

VICTORIA J. VIEIRA-POTTER, Ph.D.

Associate Professor
Principal Investigator, PhIT-FAT Laboratory
Department of Nutrition & Exercise Physiology
Office Address: 310 Gwynn Hall Office Phone: (573) 882-2027
Laboratory: 210 Gwynn Hall
University of Missouri
Columbia, MO
Cell Phone: (217) 766-7250
E-mail: vieirapotterv@missouri.edu



EDUCATION

Ph.D. in Nutritional Sciences, 2009

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN, Urbana, IL
College of Agricultural, Consumer, and Environmental Sciences
Division of Nutritional Sciences, Department of Kinesiology and Community Health
Dissertation: *Anti-inflammatory Effects of Cardiovascular Exercise: Role of Visceral Adipose Tissue*
Dissertation Advisor: Jeffrey A. Woods, Ph.D.

M.S. in Nutrition, 2004

UNIVERSITY OF NEW HAMPSHIRE, Durham, NH
College of Life Sciences and Agriculture
Department of Animal, Nutritional, and Medical Laboratory Sciences
Master's Thesis: *Insulin Resistance: A Possible Risk Factor for Atopy and Asthma Development in Women*
Master's Advisor: Anthony R. Tagliaferro, Ph.D.

B.A. in Biology, 2001

WHEATON COLLEGE, Norton, MA
Minor: Chemistry; Academic Honors: *Magna Cum Laude*
Research Thesis: *Stress-Induced Vesicle Formation in 3T3 Mouse Fibroblast Cells*
Research Advisor: Barbara Brennessel, Ph.D.

ACADEMIC POSITIONS

Associate Professor, 2018-present

Department of Nutrition & Exercise Physiology (NEP), University of Missouri, Columbia, MO
Principal Investigator, PhIT-FAT (*Physiological and Immunological Techniques assessing the Function of Adipose Tissue*) laboratory
Instructor, *Human Nutrition II* (upper level undergraduate/graduate course, Fall semester, ~45 students/semester;); *Nutrition in Human Health* (graduate course, Spring semester, ~20 students/semester); *Etiology of Obesity* (graduate course, team-taught, Spring semester, ~10 students/semester); *Sports Nutrition* (NEP capstone undergraduate course, Fall semester, ~30 students/semester)

Assistant Professor, 2012-2018

Department of Nutrition & Exercise Physiology (NEP), University of Missouri, Columbia, MO
Principal Investigator, PhIT-FAT (*Physiological and Immunological Techniques assessing the Function of Adipose Tissue*) laboratory
Instructor, *Human Nutrition II* (upper level undergraduate/graduate course, Fall semester, ~45 students/semester;); *Nutrition in Human Health* (graduate course, Spring semester, ~20 students/semester)

students/semester); *Etiology of Obesity* (graduate course, team-taught, Spring semester, ~10 students/semester)

Postdoctoral Fellow, 2009-2012

Obesity and Metabolism Laboratory, HNRCA* at Tufts University, Boston, MA

Principal Investigator: Andrew Greenberg, M.D.

Research Focus: *Effects of Ovariectomy and Estrogen Signaling on Adipocyte Inflammation and Metabolism*

Pre-doctoral Fellowship, 2004-2009

NIH/NIDDK T32 (DK-59802: *Inflammation and Nutritional Dysfunction*)

Exercise Immunology Laboratory, University of Illinois at Urbana-Champaign, Urbana, IL

Principal Investigator: Jeffrey A. Woods, Ph.D.

Graduate Teaching/Research Assistant, 2001-2004

Center for Health Enhancement, Department of Nutrition, University of New Hampshire, Durham, NH

Principal Investigator: Anthony Tagliaferro, Ph.D.

RESEARCH ACTIVITIES

Grant Funding

Grants Submitted: Pending Decision

2019, NIH P01

Title: *MU Center for Botanical-Induced Resiliency in Human Health*

Role: Co-Investigator

Submitted, April 2019

2019, NIH R01

Title: *Can physical activity rescue sleep restriction-induced insulin resistance: role of adipose tissue?*

Role: Co-Principal Investigator (MPI agreement with J Kanaley)

Submitted, June 2019

2019, NIH R01

Title: Targeting estrogen receptor beta to improve adipocyte function and metabolic health

Role: Principal Investigator

Submitted, July 2019

2019, NIH R01ES030630 (04/01/2019-03/31/2024)

Title: *Endocrine disruption of Esr1-dopamine signaling in the nucleus accumbens and offspring physical activity*

Role: Co-Principal Investigator (MPI agreement with CR Rosenfeld)

Grants Completed

2017, **Flynn Faculty Scholar Award, Department of Nutrition & Exercise Physiology** (06/1/2017)

\$6,700 TDC, 06/1/2017-07/31/2018 2017, **MU Research Council** (01/17/2017)

Role of ER alpha in Protective Effects of Soy in Adipose Tissue, \$10,000 TDC, 05/1/2017– 05/1/2018

2017, **MU Office of Research, Graduate Studies, and Economic Development** (10/24/17)

Effects of aromatase ablation in mice on sex-specific differences in cognitive and metabolic health, \$10,000
TDC, 12/1/2017-12/1/2018

2016, MU Seeding Interdisciplinary Research Collaborations (SIRC) Research Grant \$1,500, 12/15/15-12/15/16

Title: An Interdisciplinary Collaboration to Identify Relationships Between Pregnant Mothers' Metabolic Health and Postnatal Metabolic Outcomes

Role: Principal Investigator

2016 MU Corporate Advisory Board Student Research Grant, \$4,000, 2/1/16 – 9/1/16

Title: Estrogen receptor alpha-mediated effects of soy on adipose tissue of ovariectomized female mice

Role: mentor (Principal Investigator, Terese Zidon, doctoral candidate)

2016 MU Corporate Advisory Board Student Research Grant, \$4,000, 2/1/16 – 9/1/16

Title: Effects of Fibroblast Growth Factor 21 Ablation and Exercise on Adipose Tissue Inflammation and Mitochondrial Content

Role: mentor (Principal Investigator, Jay Porter, graduate student)

2015, MU READ Small Grants Program, \$10,000, 05/01/15-05/01/16

Title: Pathological mechanisms of sympathetic-mediated cerebrovascular vasoconstriction as a function of menopause in heart failure with preserved ejection fraction

Role: Co-I (Principal Investigator, Dylan Oliver)

2015, MU Richard Wallace Faculty Incentive Grant \$3,000, 12/1/14 – 12/1/15

Title: Effect of Uncoupling Protein 1 in the Sexual Dimorphism of Metabolic Response to High Fat Diet,

Role: Principal Investigator

2015, MU Research Council Grant \$10,000, 7/1/16 – 11/1/16

Title: Effect of Uncoupling Protein 1 on Ovariectomy-Associated Metabolic Dysfunction

Role: Principal Investigator

2014, MU Research Board Grant \$37,000, 9/24/14 – 9/24/15

Title: Fat Depot-Specific Effects of Physical Activity in Obese Juvenile Rats

Role: Principal Investigator

2014, NIH MU Botanical Research Center Pilot Project (MU-CBIS) Grant, \$46,000, 5/1/14 – 10/31/15

Title: Effect of Dietary Soy Extracts on Adipose Tissue Metabolic Phenotype in Ovariectomized Rats

Role: Principal Investigator

2014, MU Catalyst Fund Grant, \$3,000, 7/1/14 – 7/1/15

Title: Elucidating the link between obesity and vascular insulin resistance

Role: Co-Investigator (PI, Jaume Padilla)

2013, MU Research Council Grant, \$7,500, 4/1/13 – 4/1/14

Title: Effect of Aerobic Fitness on Adipose Tissue Inflammation in Rats

Role: Principal Investigator

2012, **MU Seeding Interdisciplinary Research Collaborations (SIRC) Research Grant** \$1,500, 12/15/12-12/15/13

Title: *An Interdisciplinary Collaboration to Explore Relationships Between Maternal Vitamin D Intake, Metabolic Function, and the Gut Microbiome*

Role: Principal Investigator

2005, **ACSM Student Research Grant**, \$5,000

Title: *Effect of Exercise Training on Inflammatory Status in Obese Mice**

Role: Principal Investigator

*Ranked #1 among all student grants in 2005

2004-2007 **NIH/NIDDK T32 (DK-59802) Pre-doctoral Fellowship**

Title: *Inflammation and Nutritional Dysfunction*, University of Illinois at Urbana-Champaign

Role: Predoctoral Trainee

Grants In Preparation

2020, **NIH R01**

Title: *Role of ERbeta in Regulating Adipocyte Mitochondrial Activity: Implications for Improving Metabolism*

Role: Principal Investigator

New

2020, **NIH R01**

Title: *Estrogen loss reduces motivated physical activity via reduction of dopamine synthesis in the nucleus accumbens brain region: Implications for postmenopausal metabolic dysfunction*

Role: Principal Investigator

New

Grants Submitted: Reviewed/Not Funded

2013, **NIH R01** (10/2013)

Title: *Microcirculatory Adaptation: Role in Healthy Adipose Tissue Phenotype in Obesity*

Role: Co-Investigator (PI, MH Laughlin)

2014, **AHA Scientist Development Grant** (07/2014)

Title: *Role of fitness and adipose tissue phenotype on OVX-associated metabolic dysfunction*, \$308,000

Role: Principal Investigator

2015, **ADA Junior Faculty Development Grant** (02/2015)

Title: *Effect of phytoestrogens on adipose tissue immunometabolism of female rats*, \$552,000

Role: Principal Investigator

2015, **AHA Scientist Development Grant** (07/2015)

Title: *Effects of OVX and phytoestrogens on perivascular adipose tissue immunometabolism*, \$308,000

Role: Principal Investigator

2015, **NIH R01** (06/2015)

Title: *Effect of gestational diabetes on offspring metabolic features*

Role: Co-Investigator (PI, LC Schulz)

2016, **AHA Grant-In-Aid (DuPont)** (02/2016)

Title: *Soy-mediated reduction in arterial stiffness: Role of PVAT*, \$275,000

Role: Principal Investigator

2016, **NIH R01** (03/2016)

Title: *Estrogen deficiency and mechanisms of fat accumulation*

Role: Consultant for adipose tissue expts (PIs, WM Kohrt and EL Melanson)

2016, **NIH U01** (03/2016)

Title: *Proposal for Common Fund Research Site, MU Swine Exercise Training (SET) Core*, \$2,864,821 TDC, 9/1/16-8/31/22

Role: Co-Investigator (PIs, DK Bowles and MH Laughlin)

Impact Score = 24 (7/2016)

2016, **NIH U01** (03/2016)

Title: *Common Fund Research Proposal, Acute and chronic molecular transducers to endurance/resistant physical training*, 9/1/16-8/31/22

Role: Consultant for adipose tissue expts (PI, Frank Booth)

2016, **NIH K01** (06/2016)

Title: *ER alpha-Mediated Effects of Soy on Adipose Tissue Insulin Sensitivity and Inflammation: Implications for Vascular Health*, \$554,000 TDC, 04/1/17-04/1/21

Role: Principal Investigator

Impact Score = 50 (11/2016)

2017, **NIH R21** (08/2017)

Title: *Effects of Developmental Exposure to Bisphenol A and a High Fat Diet on Voluntary Physical Activity and Metabolic Disorders*, \$275,000 TDC, 04/1/17-04/1/19

Role: Co-Principal Investigator (PI, Cheryl Rosenfeld)

Impact Score = 40; Percentile = 35 (10/2016)

Submitted as new proposal; Not funded

2017, **NIH R21** (03/2017)

Title: *Role of Uncoupling Protein 1 (UCP-1) in Protection Against Adipose Tissue Inflammation in Female Mice*, \$275,000 TDC, 10/1/17-09/30/19

Role: Principal Investigator

Impact Score = 38; Percentile = 28 (10/2016)

Resubmitted; Not funded

2017, **ADA Junior Faculty Development Award** (04/2017)

Title: *Effects of phytoestrogens on adipose tissue immunometabolism in female rats*, \$552,000

Role: Principal Investigator

Resubmitted; Not funded

2017, **NIH 1 R01DK116863** (06/2017)

Title: *Interactions Between Estrogen Signaling and Exercise on Adipocyte Health*

Role: Principal Investigator

First submission; Not funded

2017, **Mizzou Advantage Interdisciplinary Research Grant** (08/2017)

Title: *Obesity and Metabolic Disorders: An interdisciplinary collaboration to identify relationships between estrogen signaling and adipose tissue immunometabolism in women and transgenic mice*, \$50,000 TDC.

Role: Principal Investigator

Preliminary proposal accepted; Full proposal not funded

2018, **NIH 1 R01 DK119700-01** (02/2018)

Title: *Estrogen receptor-mediated effects of phytoestrogens on adipose tissue immunometabolism*, \$1,250,000 TDC.

Role: Principal Investigator

First submission; Not funded

2018, **NIH 1 R01 DK120981-01** (06/2018)

Title: *Targeting estrogen receptor beta and UCP-1 to improve adipocyte function and metabolic health*, \$1,926,786 TDC.

Role: Principal Investigator

First submission; Not funded

2018, **NIH 1 R01 ES030630-01** (08/2018)

Title: *Endocrine Disruption of Estrogen Receptor 1-Dopamine Signaling in the Nucleus Accumbens and Offspring Physical Activity*, \$2,291,069 TDC.

Role: Co-Principal Investigator (PI, Cheryl Rosenfeld)

2019, **MU Research Council** (1/2019)

Title: *Sex-specific role of aromatase on physical activity and energy expenditure: Possible role of dopamine signaling in the nucleus accumbens*, \$12,500

Role: Principal Investigator

Re-submission; Not funded

Awards and Distinctions

2017, **Flynn Faculty Scholar**, MU Department of Nutrition and Exercise Physiology

2016, **Invited Faculty Scholar**, National Taiwan Sport University, \$NT18900 (US \$600)

2015, **American Physiological Society (APS) Invited Speaker Travel Grant**, \$1500

2011, **American Society of Nutrition (ASN) Energy and Macronutrient RIG Student/Postdoc Abstract Competition Award**, \$500

2010, **ASN NSC Travel Award**, \$800

2009, **ASN Student Interest Group Travel Award**, \$250

2008, **Psychoneuroimmunology Research Society (PNIRS) Trainee Travel Award**,

Psychoneuroimmunology Research Society, \$1,500

2007-2009, **Margin of Excellence Awards**, UIUC Division of Nutritional Sciences, \$1,100

2006, **Margin of Excellence Research Award**, University of Illinois Division of Nutritional Sciences, \$500

2006 and 2009, **UIUC Nutrition Symposium Oral Presentation Winner**, \$250

2003 and 2003, **Graduate Student Travel Grants**, University of New Hampshire, Durham, NH

Professional Honors

2019, **Award for Excellence in Research Creativity**, College of HES, University of Missouri

2018, **Invited Chair**, The Obesity Society Annual Meeting

Session: *Adipose Biology in the Development and Treatment of Obesity*

2017, **NIH Early Career Reviewer**, Molecular and Cellular Endocrinology (MCE) Study Section

2017, **Invited Chair***, The Obesity Society Annual Meeting

Session: *Moving Forward With Bioenergetics of Menopause*

**Forced to decline due to maternity leave*

2015, **Recognition as “Outstanding Reviewer,”** *NRC Research Press*

2015-2017, **American Society for Nutrition (ASN) RIS Chair**

Selected to chair ASN’s largest Research Interest Section, *Energy and Macronutrient Metabolism (EMM)*, which serves 1,603 members. EMM members research the function and metabolism of major energy yielding substrates, amino acids and proteins. Chair responsibilities include, but are not limited to: coordinating efforts around annual meeting programming including submission of recommendations for mini-symposium chairs, ensuring fiscal integrity of the EMM-RIS, reporting on EMM-RIS activities as part of the quarterly ASN *Nutrition Notes* newsletter, submitting annual reports, and leading the annual business meeting. The term for Chair is one year; duties begin one year prior to term (i.e., incoming Chair) and extend for one year following (i.e., Past-Chair).

2013, **Maxine Seabaugh Schade Faculty Scholar Award**

Awarded through the College of Human Environmental Sciences at the University of Missouri, Columbia, MO

2008, **David H. Baker Nutrition Scholar Award**

Awarded to one graduate student annually for excellence in research, originality and creativity

University of Illinois at Urbana-Champaign, Urbana IL

2004-2005, **The Chancellor’s List**

Highest academic honor for graduate students

2002-2003, **Summer TA Fellowship**

University of New Hampshire, Durham, NH

1997-2001 **Balfour Scholarship**

Highest academic award offered to the top 5% of incoming classes at Wheaton College. Maintenance of award was dependent on continued academic excellence.

Media Coverage

“To Keep Obesity at Bay, Exercise May Trump Diet,” *New York Times* Well column

By Gretchen Reynolds

May 4, 2016

Live radio interview with caller Q&A based on findings comparing metabolic and gut-related effects of

exercise and diet, *Academic Minute* (<http://www.academicminute.org>), WAMC Northeast Public Radio,

Albany, New York

June 2016

“Menopause Can Affect Your Motivation To Stay Active,” *NBC National News*

September 2016

“Exercise Can Prevent Disease, Weight Gain in Menopausal Women,” *University of Missouri News Bureau*
press release*

November, 2016

*31 national and international placements based on press release, including: *Asian News International, The Siasat Daily, Tribune India, MedIndia, Science Daily, Medical Express, Yahoo! News* and >723 shares on social media; estimated visibility: >164 million people.

“The Brain and Muscle May Predispose Older Women to Be Less Active,” *Voice of America News Science & Health* video segment
March 30, 2017

“Soy Diets Might Increase Women’s Bone Strength,” *Science Daily*
October 2018

“Soy Protein Might Counter Negative Effects of Menopause on Bone Health,” *Newsweek*
October 27, 2018

Manuscripts Under Review *Graduate and undergraduate students mentored by Vieira-Potter are in italics.*

1. Nguyen N, **Vieira-Potter VJ**, Shulz L, Lubahn D, Folk, W: “Sutherlandia frutescens consumption mitigates hepatic steatosis in male Wistar rats fed a high-fat diet by increasing expression of genes involved in fatty acid oxidation.” *J Ethnopharmacology*.
2. *Zidon TM*, Padilla J, Fritsche KL, *Welly RJ, McCabe LT, Stricklin OE*, Frank A, Park YM, Clegg DJ, Lubahn DB, Kanaley JA, **Vieira-Potter VJ**: “Effects of ERbeta and ERalpha on metabolic adaptations following ovariectomy in aged mice.” *J Endocrinology* 2019, revising.
3. *Shay DA*, Welly RJ, Givan SA, Bivens N, Kanaley JA, Marshall BL, Lubahn DB, Rosenfeld CS, **Vieira-Potter VJ**: “Changes in nucleus accumbens gene expression accompany sex-specific suppression of spontaneous physical activity in aromatase knockout mice.” *Hormones and Behavior* 2019.

Manuscripts In Preparation *Graduate and undergraduate students mentored by Vieira-Potter are in italics.*

1. *Queathem ED, Welly RJ, Rowles CC, Clart L, Eichen PA, Jackson T, Roth H*, Padilla J, Fritsche KL, Rector RS, Lubahn DB, **Vieira-Potter VJ**: “Loss of Estrogen Receptor Beta DNA Binding Domain Increases Beta 3 Adrenergic Activation-Induced Mitochondrial Activity in Adipocytes.”

Publications *Graduate and undergraduate students mentored by Dr. Vieira-Potter are in italics.*

70. Jurrissen TJ, Grunewald ZI, Woodford ML, Winn NC, Ball JR, Smith TN, Wheeler AA, Rawlings AL, Staveley-O’Carroll KF, Ji Y, Fay WP, Paradis P, Schiffrin EL, **Vieira-Potter VJ**, Fadel PJ, Martinez-Lemus LA, Padilla J: “Overproduction of endothelin-1 impairs glucose tolerance but does not promote visceral adipose tissue inflammation or limit metabolic adaptations to exercise.” *AJP Endocrinology & Metabolism* 2019. PMID:31310581

69. Lee JR, Tapia MA, Weise VN, Bathe EL, **Vieira-Potter VJ**, Booth FW, Will MJ: “Voluntary wheel running effects on intra-accumbens opioid driven diet preferences in male and female rats.” *Neuropharmacology* 2019 Sep 1;155:22-30. PMID: 31100290

68. Winn NC, Acin-Perez R, Woodford ML, Hansen SA, Haney MM, Ayedun LA, Rector RS, **Vieira-Potter VJ**, Shirihaï OS, Sacks HS, Kanaley JA, Padilla J: “A Thermogenic-Like Brown Adipose Tissue Phenotype Is Dispensable for Enhanced Glucose Tolerance in Female Mice.” *Diabetes* 2019 Sep 1;317(3):E548-558. PMID: 30862679

67. *Clooney SL*, Welly RJ, *Shay DA*, Woodford ML, Fritsche KL, Rector RS, Padilla J, Lubahn DB, **Vieira-Potter, VJ**: “Beta 3 adrenergic receptor activation rescues metabolic dysfunction in female estrogen receptor alpha-null mice.” *Frontiers in Physiology*, 2019. PMID: 30804793

66. Winn NC, Jurrissen TJ, Lin GS, Gastecki ML, Dirkes RK, Hinton PS, Lubahn DB, Manrique-Acevedo C, **Vieira-Potter VJ**, Padilla J: “Estrogen receptor alpha signaling maintains metabolic function in males and is

obligatory for exercise-induced amelioration of fatty liver.” *AJP Endocrinology & Metabolism* 2018 Dec 4. PMID: 30512987

65. **Vieira-Potter VJ**, Cross TL, Swanson KS, Sarma SJ, Lei Z, Sumner LW, Rosenfeld CS: “Soy-Induced Fecal Metabolome Changes in Ovariectomized and Intact Female Rats: Relationship with Cardiometabolic Health,” *Scientific Reports*, 2018 Nov 15;8(1):16896. PMID: 30442926

64. Lee JR, Tapia M, **Vieira-Potter VJ**, Booth F, Will M: “Sex Dependent Effects of Physical Activity on Diet Preference in Rats Selectively Bred for High or Low Levels of Voluntary Wheel Running,” *Behavioral Brain Research* 2019 Feb 1;359:95-103. PMID: 30392852

63. *Shay DA*, **Vieira-Potter VJ**, Rosenfeld CS: “Sexually dimorphic differences in aromatase regulation in neurophysiology.” Invited review article, *Journal of Neuroendocrinology*, 2018. PMID: 30374289

62. Rosenfeld CS, *Shay DA*, and **Vieira-Potter VJ**: “Aromatase Inhibition and Cognitive Impairments in Animals and Humans,” *Hormones and Behavior*, 2018. PMID: 30386297

61. *Clooney SL*, *Welly RJ*, *Zidon TM*, Gastecki ML, Grunewalk ZI, Winn NC, Karasseva NG, Sacks HS, Padilla J, **Vieira-Potter VJ**: “UCP1-null mice display increased susceptibility to ovariectomy-associated metabolic dysfunction.” *J Endocrinology* 2018. PMID: 30089681

60. Hinton PS, Ortinau LC, Dirkes RK, Shaw EL, Richard MW, *Zidon TZ*, Britton SL, Koch LG, **Vieira-Potter VJ**: “Soy protein improves tibial whole-bone and tissue-level biomechanical properties in ovariectomized and ovary-intact, low-fit female rats.” *Bone Reports*, May 18; 8:244-254, 2018. PMID: 29922706

59. Jurrissen TJ, Olver TD, Lin GS, Winn NC, Gastecki ML, *Welly RJ*, Grunewald ZI, Emter CA, **Vieira-Potter VJ**, Padilla J: “Endothelial dysfunction occurs independently of adipose tissue inflammation and insulin resistance in ovariectomized Yucatan Swine,” *Adipocyte* in press 2017.

58. Grunewalk ZI, Winn NC, Gastecki ML, Woodford ML, Ball JR, Hansen SA, Sacks HS, **Vieira-Potter VJ**, Padilla J: “Removal of interscapular brown adipose tissue increases aortic stiffness despite normal glucose metabolism in mice,” *AJP Reg* in press 2017.

57. *Zidon TM*, *Park YM*, *Welly RJ*, Woodford ML, Scroggins RJ, Britton SL, Koch LG, Padilla J, **Vieira-Potter VJ**: “Voluntary wheel running improves adipose tissue immunometabolism in ovariectomized low-fit rats,” *Adipocyte* in press 2017.

56. *Porter JW*, *Rowles III JL*, Fletcher JA, *Zidon TM*, Winn N, *McCabe LT*, *Park YM*, *Perfied JW*, *Thyfaut JP*, *Rector RS*, Padilla J, **Vieira-Potter VJ**: “Exercise normalizes dysfunctional adipose tissue phenotype in FGF21-null mice.” *Journal of Endocrinology* in press 2017.

55. Ruesegger GN, Grigsby KB, Kelty TJ, *Zidon TM*, Childs TE, **Vieira-Potter VJ**, Klinkebiel DL, Matheny M, Scarpace PJ, Booth FW: “Maternal Western diet age-specifically alters female offspring voluntary physical activity and dopamine- and leptin-related gene expression,” *FASEB J* 2017.

54. Liu TW, *Zidon TM*, *Welly RJ*, *Park YM*, Britton SL, Koch LG, Rottinghaus GE, Cattai de Godoy MR, Padilla J, Swanson KS, **Vieira-Potter VJ**: “Soy improves insulin sensitivity, adiposity, inflammation, and arterial stiffness and alters cecal microbiota of ovariectomized rats bred for low aerobic capacity.” *Scientific Reports* in press 2017.

53. Lee J, Muckerman JE, Wright AM, Davis DJ, Childs TE, Gillespie CE, **Vieira-Potter VJ**, Booth FW, Ericsson AC, Will MJ: “Sex determines effect of physical activity on diet preference: Association of striatal opioids and gut microbiota composition,” *Behavioral Brain Research* 2017.
52. Winn NC, Grunewald ZI, Gastecki ML, Woodford ML, *Welly RJ, Clookey SL*, Ball JB, Gains TL, Karasseva NG, Kanaley JA, Sacks HS, **Vieira-Potter VJ**, Padilla J: “Deletion of UCP1 enhances ex vivo aortic vasomotor function in female but not male mice despite similar susceptibility to metabolic dysfunction,” *AJP Endocrinology and Metabolism* in press 2017.
51. Manrique-Acevedo C, Ramirez-Perex, Padilla J, **Vieira-Potter VJ**, Annaya AR, Barron BJ, Chen D, Haertling D, Declue C, Sowers JR, Martinez-Lemus LA: “Absence of endothelial estrogen receptor alpha results in arterial remodeling without enhanced stiffness in Western diet-fed male mice.” *Endocrinology*, 158(6):1875-1885, 2017. PMID: 28430983
50. Clegg D, Hevener AL, Moreau K, Morselli E, Van Pelt R, **Vieira-Potter VJ**: “Sex and metabolism: Role of estrogen and estrogen receptors in cardiometabolic health.” *Endocrinology* Feb. 2017. PMID: 28323912
49. Belenchia AM, Jones KL, Will M, Beversdorf, **Vieira-Potter VJ**, Rosenfeld CS, Peterson CA: “Maternal vitamin D deficiency during pregnancy affects expression of adipogenic-regulating genes peroxisome-proliferator activated receptor-gamma (PPAR γ) and vitamin D receptor (VDR) in lean male offspring mice.” *European Journal of Nutrition* Dec. 21 2016. PMID: 28004271
48. Winn NC, **Vieira-Potter VJ**, Gastecki ML, *Welly RJ*, Scroggins RJ, Zidon TM, Gains TL, Woodford ML, Karasseva NG, Kanaley JA, Sacks HS, Padilla J, “Loss of UCP-1 causes glycemic dysregulation independent of changes in body weight in female mice.” *Am J Physiol Regul Integr Comp Physiol*, 312(1)R74-R84, 2016. PMID: 27881400
47. Park YM, Padilla J, Kanaley JA, Zidon T, *Welly RJ*, Britton SL, Koch LG, Thyfault JP, Booth FW, **Vieira-Potter VJ**: “Voluntary running attenuates metabolic dysfunction in ovariectomized low fit rats.” *MSSE*, 49(2):254-264, 2017. PMID: 27669449
46. Ringling RE, Gastecki ML, Woodford, ML, Lum-Naihe KJ, Grant RW, Pulakat L, **Vieira-Potter VJ**, Padilla J: “Loss of NLRP3 does not protect mice from Western diet-induced adipose tissue inflammation and glucose intolerance.” *PLOS One*, 11(9):e0161939, 2016. PMID: 27583382
45. Johnson SA, Javurek AM, Painter MS, Murphy CR, Conard CM, Gant KL, Howald EC, Ellersick MR, Felder MR Wiedmeyer CE, Thyfault JP, **Vieira-Potter VJ**, Rosenfeld CS: “Effects of maternal high fat diet on offspring behavioral and metabolic parameters in a rodent model.” *J Dev Orig Health Dis*, 8(1):75-88, 2017. PMID: 27609493
44. Park YM, Kanaley JA, Padilla J, Zidon T, *Welly RJ*, Will MJ, Britton SL, Koch LG, Ruegsegger GN, Booth FW, Thyfault JP, **Vieira-Potter VJ**: “Effects of intrinsic aerobic capacity and ovariectomy on voluntary wheel running and nucleus accumbens dopamine signaling.” *Physiology & Behavior*, 164(Pt A):383-9, 2016. PMID: 27297873
43. *Welly RJ*, Liu TW, Zidon TM, Rowless III JL, Park YM, Smith TN, Swanson KS, Padilla J, **Vieira-Potter VJ**: “Comparison of diet vs. exercise on metabolic function and gut microbiota in obese rats.” *MSSE*, 48(9):1688-98, 2016. PMID: 27128671

42. Linden MA, Sheldon RD, Meers GM, Ortinau LC, Morris EM, Booth FW, Kanaley JA, **Vieira-Potter VJ**, Sowers JR, Ibdah JA, Thyfault JP, Laughlin MH, Rector RS: “Aerobic exercise training in the treatment of NAFLD related fibrosis.” *J Physiol*, 594(18):5271-84, 2016. PMID: 27104887
41. Jurrissen TJ, Sheldon RD, Gastecki ML, Woodford ML, *Zidon TM*, Rector RS, **Vieira-Potter VJ**, Padilla J: “Ablation of eNOS does not promote adipose tissue inflammation.” *Am J Physiol Regul Integr Comp Physiol*, 310(8):R744-51, 2016. PMID: 26864812
40. **Vieira-Potter VJ**: “Response to ‘Perivascular adipose tissue and inflammation,’” *Obesity (Silver Spring)*, 24(3):548, 2016. PMID: 26854016
39. *Park YM*, Kanaley JA, *Zidon TM*, *Welly JA*, Scroggins RJ, Britton SL, Koch LG, Thyfault JP, Booth FW, Padilla J, **Vieira-Potter VJ**: “Ovariectomized high fit rats are protected against diet induced insulin resistance.” *MSSE*, 48(7):1259-69, 2016. PMID: 26885638
38. *Park YM*, Rector RS, Thyfault JP, *Zidon TM*, Padilla J, *Welly RJ*, Meers GM, Morris ME, Britton SL, Koch LG, Booth FW, Kanaley JA, **Vieira-Potter VJ**: “Effects of ovariectomy and intrinsic aerobic capacity on tissue-specific insulin sensitivity.” *Am J Physiol Endocrinol Metab*, 310(3):E190-9, 2015. PMID: 26646101
37. Liu TW, Heden TD, Morris EM, Fritsche KL, **Vieira-Potter VJ**, Thyfault JP: “High-fat diet alters serum fatty acid profiles in obesity Prone rat: Implications for in vitro studies.” *Lipids*, 50(10):997-1008, 2015. PMID: 26318121
36. Wainright KS, Fleming NJ, Rowles JL, *Welly RJ*, *Zidon T*, *Park YM*, Gains TL, Scroggins RJ, Anderson-Baucum K, Hasty AM, **Vieira-Potter VJ**, Padilla J: “Retention of sedentary obese visceral white adipose tissue phenotype with intermittent physical activity despite reduced adiposity.” *Amer J Physiology, Regulatory, Comparative and Integrative Physiology*, 309(5):R594-602, 2015. PMID: 26180183
35. **Vieira-Potter VJ**, Lee S, Bayles DS, Scroggins RJ, Welly RJ, Fleming NJ, Smith TN, Meers GM, Hill MA, Rector RS, Padilla J: “Disconnect between adipose tissue inflammation and cardiometabolic dysfunction in Ossabaw Pigs.” *Obesity*, Jul; 3(7), 2015. PMID: 26524201
34. Liu TW, *Park YM*, Holscher HD, Padilla J, Scroggins R, *Welly R*, Britton SL, Koch LG, Swanson KS, **Vieira-Potter VJ**: “Physical activity differentially affects the cecal microbiome of rats selectively bred for high and low aerobic capacity.” *PLOS One*, 10(8), 2015. PMID: 26318121
33. Crissey JM, Padilla J, **Vieira-Potter VJ**, Thorne PK, Koch LG, Britton SL, Thyfault JP, Laughlin MH: “Divergent role of nitric oxide in insulin-stimulated aortic vasorelaxation between low and high intrinsic aerobic capacity rats.” *Physiological Reports*, 3(7):e12459, 2015. PMID: 26197933
32. Padilla J, **Vieira-Potter VJ**, Guanhon G, Sowers J: “Role of perivascular adipose tissue on vascular ROS in type 2 diabetes: A “give and take” relationship,” *Diabetes*, 12(3):412-5426, 2015. PMID: 25999534
31. **Vieira-Potter VJ**, Padilla J, *Park YM*, *Welly RJ*, Scroggins RJ, Britton SL, Koch LG, Jenkins N, Crissey J, *Zidon T*, Morris EM, Meers GM, Thyfault JP: “Female rats selectively bred for high intrinsic aerobic fitness are protected from ovariectomy-associated metabolic dysfunction.” *Amer J Physiology, Regulatory, Comparative and Integrative Physiology*, 308(6):R530-542, 2015. PMID: 25608751

30. Leckie RL, Oberlin LE, Voss MW, Prakash RS, Szabo-Reed A, Chaddock-Heyman L, Phillips SM, Gothe NP, Mailey E, **Vieira-Potter VJ**, Martin SA, Pence BD, Lin M, Parasuraman R, Greenwood PM, Fryxell KJ, Woods JA, McAuley E, Kramer AF, Erickson KI: "BDNF mediates improvements in executive function following a 1-year exercise intervention." *Frontiers in Human Neuroscience*; 8:985, 2014. PMID: 25566019
29. Crissey J, Jenkins N, Duncan K, Thorne P, Bayless D, **Vieira-Potter VJ**, Rector RS, Thyfault JP, Laughlin M, Padilla J: "Adipose tissue and vascular phenotypic modulation by voluntary physical activity and dietary restriction in obese insulin resistant OLETF rats." *Amer J Physiology*, 306(8):R596-606, 2014. PMID: 24523340
28. Padilla, J, Jenkins NT, **Vieira-Potter VJ**, Laughlin MH: "Divergent phenotype of rat thoracic and abdominal perivascular adipose tissues." *Amer J Physiology, Regulatory, Comparative and Integrative Physiology*, 304(7):R543-552, 2013. PMID: 23389108
27. Baynard T, **Vieira-Potter VJ**, Valentine RJ, Woods JA: "Exercise training effects on inflammatory gene expression in white adipose tissue of young mice." *Mediators of Inflammation*, Dec 24: 767953, 2012. PMID: 23319832
26. Voss MW, Erikson KI, Prakash RS, Chaddock L, Kim JS, Alves H, Szabo A, White SM, Wojcicki TR, Mailey EL, Olson EA, Gothe N, **Vieira-Potter VJ**, Martin SA, Pence BD, Cook MD, Woods JA, McAuley E, Kramer AF: "Neurobiological markers of exercise-related brain plasticity in older adults." *Brain Behav Immun*, 28:90-99, 2012. PMID: 23123199
25. **Vieira-Potter VJ**, Strissel K, Chang E, Xie C, Bennett G, Defuria J, Obin M, Greenberg A: "Adipose tissue inflammation and reduced insulin sensitivity in ovariectomized mice occurs in the absence of increased adiposity." *Endocrinology*, 153(9):4266-4277, 2012. PMID: 22778213
24. Pence BD, Lowder TW, Keylock KT, **Vieira-Potter VJ**, Cook MD, McAuley E, Woods JA: "Relationship between systemic inflammation and delayed-type hypersensitivity response to Candida antigen in older adults." *PLoS One*, 7(5):e36403, 2012. PMID: 22567155
23. Wang J, Song, H, Tang X, Yang Y, **Vieira VJ**, Niu Y, Ma Y: "Effect of exercise training intensity on murine T-regulatory cells and vaccination response." *Scand J Med Sci Sports*, 22(5):643-652, 2012. PMID: 21410542
22. Erickson KI, Voss MW, Prakash RS, Basak C, Szabo A, Chaddock L, Kim JS, Heo S, Alves H, White SM, Wojcicki TR, Mailey E, **Vieira VJ**, Martin SA, Pence BD, Woods JA, McAuley E, Kramer AF: "Exercise training increases size of hippocampus and improves memory." *PNAS*, 108(7):3017-3022, 2011. PMID: 21282661
21. Erikson K, Prakash R, Voss M, Chaddock L, Heo S, McLaren M, Pence B, Martin S, **Vieira VJ**, Woods JA, Kramer A: "BDNF is associated with age-related decline in hippocampal volume." *The Journal of Neuroscience*, 30(15):5368-5375, 2010. PMID: 20392958
20. Woods JA, Keylock KT, Lowder T, **Vieira VJ**, Zelkovich W, Dumich S, Colantuano K, Lyons K, Leifeit K, Cook M, Chapman-Novakofski K, McAuley E: "Cardiovascular exercise training extends influenza vaccine seroprotection in sedentary older adults: the immune function intervention trial." *J Amer Geriatr Society*, 57(12):2183-91, 2009. PMID: 20121985

19. **Vieira, VJ**, Valentine RJ: “Mitochondrial biogenesis in adipose tissue: Can exercise make fat cells ‘fit’?” *The Journal of Physiology*, 587(Pt 14):3427-3428, 2009. PMID: 19602637
18. **Vieira VJ**, Valentine RJ, Woods JA: “Effects of low-fat diet and exercise training on epididymal adipose tissue gene expression in Balb/c mice chronically fed a high-fat diet.” *Cytokine*, 46(3):339-45, 2009. PMID: 19362852
17. **Vieira VJ**, Valentine RJ, Wilund KR, *Antao N*, Baynard T, Woods JA: “Effects of exercise and low-fat diet on adipose tissue inflammation and metabolic complications in obese mice.” *Amer J Physiology, Endocrinology and Metabolism*, 96(5):E1164-71, 2009. PMID: 19276393
16. Heffernan KS, Woods JA, Wilund KR, **Vieira VJ**, Jae SY, Fernhall B: “C-reactive protein and cardiac vagal activity following resistance exercise training in young African American and white men.” *Amer J Physiology, Regulatory, Integrative and Comparative Physiology*, 296(4):R1098-105, 2009. PMID: 19193941
15. **Vieira VJ**, Hu L, Valentine RJ, McAuley E, Evans E, Baynard T, Woods JA: “Reduction in trunk fat predicts cardiovascular exercise training-related reductions in C-reactive protein.” *Brain, Behavior, and Immunity*, 23(4):485-91, 2009. PMID: 19486651
14. Heffernan KS, Karas RH, Kuvin JT, Jae SY, **Vieira VJ**, and Fernhall B: “Carotid artery stiffness, high-density lipoprotein cholesterol and inflammation in men with pre-hypertension.” *J Human Hypertension*, 23(9):590-6, 2009. PMID: 19225528
13. Valentine RJ, **Vieira VJ**, Woods JA, Evans EM: “Stronger relationship between central adiposity and C-reactive protein in older women than men.” *Menopause*, 16(1):84-9, 2009. PMID: 18791482
12. Valentine RJ, McAuley E, **Vieira VJ**, Baynard T, Hu L, Evans EM, Woods JA: “Sex differences in the relationship between obesity, C-reactive protein, physical activity, depression, sleep quality and fatigue in older adults.” *Brain, Behavior and Immunity*, 23(5):643-8, 2008. PMID: 18325977
11. Heffernan KS, **Vieira VJ**, Valentine RJ: “Microvascular function and aging: L-arginine, tetrahydrobiopterin and the search for the fountain of vascular youth.” *The Journal of Physiology*, 586(8): 2041-2, 2008. PMID: 18325977
10. Grant RW, Mariani RA, **Vieira VJ**, Fleshner M, Smith T, Keylock KT, Lowder T, McAuley E, Chapman-Novakofski K, Woods JA: “Cardiovascular exercise intervention improves the primary antibody response to keyhole limpet hemocyanin (KLH) in previously sedentary older adults.” *Brain, Behavior and Immunity*, 22(6): 923-32, 2008. PMID: 18295445
9. Keylock KT, **Vieira VJ**, Wallig M, DiPietro L, Schrementi M, Woods JA: “Exercise accelerates subcutaneous wound healing and decreases wound inflammation in aged mice.” *Amer J Physiology, Regulatory, Integrative, and Comparative Physiology*, 294(1): R179-84, 2007. PMID: 18003791
8. **Vieira VJ**, Valentine RJ, McAuley E, Evans EM, Woods JA: “Independent relationship between heart rate recovery and CRP in older adults.” *J American Geriatrics Society*, 55:747-751, 2007. PMID: 17493195
7. **Vieira VJ**, Ronan AM, Windt MR, Tagliaferro AR: “Elevated atopy in healthy obese women.” *Amer J Clin Nutr*, 82(3):504-9, 2005. PMID: 16155260

Review Articles

7. Bracht JR, **Vieira-Potter VJ**, De Souza Santos R, Oz OK, Palmer BF, Clegg DJ: “The role of estrogens in the adipose tissue milieu.” *Annals of the National Academy of Sciences* 2019.
6. **Vieira-Potter VJ**, Karamichos D, Lee D: “Ocular complications of diabetes and therapeutic approaches,” *Biomed Res Int.*, Mar. 2016. PMID: 27119078
5. **Vieira-Potter VJ**, Zidon TM, Padilla J: “Exercise (and Estrogen) make fat cells “fit”.” *ESSR*, 2015. PMID: 25906425
4. **Vieira-Potter VJ**: “Inflammation and macrophage modulation in adipose tissues.” *Cell Microbiol*, Oct;16(10):1484-92, 2014. PMID: 25073615
3. Park YM, Myers M, **Vieira-Potter VJ**: “Adipose tissue inflammation and related metabolic complications: Role of exercise.” *Missouri Medicine*, Jan-Feb;111(1):65-72, 2014. PMID: 24645302
2. **Vieira-Potter VJ**: “Eat your water for health, sport performance, and weight control.” *Amer J Lifestyle Medicine*, July-Aug 2011.
1. Woods JA, **Vieira VJ**, Keylock KT: “Exercise, inflammation, and innate immunity.” *Neurol Clin*, 24:585-599, 2006. PMID: 16877125

Book Chapters

3. Zidon TM and **Vieira-Potter VJ**, “Physical Activity, Exercise and Immune Function,” in *Primer of Psychoneuroimmunology Research*, 2016.
2. **Vieira-Potter VJ**, “Sex Hormones, Exercise and Adipose Tissue,” in *Sex Hormones, Exercise and Women: Scientific and Clinical Aspects*, 2017.
1. Huey K, **Vieira VJ**, Woods JA: “Heat Shock Proteins, Exercise, and Aging,” in *HSPs and Whole Body Physiology*, 2009.

Selected Abstracts (National and International Meeting Presentations)*

**among >40 published abstracts; Graduate and undergraduate students mentored by Vieira-Potter are in italics.*

Shay D, Hatzigeorgiou J, Givan S, Bivens N, Marshall B, Fritsche K, Lubahn DB, Rosenfeld CS, **Vieira-Potter VJ**: “Sex differences in NAc brain region gene networks associate with adiposity and physical activity.” TOS 2019. (oral presentation)

Rowles CC, Welly RJ, Clart L, Eichen PA, Jackson T, Queatem ED, Roth H, Padilla J, Fritsche KL, Rector RS, Lubahn DB, **Vieira-Potter VJ**: “Loss of Estrogen Receptor Beta DNA Binding Domain Increases Beta 3 Adrenergic Activation-Induced Mitochondrial Activity in Adipocytes.” ABRCSM 2019. (poster presentation)

Porter JW, Welly RJ, Spencer N, Pitt J, **Vieira-Potter VJ**, Kaneley FA: “Age, Sex, and Depot Differences in Adipose Tissue from Obese Subjects.” FASEB 2019. (poster presentation – student award)

Sarma SJ, **Vieira-Potter VJ**, Cross TW, Swanson KS, Lei Z, Sumner LS, Rosenfeld CS: “GC-MS profiling of soy-induced correlated changes in the fecal metabolome and gut microbiome of ovariectomized rats.” ASMS 2019. (poster presentation)

Miau J, Farrington MJ, Welly BJ, **Vieira-Potter VJ**, Rosenfeld CS, “Effects of Bisphenol A and bisphenol S exposure on metabolism and voluntary physical activity.” DoHAD 2018. (poster presentation)

Shay DA, Welly RJ, *Hatzigeorgiou JC*, Marshall B, Fritsche KL, Lubahn DB, Rosenfeld CS, **Vieira-Potter VJ**: “Sex specific role of aromatase on physical activity and age-associated decline in energy expenditure.” TOS 2018. (poster presentation)

Clooney SL, Welly RJ, *Shay DA*, Woodford M, Fritsche K, Rector RS, Padilla J, Lubahn D, **Vieira-Potter VJ**: “Two-Week Treatment with Selective 3 Adrenergic Agonist Restores Metabolic Function in ER-null Mice.” ASN 2018. (**oral presentation – student award**)

Dirkes RK, Winn NC, Jurrissen TJ, Lubahn DB, **Vieira-Potter VJ**, Padilla J, Hinton PS: “Estrogen Receptor-alpha Knockout Affects Femoral Cortical Geometry and Trabecular Microarchitecture, but not Osteocyte Sclerostin Expression, in Aged Male Mice.” ASBMR 2018.

Porter JW, *Rowles III JL*, Fletcher JA, *Zidon TM*, Winn NC, *McCabe L*, *Park YM*, Perfield JW, Thyfault JP, Rector RS, Padilla J, **Vieira-Potter VJ**: “Exercise Normalizes Dysfunctional Adipose Tissue Phenotype in FGF21-Null Mice.” ACSM 2017. (*poster presentation*)

Winn NC, Jurrissen TJ, Lin GS, Gastecki ML, *Welly RJ*, Lubahn DB, **Vieira-Potter VJ**, Padilla J: “Features of the metabolic syndrome in male mice with deficiency of estrogen receptor alpha.” FASEB 2017. (*poster presentation*)

McCabe LT, *Zidon TM*, *Welly RJ*, *Porter JW*, Winn NC, *Stricklin OE*, Gastecki ML, Lubahn DB, Padilla J, **Vieira-Potter VJ**: “Role of estrogen receptor alpha in protective effects of soy in adipose tissue Following Ovariectomy.” FASEB 2017. (*poster presentation*)

Ramirez-Perez FI, Manrique-Acevedo C, Padilla J, **Vieira-Potter VJ**, Annaya AR, Barron BJ, Chen D, Haertling D, Declue C, Sowers JR, Martinez-Lemus LA: “Absence of endothelial estrogen receptor alpha decreases stiffness and induces outward hypertrophic remodeling in the resistance arteries of male mice fed a western diet.” FASEB 2017. (*poster presentation*)

Grunewalk ZI, Winn NC, Gastecki ML, Woodfor ML, Ball JR, Hansen SA, Sacks HS, **Vieira-Potter VJ**, Padilla J, “An imbalanced brown-to-inflammatory phenotype in periaortic adipose tissue is a determinant of aortic stiffness,” FASEB 2017. (*poster presentation*)

Clooney SL, *Welly RJ*, *Zidon TM*, Gastecki ML, Grunewald ZI, Winn NC, Karaeva NG, Sacks HS, Padilla J, **Vieira-Potter VJ**: “UCP1-null mice display increased susceptibility to ovariectomy-associated metabolic dysfunction.” FASEB 2017. (*oral presentation*)

Vieira-Potter VJ, Winn NC, Gastecki ML, *Welly RJ*, *Zidon TM*, Gains TL, Woodford ML, Karasseva NG, Sacks HS, Padilla J: “Loss of UCP-1 disrupts glucose metabolism in female mice.” ADA 2016. (*poster presentation*)

Zidon TM, *Welly R*, *Stricklin O*, Gatecki M, Woodford M, *Park YM*, Lubahn DB, Padilla J, **Vieira-Potter VJ**: “Soy protein extract rescues ovariectomy-induced insulin resistance via estrogen receptor alpha.” ADA 2016. (*poster presentation*)

Vieira-Potter VJ, Park YM, Zidon TM, Welly RJ: “Effects of ovarian hormone loss and aerobic fitness on brown adipose tissue immunometabolic characteristics in rats.” *FASEB* 2016. (*poster presentation*)

Manrique C, Padilla J, **Vieira-Potter VJ**, Haertling D, Ramirez F, Sowers J, Martinez Lemus L: “Loss of endothelial estrogen receptor alpha reduces vascular stiffness in western diet-fed male mice.” *FASEB* 2016. (*poster presentation*)

Liu TW, Zidon TM, Welly RJ, Park YM, Britton SL, Koch LG, Padilla J, **Vieira-Potter VJ**, Swanson KS: “Soy positively impacts cecal microbiota of ovariectomized rats selectively bred for low aerobic capacity.” *FASEB* 2016. (*oral presentation*)

Zidon TM, Upton B, Welly R, Park Y, Wainright K, Scroggins RJ, Britton SL, Padilla J, **Vieira-Potter VJ**: “Dietary soy isoflavones improve insulin sensitivity and reduce adiposity in female low-fit rats independent of ovarian status.” *ADA* 2015. (*poster presentation*)

Rowles J, Fletcher J, Zidon T, Scroggins R, Parks Y, Perfield J, Thyfault J, Rector R, Padilla J, **Vieira-Potter VJ**: “Novel effects of FGF21 and exercise on brown adipose tissue inflammation.” *FASEB J*, 29:995.7, 2015. (*poster presentation*)

Liu TW, Swanson KS, **Vieira-Potter VJ**, Padilla J: “Administration of tauroursodeoxycholic acid alleviates hepatic steatosis, inflammation and alters cecal microbiota in obese mice.” *Keystone Symposium* 2015. (*poster presentation*)

Vieira-Potter VJ, Scroggins R, Park YM, Welly RJ, Britton S, Koch L, Jenkins N, Padilla J, Thyfault J: “Aerobic fitness protects against menopause-associated metabolic dysfunction in rats,” *FASEB* 2014. (*oral presentation*)

UNIVERSITY TEACHING EXPERIENCE

Guest Lecturer, Spring 2018, Spring 2019

Course: Introduction to Nutrition (honors discussion)

Instructors: Chris Hardin, Ph.D. and Catherine Peterson, Ph.D.

Topic: Physiology of Adipose Tissue

Guest Lecturer, Spring 2017, Spring 2018

Course: Striated Skeletal Muscle Structure, Mechanics, and Regulation (graduate)

Instructor: Frank Booth, Ph.D.

Topic: Molecular Biology of Exercise: Effects on Adipose Tissue

Guest Lecturer, Spring 2017, Spring 2018, Spring 2019

Course: Career Exploration in Exercise Physiology (undergraduate)

Instructor: Dan Smith, Ph.D.

Topic: My Path To a Career in Research

Instructor, Fall Semester 2018-Present

Course: Sports Nutrition (undergraduate capstone)

Instructor, Spring Semester 2016-Present

Course: Nutrition in Human Health (graduate)

Instructor, Fall Semester 2012-Present

Course: Human Nutrition II (undergraduate/graduate)

Co-Instructor, Spring 2015-Present

Course: Etiology of Obesity (graduate)

Guest Lecturer, September 2008

Course: Kinesiology 352: *Bioenergetics of Movement*, University of Illinois at Urbana Champaign

Instructor: Jeffrey Woods, Ph.D.

Topic: Cellular metabolism during exercise

Guest Lecturer, April 2007 and April 2009

Course: Kinesiology 450: *Biochemistry of Exercise*, University of Illinois at Urbana-Champaign

Instructor: Jeffrey Woods, Ph.D.

Topics: “Obesity and Exercise” and “Inflammation, Obesity and Exercise”

Guest Lecturer, March 2007 and April 2009

Course: Kinesiology 494: *Clinical and Applied Exercise Physiology*, University of Illinois at Urbana-Champaign

Instructor: Ellen Evans, Ph.D.

Topic: “Exercise and Immune Function”

Discussion Leader/ Teaching Assistant, Spring 2007

Course: Principals of Nutrition

University of Illinois at Urbana-Champaign, Urbana, IL

Teaching Assistant, Fall 2001-Fall 2002; Fall 2003-Summer 2004

University of New Hampshire, Durham, NH

Courses: *Nutrition for Health and Well Being (laboratory/recitation class);*

Introductory Biology (laboratory); Human Physiology (laboratory)

MENTORING

Current Trainees

Current Trainees (Graduate Students)

(name, degree in progress or conferred, source of stipend support, current employment)

Dusti Eaton, MS, Doctor of Philosophy in Exercise Physiology, departmental TA funds, 08/2019-

Laura Clart, Master of Science in Exercise Physiology, departmental TA funds, 08/2018-

Current Trainees (Undergraduate Students)

(name, degree in progress or conferred, source of stipend support, current employment)

Candace C. Rowles, Bachelor of Science in Biochemistry and Nutrition (dual degree), EXPRESS fellowship, Spring 2018-

Elyse Fraiser, Bachelor of Science in Health Professions, EXPRESS fellowship, Spring 2019-

Eric Queathem, Bachelor of Science in Biochemistry and Nutrition (dual major), McNair Scholarship, Fall 2019-

Past Trainees

Past Trainees (Undergraduate Students)

Julia C. Hatzigeorgiou, Bachelor of Science in Biology, undergraduate researcher, Fall 2017-Spring 2018; NEP undergraduate intern, Fall 2018-Spring 2019, applying for medical school.

Tgkjuok Aban, Bachelor of Science in Biochemistry, undergraduate researcher, Fall 2017-2018.

Leighton McCabe, Bachelor of Science in Biochemistry, undergraduate researcher (Honors Research, Fall 2016), Spring 2016, enrolled in medical school at University of Colorado.

Katherine Kalman, Bachelor of Science in Nutrition, volunteer lab assistant, Spring 2017.

Dusti Eaton, Bachelor of Science in Biology, Master's degree in Exercise Physiology, volunteer lab assistant, Spring 2016-Summer 2017, completed Master's degree in the Vieira-Potter laboratory (Aug 2019), currently doctoral student mentored by Vieira-Potter.

Olivia Stricklin, Bachelor of Science in Animal Sciences, funded hourly, Fall 2014-May 2015, currently enrolled in veterinary school.

Bridget Upton, Bachelor of Science in Biology, Capstone Project, 3 credit hours, 1 semester, non-funded, Fall 2014-Spring 2016, currently applying to medical schools.

Dana Wegge, Bachelor of Science in Biochemistry, non-funded, Summer 2014-2015.

Nicholas Flemming, Bachelor of Science in Biomedical Sciences, Capstone Project, 3 credit hours, Summer 2014-2015, currently enrolled in nursing program.

Debonie Lewis, Bachelor of Science in Biology, non-funded, Fall 2014-Spring 2015.

Makenzie Woodford, Bachelor of Science in Biology, non-funded, Fall 2014-2016, currently employed as full-time research specialist working with J Padilla.

Tkeaya Gaines, Bachelor of Science in Biology, Express Scholar, funded through Express program, Fall 2014-2016.

Thomas Nick Smith, Bachelor of Science in Biology, funded by Discovery Fellows program, Fall 2013-Fall 2015, currently applying to medical school.

Joe Rowles, Bachelor of Science in Nutrition, Express Scholar, funded through Express program, Summer 2014, currently pursuing a doctoral degree at the University of Illinois at Urbana-Champaign.

Samantha Crall, Bachelor of Science in Biology, Honors Independent Learning project, 3 credit hours, 1 semester, non-funded, Spring 2013, currently applying to medical schools.

Terry Bujnak, Bachelor of Science in Biology, non-funded, 2012-2013 academic year, currently applying to medical schools.

Genevieve Pentecost, Bachelor of Science in Biology, 2012-2013 academic year.

Dominic Haertling, Bachelor of Science in Biology, 2012-2013 academic year.

Ronald J Humes, Bachelor of Science in Health Sciences, funded by Department of Nutrition and Exercise Physiology Summer Research Internship, Summer 2014.

Past Trainees (Doctoral Students)

Terese Zidon*, Doctor of Philosophy in Exercise Physiology, departmental TA funds *co-mentored by Drs. Vieira-Potter and Kanaley (05/2018), hired by Westminster College as non-tenure track faculty, June 2018.

Young-Min Park*, Doctor of Philosophy in Exercise Physiology, departmental TA funds *primary academic mentor, Dr. Jill Kanaley, hired by the University of Colorado (PI, R Van Pelt) as postdoctoral fellow, August 2015.

Past Trainees (Masters Students)

Dusti Shay, Master of Science in Exercise Physiology, departmental TA funds, graduated August 2019, currently enrolled in PhD program in Exercise Physiology, mentored by Vieira-Potter.

Stephanie Clookey, Master of Science in Nutritional Sciences, departmental TA funds, graduated May 2018, applying for medical school.

Rebecca Welly, Master of Science in Exercise Physiology, start-up funds to VJ Vieira-Potter and departmental TA funds, hired as PhIT Fat Lab Manager, May 2015.

Margo Meyers*, Master of Science in Exercise Physiology, departmental TA funds *co-mentored by Drs. Vieira-Potter and Kanaley, Spring 2014, currently employed as registered dietician.

Past Trainees (Medical Students)

Madeline Grondalski, M1 medical scholar, funded by School of Medicine to complete a summer research project, Summer 2016.

Sarah Hooper, Doctor of Veterinary Medicine, funded by MU Veterinary Medicine program, completed laboratory rotation in the Vieira-Potter laboratory.

Graduate Student Committees (member)

(name, mentor (department), degree (PhD or MS), thesis/dissertation, dates)

1. **Tzu-Wen Liu**, mentor, John Thyfault (Nutritional Sciences), MS, “Serum Fatty Acid Profiles in High-Fat Diet Fed Obesity-Prone Rats,” 12/2012-06/2013
2. **Ammar Alwattar**, mentor, Heather Leidy (Nutritional Sciences), MS, “The Effects of a Protein-rich Breakfast on Glucose Metabolism in Overweight/Obese ‘Breakfast Skipping’ Late Adolescent Girls,” 10/2012-05/2013
3. **Laura Ortinau**, mentor, Heather Leidy (Nutritional Sciences), PhD, 10/2012-06/2014 (*switched advisor in 2014; degree conferred in 2016*)
4. **Marie-Soleil Beaudoin**, mentor, David Wright (Human Health and Nutritional Sciences, University of Guelph, Ontario, Canada), PhD, “Nutritional and Pharmacological Strategies to Modulate White Adipose Tissue Physiology in the Management of Insulin Resistance and Type 2 Diabetes,” 12/2013-08/2014
5. **Melissa Linden**, mentor, R. Scott Rector (Exercise Physiology), PhD, “Aerobic Exercise Training as a Mitigator of Nonalcoholic Fatty Liver Disease Related Fibrosis,” 12/2013-05/2015
6. **Alex Heese**, mentor, Frank Booth (Biomedical Sciences), MS, “Metabolic Responses to a Westernized Diet Administred to Rats Selectively Bred for High and Low Amounts of Voluntary Exercise,” 06/2014-07/2015
7. **Tzu-Wen Liu**, mentor, Kelly Swanson (Nutritional Sciences, University of Illinois, Urbana-Champaign), PhD, “Effects of Diet and Loss of Ovarian Hormones on Adiposity, Inflammation, Cecal Integrity, and Gut Microbial Communities,” 12/2014-01/2017
8. **Anthony Belenchia**, mentor, Catherine Pederson (Nutritional Sciences), PhD, “Maternal vitamin D deficiency during pregnancy affects expression of adipogenic-regulating genes peroxisome-proliferator activated receptor-gamma (PPAR γ) and vitamin D receptor (VDR) in male offspring mice,” 09/2012-01/2017
9. **Jenna Lee**, mentor, Matthew Will (Neuroscience), PhD, 01/2016-
10. **Nhu Nguyen**, mentor, William Folk (Genetics Area Program, Biochemistry), PhD, 08/2016—5/2018
11. **Jay Porter**, mentor, Jill Kanaley (Exercise Physiology), PhD, 08/2016-
12. **Matthew Richard**, mentor, Pam Hinton (Nutritional Sciences), MS, 08/2016-
13. **Lauren Walsh**, mentor, Jaume Padilla (Exercise Physiology), PhD, 02/2017-
14. **Thomas Jurrissen**, mentor, Jaume Padilla (Exercise Physiology), PhD, 03/2017-
15. **Sarah Johnson**, mentor, Cheryl Rosenfeld (Molecular Physiology and Pharmacology), MS, 01/2017-
16. **Rory Cunningham**, mentor, R. Scott Rector (Exercise Physiology), PhD, 06/2017 –
17. **Taylor Kelty**, mentor, Frank Booth (Biomedical Sciences), MS, 06/2017 –
18. **Zachary Grunwald**, mentor, Jaume Padilla (Exercise Physiology), PdD, 09/2017-

Graduate Student Committees (chair)

1. **Margo Myers** (co-chair with Jill Kanaley) (MS in Nutritional Sciences, 2014)
2. **Rebecca J. Welly** (MS in Exercise Physiology, 2015)
3. **Young-Min Park** (co-chair with Jill Kanaley) (PhD in Exercise Physiology, 2015)

4. **Terese M. Zidon** (PhD in Exercise Physiology, 2018)
5. **Stephanie Clookey** (MS in Nutritional Sciences, 2018)
6. **Dusti Eaton** (MS in Exercise Physiology, 2019)
7. **Laura Clart** (MS in Exercise Physiology, in progress)
8. **Dusti Eaton** (PhD in Exercise Physiology, in progress)

PROFESSIONAL SERVICE

Editorial Activities

Editorial Board Member, *Journal of Applied Physiology*
 Editorial Board Member, *Journal of Nutrition and Health*
 Editorial Board Member, *Frontiers in Exercise Physiology*
 Academic Editor, *PLOS One*

Ad hoc Reviewer (~ 25 manuscripts/year):

<i>Age</i>	<i>Journal of Nutritional Biochemistry</i>
<i>American Journal of Physiology</i>	<i>Life Sciences</i>
<i>American Journal of Physiology Endo</i>	<i>MSSE</i>
<i>Applied Physiology, Nutrition, and Metabolism</i>	<i>Menopause</i>
<i>Biology of Sex Differences</i>	<i>Molecular and Cell Biology of Lipids</i>
<i>Brain, Behavior and Immunity</i>	<i>Mediators of Inflammation</i>
<i>British Journal of Pharmacology</i>	<i>Molecular and Cellular Endocrinology</i>
<i>Cellular and Molecular Immunology</i>	<i>Journal of Molecular Biology</i>
<i>Diabetes</i>	<i>Cell Reports</i>
<i>Diabetes, Obesity and Metabolism</i>	<i>Nutrition and Metabolism</i>
<i>Diabetology & Metabolic Syndrome</i>	<i>Nutrients</i>
<i>Dove Press</i>	<i>Obesity</i>
<i>Obesity Research and Clinical Practice</i>	<i>Physiology Reports</i>
<i>Endocrinology</i>	<i>PNAS</i>
<i>Experimental Physiology</i>	<i>PLOSone</i>
<i>Exercise Immunology Reviews</i>	<i>Physiology</i>
<i>Journal of Applied Physiology</i>	<i>Physiology & Behavior</i>
<i>Journal of Nutrition, Health and Aging</i>	<i>Stress and Health</i>
<i>Journal of Medical Plant Research</i>	<i>Scientific Reports</i>
<i>Trends in Endocrinology and Metabolism</i>	<i>Starch</i>

Service Activities

University of Missouri Department of NEP Nutrition and Exercise Research Day (NERD), programming committee member, 2019-2010 (theme – *Addiction*)

McNair Scholar mentor, 2019

PREP Scholar mentor, 2019

ASN PIC Student Blogger selection committee, 2019

TOS Annual Meeting Abstract Reviewer, October 2018 and October 2019

National Cattleman's Beef Association Grant Reviewer, June 2018

NIH Grant Reviewer, Molecular and Cellular Endocrinology (MCE) Study Section, Washington DC, June 8-9 2017

MU Life Sciences Week 2017, 2018 poster judge

ASN/FASEB Energy & Macronutrient RIS Special Session at FASEB 2017, Session Co-Chair, 2017

Session Title: "Do Macronutrients Matter for Long-Term Weight Management?"

ASN/FASEB Emerging Leaders Poster Competition, poster judge, 2016, 2017
MU ROTC, Invited speaker, November 2016
Presentation Title: “Eat for Health and Optimal Performance”
MU Health Sciences Research Day 2016, poster judge
ASN/FASEB Symposium at FASEB 2016, Session Coordinator and Chair, 2016
Symposium Title: “Sex & Metabolism: Late Breaking Research on the Role of Estrogen Receptors in Cardiometabolic Health”
ASN/FASEB Energy & Macronutrient RIS Hot Topics Seminar, Session Coordinator, 2016
Speaker, Krista A Varady, PhD
ASN/FASEB Energy & Macronutrient RIS Special Seminar, Session Co-coordinator, 2016
Speaker, Sean H Adams, PhD
MU M. Harold Laughlin Scholarship Committee, member 2015, 2016, 2017, 2018.
MU Health Activity Center Grant Writer’s Group, Chair, 2015-present.
University of Missouri Department of NEP Teaching Excellence Committee, Faculty Member, 2015-present.
University of Missouri Department of NEP Nutrition and Exercise Research Day (NERD), Chair, 2015-2016 (theme –women’s health)
University of Missouri Lectures Committee, Faculty Member, 2014-2017
Charged to work with the Office of the Provost to establish and coordinate an annual series of lectures dealing with cultural, scientific, and public affairs subject matters.
ASN/FASEB Symposium at FASEB 2015, Session Co-Coordinator and Co-Chair, 2015
Session Title: “Being “Social: How Scientists can Find their Way in a 24-Hour Digital World”
ASN Energy and Macronutrient Metabolism RIS Advisory Board, Chair-Elect 2014; Chair, 2015
ASN/FASEB Educational Session at FASEB 2014, Invited Speaker/Panelist 2014
Session Title: “Building Your Research Toolkit”
ASN/FASEB Speed Mentoring Event at FASEB, Mentor 2012, 2013, 2014, 2015
ASN Public Information Committee, Member, 2013-2016
ASN/FASEB Obesity and the Metabolic Syndrome Mini-Symposium, Session Coordinator, abstract judge, and Co-Chair, 2012; Chair, 2013; Co-Chair, 2014
Mizzou Scholar Application Reviewer, Spring 2013.
MU Nutrition and Exercise Physiology Seminar Series Coordinator, 2013-2014; 2019-2020.
University of Missouri ICaTS Health Sciences Research Day Nov 15, 2012, Poster Judge, 2012
ASN Postdoctoral Fellow Research Award Competition at FASEB 2012, Chair, 2012
ASN/FASEB Obesity and the Metabolic Syndrome Mini-Symposium, Co-Chair, 2012
ASN Special Educational Session at FASEB 2012, Session Coordinator and Chair, 2012
Title: “Scientific Career Advancement for Early Stage Investigators”
ASN Symposium at FASEB 2012, Session Co-Coordinator and Co-Chair, 2012
Title: “Utilizing a Multi-level Team Approach: Lessons Learned from the Vitamin D DRI-Setting Activity”
ASN Postdoc/Young Professional Interest Group (YPIG), Chair, 2011-2012
ASN Nutritional Sciences Council, Postdoctoral Representative, 2009-2011
ASN Volunteer Leaders Summit, attendee (*invitation only*), May 18, 2010
ASN Nutritional Sciences Council Retreat Meeting, attendee, June 26, 2009
NSGSA, Nutritional Sciences Graduate Student Association of the University of Illinois, member, 2004 – 2008
Curriculum Assessment, January 2004
Manchester Public School Department, Manchester, NH
Assessed nutrition curricula for the Manchester, NH public school district.

Professional Development

2017 Women in Leadership Conference, June 15, 2017

Highlights topics important to women and leadership in academia, providing opportunities for members of the MU community to sharpen leadership skills relevant to professional success.

MU Faculty Scholars Program, 2015-2016

Designed to support the efforts of the university to acclimate and retain new faculty members. Scholars participate in activities designed to create avenues for communication and collaboration while learning skills necessary for successful tenure and promotion.

Celebration of Teaching Conference, University of Missouri, May 20-22, 2014; May 19-20 2015; May 16-17 2017

Conference included a series of lectures and workshops aimed at improving university teaching and graduate student mentoring.

Professional Societies

The Obesity Society, member, 2017-present

American Diabetes Association, member, 2016-2018

Graduate Women In Science, member, 2015-present

American Heart Association, member, 2014-2016

MU Women in Medicine and Medical Sciences, member, 2014-present

American Physiological Society, member, 2011-2016

Center for Science in the Public Interest, member, 2007-present

American Society of Nutrition, member, 2003-present

Association of Women in Science, member, 2006-2008

American College of Sports Medicine, student member, 2005-2009, 2013-present

Gamma Sigma Delta (The Honor Society of Agriculture-Illinois Chapter), 2005-2009
University of Illinois at Urbana-Champaign

Invited Oral Presentations

“Sex, Estrogen and Metabolism: *What’s in our head?*”

Invited Speaker, The Obesity Society annual meeting

Themed Session: *Let’s talk about sex...differences*”

Las Vegas, NV

November 2019

“Estrogen and Metabolism: *Let’s talk about sex, drugs, & exercise*”

Department of Nutritional Sciences Seminar Series

Iowa State University

October 2019

“The Science of Fat – It’s a *HOT* Topic”

Invited Speaker, IMSD Fellows meeting

MU Columbia

February 2019

“Effects of Exercise and Estrogen on Adipose Tissue Metabolic Health”

Invited Speaker*, Central States ACSM annual meeting

Lindenwood University, St. Charles, MO

October 2017

**talk presented by doctoral student, Terese Zidon*

“The Science of Fat: To Love or To Loathe”

Invited Speaker, MU Evening Seminar Series

University of Missouri (Office of Undergraduate Research)

July 2017

“Fit Fat in the Race Against Metabolic Dysfunction”

Invited Speaker, HES Fall Faculty Meeting

University of Missouri

January 2017

“Fit Fat in the Race Against Metabolic Dysfunction”

Invited Speaker, OBGYN Journal Club

University of Missouri

November 2016

“Effects of Fitness and Exercise on Adipose Tissue Metabolic Health”

Invited Scholar, Graduate Institute of Sports Science

National Taiwan Sport University

Taiwan, October 2016

“ER Alpha-Mediated Effects of Dietary Soy Extract on Adipose Tissue Metabolism”

Invited Scholar, Graduate Institute of Sports Science

National Taiwan Sport University

Taiwan, October 2016

“Gaining Insight about Obesity from High Fit and Low Fit Rats”

The Future of Obesity Research, APS-sponsored Presidential Symposium, FASEB Annual Meeting,

Boston, MA April 2015

“Effect of Dietary Soy Extracts on Adipose Tissue Metabolic Phenotype in Ovariectomized Rats”

MU Center for Botanical Interaction Studies, August 2014.

“Fit Fat: Aerobic fitness protects against menopause-associated metabolic dysfunction”

OBGYN Grand Rounds, University of Missouri, June 2014.

“Fit Fat: Effects of Exercise, Aerobic Fitness and Ovarian Hormones on Adipose Tissue Metabolism”

Exercise is Medicine: Obesity, Inactivity and the Chronic Inflammatory State, ACSM Annual Meeting,

Orlando, FL, May 2014.

“Developing Your Research as a Postdoc and Young Investigator”

Best Practices For Your Research Toolkit, FASEB Annual Meeting, San Diego, CA April 2014.

“Fit Fat: Effects of Exercise, Aerobic Fitness and Ovarian Hormones on Immunometabolism”

Endocrinology, Diabetes and Metabolism Laboratory, University of Missouri, May 2014.

“Obesity and Metabolic Dysfunction in Women: A Role for Ovarian Hormones?”

MU Institute for Clinical and Translational Science Seminar Series, November 2013

Basic science presenter in this forum for bridging the gap between basic science and clinical care

“Aerobic Fitness Protects Against Menopause Associated Metabolic Dysfunction: Evidence From a Rat Model”

MU Department of Biomedical Science Seminar Series, November 2013

“Aging and Immune Function”

HNRCA at Tufts University, November 2010 and March 2011

Presented to participants of the *Lifestyle Interventions and Independence for Elders* (LIFE) study

“Effects of Exercise, Diet, and Estrogen Loss on Inflammation: A Matter of Fat”

University of New Hampshire, November 2010

Graduate student/faculty seminar, Department of Nutrition

“OVX and HFD Models of Obesity: Differential Effects on Metabolism”

HNRCA at Tufts University, July 2010

Summer Seminar Series featuring talks by junior faculty and post-doctoral fellows

“Effects of Exercise Training on the Immune Response to Influenza Vaccination in Older Adults: A Randomized Controlled Trial”

PNIRS National Annual Meeting, Madison, WI, May 2008.

“Differential effects of low-fat diet and exercise on WAT inflammation and obesity co-morbidities”

7th Biospace International Symposium on Human & Sport Science: Obesity, Aging, Immune Function and Exercise, Daegu, South Korea, December 2007

“Inflammation, Adipose Tissue, and Exercise”

7th Biospace International Symposium on Human & Sport Science: Obesity, Aging, Immune Function and Exercise, Daegu, South Korea, December 2007

“Exercise and Inflammation: The Sequel”

University of Illinois, February 2006
Graduate student/faculty seminar, Department of Kinesiology

“Inflamm-aging: Effect of Exercise”

University of Illinois, November 2005
Graduate student/faculty seminar, Department of Kinesiology

“Nutrition for Optimal Health and Sports Performance”

University of Illinois, August 2005
Presented to the UIUC ROTC about nutrition for sports performance.

“Inflammation and Insulin Resistance: Role of Exercise in Preventing this Deadly Duo”

University of Illinois, February 2005
Graduate student/faculty seminar, Department of Kinesiology

“The Glycemic Index”

University of New Hampshire, April 22, 2002
Presented to UNH Cooperative Extension educators at the annual “Obesity Update”

“Gaining Insight from Human Participation in Scientific Research”

University of New Hampshire, Spring 2003
Spoke to the UNH Dietetic Interns about conduction of a research project using human subjects with a focus on my own research project.

Volunteer Work

“For Columbia”, 2016

Motivational Speaker and Faculty Advisor, Alpha Chi Scholarship Brunch, February 2014

ARC Blood Drive coordinator, May 2009

Habitat for Humanity volunteer, Spring Break 2008

Led a group of graduate students from University Baptist Church in volunteering through the Habitat organization in Champaign, IL

Charity Running Coach, 2007-2008

Leukemia and Lymphoma Society, Team in Training®, coach
Coached the Fall 2007 and Summer 2008 marathon training teams

Charity Runner, 2005-2007

Leukemia and Lymphoma Society, Team in Training®, fundraiser/runner
Ran the Chicago Marathon 2005 and raised \$2000.00 for cancer research and patient care.