018 IDEA China Fitness Innovation award ▪ 2017 IDEA Fitness Instructor of the Year ▪ Named to San Diego City Beat’s 2017 Best of San Diego: People list ▪ Named to Canisius College’s inaugural Griggs Under 40 list of notable alumni (2017) ▪ Named to Modern Luxury’s “The It List” of notable San Diego Health and Wellness Professionals (2017) ▪ Named to Greatist’s 23 Fitness Pros Making a Difference Inside & Outside of the Gym (2015) ▪ Named as one of Livestrong’s 45 Smartest Trainers You Might Not Know (2015) ▪ Named as one of Shape Magazine’s 50 Top Female Trainers in America (2014) ▪ Coastal Carolina Physical Education Student of the Year (graduated top of class- 2005)
MEDIA COVERAGE	<p>CNN “Health Minute” (television segment) and CNN.com / Health magazine / Shape Magazine and Shape.com / Self Magazine and Self.com / Oprah.com and OWNTV / Yoga Journal / TODAY.com / “Morning Living” on Martha Stewart Radio (live radio show) / NPR (On Point with Tom Ashbrook live radio show) / Doctor’s Radio (live radio show- reoccurring guest) / San Diego Living (reoccurring guest on live television morning show) / Oxygen Magazine / The Journal on Active Aging / Huffington Post / Women’s Health Magazine / Reuters (regular contributor) / Prevention Magazine Men’s Fitness / Family Circle / Good Housekeeping / Consumer Reports on Health / The Wall Street Journal / Health.MSN.com and Fitbie.com / Fitness.com / Redbook Magazine / Ladies’ Home Journal / Real Simple Magazine / MedStar TV (filmed segments) / The New York Times / The Los Angeles Times / WebMD.com / USA Today/ ESPN W / Kiplinger / MyFitnessPal.com / Men’s Health / Arthritis Today / Parents Magazine / Cosmopolitan Magazine / U.S. News & World Report / Discover Health / Weight Watchers Magazine and WeightWatchers.com / San Diego Union Tribune / San Diego Living Magazine / New York Daily News / Rodale.com / US Weekly / Brides Magazine / The Washington Post / iVillage.com / NBC New York / CW New York / Denver Post / The Pulse San Diego / The Charlotte Observer / Chicago Tribune / Oregon Business Journal / Health.Yahoo.com / IHRSA.org / The Patriot Ledger / Diabetes Focus / Gaiam.com / The Record & Herald News / Massage Envy Magazine / Experience Life Magazine / SheKnows.com / Spry Magazine / San Diego CityBeat / KOGO Radio AM 600 / News 8 on CW San Diego / Modern Luxury- San Diego / Bangkok Post</p>
CURRENT RESEARCH	<ul style="list-style-type: none"> ▪ Nationwide utilization of Cat III CPT codes for health and wellness coaching (2021-present) ▪ Development and implementation of physician led rapid nutrition screening and health coaching referral for suboptimal nutrition within primary care clinics (2021-present) ▪ Effects of whole food plant-based diet in the treatment of glaucoma (2020-present) ▪ Effects of whole food plant-based diet in the treatment of endometriosis (2019-present)
GRANTS RECEIVED	<ul style="list-style-type: none"> ▪ Ardmore Institute of Health (2021)- UC San Diego Lifestyle Medicine Coaching- \$100,000
LEADERSHIP ROLES	<ul style="list-style-type: none"> ▪ Advisory Board Member- Global Positive Health Institute (2021-present) ▪ Board of Directors- American College of Lifestyle Medicine (2020-present) ▪ Board of Directors/Secretary- National Board for Health and Wellness Coaching (2019-present) ▪ Faculty Advisor- PLNU Lifestyle Medicine Society (2020-present) ▪ Subject Matter Expert- American College of Lifestyle Medicine (2018-present) ▪ Senior Advisor, Behavioral Health Coaching - American Council on Exercise (2014-2019) ▪ Faculty Advisor, Miramar College F.I.T. (Finding Inspiration Today) Club (2014-2015)

SERVICE TO THE PROFESSION	<ul style="list-style-type: none"> ▪ Exam Development Item Writing Mentor (Group Fitness Instructor Certification) - American Council on Exercise (2013) ▪ Certification Director- American Council on Exercise (2010-2011) ▪ Aquatics Director- Conway Medical Wellness and Fitness Center (2005)
MULTIMEDIA (PODCAST/VIDEO/DVD)	<ul style="list-style-type: none"> ▪ PhD Thesis Examiner- Avondale University ▪ Chair- Program Approval Commission- National Board for Health & Wellness Coaching (2021-present) ▪ Secretary- National Board for Health & Wellness Coaching (2020-present) ▪ Peer Reviewer- American Journal of Lifestyle Medicine (2020-present) ▪ Exam Item Writer- American Board of Lifestyle Medicine (2020-present) ▪ Faculty Governance Committee- Point Loma Nazarene University (2020-2021) ▪ Chair, Health and Wellness Coaches Member Interest Group (MIG)- American College of Lifestyle Medicine (2019-present) ▪ Executive Committee, Lifestyle Medicine Pre-Professional Education MIG (Coaching/Behavior Change sub-committee chair; 2018-2020) and Fitness Rehab and Medicine- American College of Lifestyle Medicine MIG (2017- 2019) ▪ Adjunct Research Fellow- Rocky Mountain University of Health Professions: Doctoral Dissertation Committee (2017-present) ▪ Graduate and Extended Studies Committee and Employee Wellness Committee- Point Loma Nazarene University (2019-present) ▪ Kinesiology Department Curriculum Committee- Point Loma Nazarene University (2018-present) ▪ Marketing Committee- National Board for Health and Wellness Coaching (2018- 2020) ▪ Wellness Committee- Point Loma Nazarene University (2018- present) ▪ Curriculum Committee- Miramar College (2014-2016) ▪ Certification Exam Development Committees (Health Coach, Personal Trainer and Group Fitness Instructor)- American Council on Exercise (2008-2016)
CONTRIBUTING WRITER / EDITOR	<p>SHAPE.com / Weight Watchers / Curves.com / JennyCraig.com / Lifescript.com / ACEfitness.org / Seventeen magazine / Fitbie.com / SparkPeople.com / Everydayhealth.com / LIVESTRONG.com</p>
VOLUNTEER / CHARITABLE WORK	<p>OB Sacred Heart Church / St. Vincent de Paul Village / Make-a-Wish Foundation / San Diego Food Bank / Ronald McDonald House / Humane Society / Donation-Based Yoga Classes at The Inn at Sunset Cliffs (100% of the proceeds support local non-profit organizations, including Natural High, San Diego Prison Yoga Project, Champions for Health, Goodwill, Ocean Beach Main Street Association, The One Love Movement, Last Chance at Life Animal Rescue)</p>