

CURRICULUM VITAE

Glenn A. Gaesser, Ph.D.

PRESENT EMPLOYMENT

Professor
College of Health Solutions
Arizona State University
550 N. 3rd St.
Phoenix, AZ 85004

EDUCATION

A.B. University of California, Berkeley, 1972
M.A. University of California, Berkeley, 1975
Ph.D. University of California, Berkeley, 1978

PREVIOUS ACADEMIC APPOINTMENTS

Professor, Department of Human Services
Director (2002-2008), Kinesiology Program
University of Virginia
P.O. Box 400407
Charlottesville, VA 22904-4407
August 1999 – August 2008

Associate Professor, Department of Human Services
Kinesiology Program
University of Virginia
Charlottesville, VA
September 1990 – August 1999

Lecturer, Department of Kinesiology
University of California, Los Angeles
Los Angeles, California
July 1987- July 1990

Assistant Professor, Department of Exercise Science

Occidental College
 Los Angeles, California
 September 1985 – June 1987

Visiting Assistant Professor, Department of Kinesiology
 University of California, Los Angeles
 Los Angeles, California
 July 1981 – June 1985

Assistant Professor, Department of Human Performance
 San Jose State University
 San Jose, California
 August 1978 – June 1981

PROFESSIONAL ASSOCIATIONS AND SERVICE

- Regional Chapter Representative, Southwest Region chapter of the American College of Sports Medicine, 2017-2021
- President, Southwest Region chapter of the American College of Sports Medicine, 2015-2016
- Member, American Physiological Society, 2016 - present
- Member, Scientific Advisory Board, Wheat Foods Council, 2014 – present
- Discussant: “Physical Activity, Obesity, and Weight Management.” Institute of Medicine, of the National Academies, workshop on “Adequacy of Evidence for Physical Activity Guidelines Development, October 23-24, 2006, Washington, DC.
- Chair, Scientific Advisory Board, Grain Foods Foundation, 2004 – present
- Member, “Setting the Record Straight” Core Coalition, Wheat Foods Council 2003
- Member, Credentials Committee, American College of Sports Medicine, 1999 – 2002
- Co-chair of writing group to revise the ACSM position stand on “The recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness in healthy adults,” 1997-1998
- Member, Task Force for Basic and Applied Science, American College of Sports Medicine, 1998
- Member, Board of Trustees, American College of Sports Medicine, 1996 - 1999
- Member, Administrative Council, American College of Sports Medicine, 1996 – 1997
- Elected to Board of Trustees, American College of Sports Medicine, 1996-1998
- Elected to Administrative Council, American College of Sports Medicine, 1996-1998

- Attended NASA Roundtable (as chair of ACSM Pronouncements Committee) on “Musculoskeletal adaptations to weightlessness and development of effective countermeasures,” Indianapolis, IN, November 7-8, 1995.
- Member, Pronouncements Committee, American College of Sports Medicine, 1990 - 1993
- Chair, Pronouncements Committee, American College of Sports Medicine, 1993 - 1996
- Member, Publications Committee, American College of Sports Medicine, 1993 - 1996
- Member, Planning Committee for Summary Statement on "Physical Activity and Public Health," issued by the U.S. Centers for Disease Control and Prevention and the American College of Sports Medicine, 1993
- Member, Ad Hoc Committee on Health Care Reform, American College of Sports Medicine, 1993 - 1995
- Member, Ad Hoc Committee on Review Mechanisms for Public and Professional Education Materials, American College of Sports Medicine, 1994 - 1995
- Member, Program Committee, American College of Sports Medicine, 1994 – 1997
- American College of Sports Medicine representative to the Healthy People 2000 Progress Review on the Physical Activity and Fitness Priority, Washington, D.C., April 26, 1995.
- Fellow, American College of Sports Medicine, since 1983
- Member, American College of Sports Medicine, since 1973

HONORS

- Recognition Award, Southwest Chapter of the American College of Sports Medicine, 2018.
- John Halverson Lectureship Award. American Association of Cereal Chemists International Milling & Baking Division, 2013.
- Public Service Award (“For dedication to and promotion of health and rationality concerning body weight and fitness”) ANAD-National Association of Anorexia Nervosa and Associated Disorders, 1997

EDITORIAL SERVICE

- Guest editor (with S Angadi), *Nutrients*; Special Issue: Diet and Vascular Function; 2018-2019
- Editorial Advisory Board, *Health at Every Size*, 2004-2007
- Editorial Board, *Sports Medicine Digest*, 1997-2004
- Associate Editor, *Medicine and Science in Sports and Exercise*, 1996-2000

- Co-edited Joint Position Statement of the American College of Sports Medicine and the American Diabetes Association: Diabetes Mellitus and Exercise, *Med Sci Sports Exerc* 29 (12): i-vi, 1997
- Co-edited special communication: Physical activity and health: A recommendation from the Centers for Disease Control and Prevention and the American College of Sports Medicine, *JAMA* 273: 402-407, 1995
- Manuscript reviewer; I have reviewed for the following journals:
 - American Journal of Physiology*
 - Annals of Behavioral Medicine*
 - Applied Physiology, Nutrition and Metabolism*
 - Canadian Journal of Applied Sports Science*
 - Diabetes Care*
 - Experimental Physiology*
 - European Journal of Applied Physiology*
 - Future Lipidology*
 - International Journal of Sports Medicine*
 - Journal of Applied Physiology*
 - Journal of Athletic Training*
 - Journal of Clinical Investigation*
 - Journal of the American College of Nutrition*
 - Journal of the American Dietetic Association*
 - Journal of Neuroendocrinology*
 - Journal of Physical Activity and Health*
 - Journal of Sports Science*
 - Journal of Strength and Conditioning Research*
 - Journal of Women's Health*
 - Medicine and Science in Sports and Exercise*
 - Metabolism*
 - Nutrients*
 - Obesity*
 - Research Quarterly for Exercise and Sport*
 - Science & Sports*
 - Sports Training, Medicine and Rehabilitation*
 - Sports Medicine*

PUBLICATIONS

PEER-REVIEWED MANUSCRIPTS

IN REVIEW

1. Gaesser GA. Refined grain intake and cardiovascular disease. *Trends in Cardiovascular Medicine*.
2. Toledo MJ, Ainsworth BE, Gaesser GA, Hooker SP, Pereira M, Buman MP. Acute glycemic response to standing strategies for breaking up sitting time: a randomized trial. *Med Sci Sports Exerc*.

PUBLISHED

1. Gaesser GA. Refined grain intake and risk of type 2 diabetes. *Mayo Clinic Proc* 2022; July 12, online ahead of print; DOI: [10.1016/j.mayocp.2022.05.004](https://doi.org/10.1016/j.mayocp.2022.05.004)
2. Joseph RP, Ainsworth BE, Vega-Lopez S, Adams MA, Todd, M, Gaesser GA, Keller C. Cardiometabolic risk profiles of sedentary African American women with obesity: baseline findings from Smart Walk. *J Cardiovasc Nursing* 2022; DOI: [10.1097/JCN.0000000000000930](https://doi.org/10.1097/JCN.0000000000000930)
3. Jarrett CL, Tucker WJ, Angadi, SS, Gaesser GA. Postexercise hypotension is delayed in men with obesity and hypertension. *Frontiers in Physiology* 2022; doi.org/10.3389/fphys.2022.819616
4. Tucker WJ, Jarrett CL, D'Lugos, Angadi SS, Gaesser GA. Effects of indulgent food snacking, with and without exercise training, on body weight, fat mass, and cardiometabolic risk markers in overweight and obese men. *Physiol Rep* 2021;9(22):e15118. doi: 10.14814/phy2.15118.
5. Villanueva I, Campbell J, Medina S, Jorgensen T, Wilson S, Angadi S, Gaesser GA, Dickinson J. Comparison of constant-load exercise intensity for verification of maximal oxygen uptake following a graded exercise test in older adults. *Physiol Rep* 2021;9(18):e15037. doi: 10.14814/phy2.15037.
6. Gaesser GA and Angadi SS. Obesity treatment: Weight loss versus increasing fitness and physical activity for reducing health risks. *iScience* 2021;24(10):102995. doi: 10.1016/j.isci.2021.102995. eCollection 2021 Oct 22
7. Gaesser GA, Miller Jones J, Angadi SS. Perspective: Does glycemic index matter for weight loss and obesity prevention? Examination of the evidence on “fast” compared with “slow” carbs. *Advances in Nutrition* 2021;12(6):2076-2084. doi: 10.1093/advances/nmab093.
8. Gaesser GA. Whole grain intake and pancreatic cancer risk. *HepatoBiliary Surg Nutr* 2021;10(4):530-533.
9. Gaesser GA. Whole grains, refined grains, and cancer risk: A systematic review of meta-analyses of observational studies. *Nutrients* 2020;12(12):3756. doi: 10.3390/nu12123756
10. Pereira MA, Mullane SL, Toledo MJL, Larouche ML, Rydell SA, Vuong B, Feltes LH, Mitchell NR, de Brito JN, Hasanaj K, Carlson NG, Gaesser GA, Crespo NC, Oakes JM,

- Buman MP. Efficacy of the ‘Stand and Move at Work’ multicomponent workplace intervention to reduce sedentary time and improve cardiometabolic risk: a group randomized clinical trial. *Int J Behav Nutr Phys Act* 2020;17(1):133.
11. Papanikolaou Y, Slavin JL, Clemens R, Brenna JT, Hayes D, Gaesser GA, Fulgoni VL 3rd. Do refined grains have a place in a healthy dietary pattern: Perspectives from an expert panel consensus meeting. *Curr Dev Nutr* 2020;4(10):nzaa125.
 12. Joseph RP, Keller C, Vega-Lopez S, Adams MA, English R, Hollingshead K, Hooker SP, Todd M, Gaesser GA, Ainsworth BE. A culturally relevant smartphone-delivered activity intervention for African-American women: Development and initial usability tests of smart walk. *JMIR Mhealth Uhealth* 2020;8(3):e15346.
 13. Whisner CM, Angadi SS, Weltman NY, Weltman A, Rodriguez J, Patrie JT, Gaesser GA. Effects of low-fat and high-fat meals, with and without dietary fiber, on postprandial endothelial function, triglyceridemia, and glycemia in adolescents. *Nutrients* 2019; 11,2626; doi.org/10.3390/nu11112626.
 14. Gaesser GA, Rodriguez J, Patrie JT, Whisner CM, Angadi SS. Effects of glycemic index and cereal fiber on postprandial endothelial function, glycemia, and insulinemia in healthy adults. *Nutrients* 2019;11,2387; doi.org/10.3390/nu11102387.
 15. Gaesser GA. Perspective: Refined grains and health: Genuine risk, or guilt by association? *Advances in Nutrition* 2019;10:361-371.
 16. Gaesser GA, Blair SN. The health risks of obesity have been exaggerated. *Med Sci Sports Exerc* 2019;51:218-221.
 17. Joseph RP, Ainsworth BE, Vega-Lopez S, Adams MA, Hollingshead K, Hooker SP, Todd M, Gaesser GA, Keller C. Rationale and design of Smart Walk: A randomized controlled pilot trial of a smartphone-delivered physical activity and cardiometabolic risk reduction intervention for African American women. *Contemp Clin Trials* 2019;77:46-60.
 18. Mullane SL, Rydell SA, Larouche ML, Toledo MJL, Feltes LH, Vuong B, Crespo NC, Gaesser GA, Estabrooks PA, Pereira MA, Buman MP. Enrollment strategies, barriers to participation, and reach of a workplace intervention targeting sedentary behavior. *Am J Health Promot* 2019;33:225-236.
 19. Gaesser GA, Tucker WJ, Sawyer BJ, Bhammar DM, Angadi SS. Cycling efficiency and energy cost of walking in young and older adults. *J Appl Physiol (1985)* 2018;124:414-420.
 20. Tucker WJ, Sawyer BJ, Jarrett CL, Bhammar DM, Ryder JR, Angadi SS, Gaesser GA. High-intensity interval exercise attenuates but does not eliminate endothelial dysfunction after a fast food meal. *Am J Physiol Heart Circ Physiol* 2018;314:H188-H194.
 21. Zeigler ZS, Swan PD, Buman MP, Mookadam F, Gaesser GA, Angadi SS. Postexercise hemodynamic responses in lean and obese men. *Med Sci Sports Exerc* 2018;50:2292-2300.
 22. Bhammar DM, Sawyer BJ, Tucker WJ, Gaesser GA. Breaks in sitting time: effects on continuously monitored glucose and blood pressure. *Med Sci Sports Exerc* 2017;49:2119-2130.
 23. Angadi SS, Jarrett CL, Sherif M, Gaesser GA, Mookadam F. The effect of exercise training on biventricular myocardial strain in heart failure with preserved ejection fraction. *ESC Heart Failure* 2017;4:356-359.
 24. Buman MP, Mullane SL, Toledo MJ, Rydell SA, Gaesser GA, Crespo NC, Hannan P, Feltes L, Vuong B, Pereira MA. An intervention to reduce sitting and increase light-intensity

- physical activity at work: design and rationale of the ‘Stand & Move at Work’ group randomized trial. *Contemp Clin Trials* 2017;53:11-19.
25. Mullane SL, Buman MP, Zeigler ZS, Crespo NC, Gaesser GA. Acute effects on cognitive performance following bouts of standing and light-intensity physical activity in a simulated workplace environment. *J Sci Med Sport* 2017;20:489-493.
 26. Crespo NC, Mullane SL, Zeigler ZS, Buman MP, Gaesser GA. Effects of standing and light-intensity walking and cycling on 24-h glucose. *Med Sci Sports Exerc* 2016; 12:2503-2511.
 27. Sawyer BJ, Tucker WJ, Bhammar DM, Ryder JR, Sweazea KL, Gaesser GA. Effects of high-intensity interval training and moderate-intensity continuous training on endothelial function and cardiometabolic risk markers in obese adults. *J Appl Physiol* 2016;121:279-288.
 28. Tucker WJ, Angadi SS, Gaesser GA. Excess postexercise oxygen consumption after high-intensity and sprint interval exercise, and continuous steady-state exercise. *J Strength Cond Res* 2016;30:3090-3097.
 29. Bhammar DM, Sawyer BJ, Tucker WJ, Lee JM, Gaesser GA. Validity of SenseWear® armband v5.2 and v2.2 for estimating energy expenditure. *J Sports Sci* 2016;34:1830-1838.
 30. Zeigler ZS, Mullane S, Crespo NC, Buman MP, Gaesser GA. Effects of standing and light-intensity activity on ambulatory blood pressure. *Med Sci Sports Exerc* 2016;48(2):175-181
 31. Lee JM, Saint-Maurice PF, Kim Y, Gaesser GA, Welk G. Activity energy expenditure in youth: sex, age, and body size patterns. *J Phys Act Health* 2016;13(6 suppl 1):S62-S70.
 32. Lee, JM, Kim YW, Gaesser GA, Welk G Validation of the SenseWear Mini Armband in Children during Semi-Structured Activity Settings. *J Sci Med Sport* 2016;19(1):41-45.
 33. Kim Y, Crouter SE, Lee JM, Dixon PM, Gaesser GA, Welk GJ. Comparisons of prediction equations for estimating energy expenditure in youth. *J Sci Med Sport* 2016;19(1):35-40.
 34. Saint-Maurice PF, Kim Y, Welk GJ, Gaesser GA. Kids are not little adults: what MET threshold captures sedentary behavior in children? *Eur J Appl Physiol* 2016;116(1):29-38.
 35. Gaesser GA. Carbohydrates, performance and weight loss: Is low the way to go or the way to bonk? *Agro FOOD Industry Hi-Tech* 2015;26(Nov-Dec):35-39.
<http://www.teknoscienze.com/articles/agro-food-industry-hi-tech-carbohydrates-performance-and-weight-loss.aspx>
 36. Angadi SS, Bhammar DM, Gaesser GA. Postexercise hypotension after continuous, aerobic interval, and sprint interval exercise. *J Strength Cond Res* 2015;29(10):2888-2893.

37. Gaesser GA, Tucker WJ, Jarrett CL, Angadi SS. Fitness versus fatness: which influences health and mortality risk the most? *Curr Sports Med Rep* 2015;14(4):327-332.
38. Gaesser GA, Angadi SS. Navigating the gluten-free boom. *J Am Acad Phys Assist* 2015;28(8):1-7.
39. Tucker WJ, Sawyer BJ, Jarrett CL, Bhammar DM, Gaesser GA. Physiological responses to high-intensity interval exercise differing in interval duration. *J Strength Cond Res* 2015;12:3326-3335.
40. Tucker WJ, Bhammar DM, Sawyer BJ, Buman MP, Gaesser GA. Validity and reliability of Nike+ Fuelband for estimating physical activity energy expenditure. *BMC Sports Sci Med Rehab* 2015 7:14 <http://www.biomedcentral.com/2052-1847/7/14>.
41. Sawyer BJ, Tucker WJ, Bhammar DM, Gaesser GA. Using verification phase for determination of VO_{2max} in obese, sedentary adults. *J Strength Cond Res* 2015;12:3432-3438.
42. Angadi SS, Mookadam F, Lee CD, Tucker WJ, Haykowsky M, Gaesser GA. High-intensity interval training vs. moderate-intensity continuous exercise training in heart failure with preserved ejection fraction: A pilot study. *J Appl Physiol* 2015;119(6):753-758.
43. Sawyer BJ, Bhammar DM, Angadi SS, Ryan DM, Ryder JR, Sussman EJ, Bertmann EJ, Gaesser GA. Predictors of fat mass changes in response to aerobic exercise training in women. *J Strength Cond Res* 2015;29(2):297-304.
44. Zeigler ZS, Bhammar DM, Swan PD, Gaesser GA. Walking Workstation Use Reduces Ambulatory Blood Pressure in Adults with Prehypertension. *J Phys Act Health* 2015;12 (suppl 1):S119-S127.
45. Ryder JR, Vega-Lopez S, Gaesser GA, Buman MP, Shaibi GQ. Heterogeneous vascular intervention in obese Latino adolescents. *Metab Syn Relat Dis* 2014;12:509-516.
46. Kim Y, Lee J-M, Laurson K, Bai Y, Gaesser GA, Welk G. Accuracy of neck circumference in classifying overweight and obese US children. *ISRN Obesity*, 2014; Article ID 781841, 6 pages (<http://www.hindawi.com/isrn/obesity/2014/781841/>)
47. Hallmark R, Patrie JT, Liu Z, Gaesser GA, Barrett EJ, Weltman A. The effect of exercise intensity on endothelial function in physically inactive lean and obese adults. *PLOS ONE* 2014;9(1):e85450, pp. 1-7 (<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0085450>)
48. Sawyer BJ, Stokes DG, Womack CJ, Morton RH, Weltman A, Gaesser GA. Strength training increases endurance time to exhaustion during high-intensity exercise despite no change in critical power. *J Strength Cond Res* 2014;28(3):601-609.
49. Kim Y, Lee J-M, Peters B, Gaesser GA, Welk GJ. Examination of different accelerometer cut-points for assessing sedentary behaviors in children. *PLOS ONE*

2014;9(4):e90630, pp. 1-88.

(<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0090630>)

50. Swift DL, Weltman JY, Patrie JT, Saliba SA, Gaesser GA, Barrett EJ, Weltman A. Predictors of improvement in endothelial function after exercise training in a diverse sample of postmenopausal women. *J Women's Health* 2014;23(2):260-266.
51. Swift DL, Weltman JY, Patrie JT, Barrett EJ, Gaesser GA, Weltman A. Evaluation of Racial Differences in Resting and Postprandial Endothelial Function in Postmenopausal Women Matched for Age, Fitness and Body Composition. *Ethnicity & Disease* 2013;23:43-48.
52. Bhammar DM, Angadi SS, Gaesser GA. Effects of fractionized and continuous exercise on 24-h ambulatory blood pressure. *Med Sci Sports Exerc* 2012;44:2270-2276.
53. Gaesser GA, Angadi SS. Gluten-free diet: Imprudent dietary advice for the general population? *J Acad Nutr Diet* 2012;112:1314-1317.
54. Sawyer BJ, Morton RH, Womack CJ, Gaesser GA. VO_{2max} may not be reached during exercise to exhaustion above critical power. *Med Sci Sports Exerc* 2012;44:1533-1538.
55. Gaesser GA, Angadi SS, Ryan DM, Johnston CS. Lifestyle Measures to Reduce Inflammation. (Invited Review). *Am J Lifestyle Med* 2012;6: 4-13.
56. Gaesser GA, Angadi SS. High-intensity interval training for health and fitness: Can less be more? *J Appl Physiol* 111: 1540-1541, 2011.
57. Gaesser GA, Angadi SS, Sawyer BJ. Exercise and diet, independent of weight loss, improve cardiometabolic risk profile in overweight and obese individuals. (Invited Review) *Physician Sports Med* 39: 87-97, 2011.
58. Rynders CA, Angadi SS, Weltman NY, Gaesser GA, and Weltman A. Oxygen uptake and ratings of perceived exertion at the lactate threshold and maximal fat oxidation rate in untrained adults. *Eur J Appl Physiol* 111: 2063-2068, 2011.
59. Weltman N, Rynders CA, Gaesser GA, Weltman JY, Barrett EJ, Weltman A. Exercise intensity does not affect glucose disposal in euglycemic abdominally obese adults. *Obesity and Metabolism* 6: 86-93, 2011.
60. Sawyer BJ, Blessinger JR, Irving BA, Weltman A, Patrie JT, Gaesser GA. The relationship between oxygen uptake and walking speed is positively correlated with peak oxygen uptake. *Med Sci Sports Exerc* 42: 2122-2127, 2010
61. Angadi SS, Weltman A, Watson-Winfield D, Weltman J, Frick K, Patrie J, Gaesser GA. Effect of fractionized vs continuous, single-session exercise on blood pressure in adults. *J Human Hypertens* 24: 300-302, 2010.
62. Brock DW, Chandler-Laney PC, Alvarez JA, Glower BA, Gaesser GA, Hunter GR. Perception of exercise difficulty predicts weight regain in formerly overweight women. *Obesity* 18: 982-986, 2010.

63. Steiner J, Curmaci A, Patrie J, Gaesser G, Weltman A. Effects of carbohydrate supplementation on the RPE-blood lactate relationship. *Med Sci Sports Exerc* 41: 1326-1333, 2009.
64. Irving BA, Weltman JY, Patrie JT, Davis CK, Brock DW, Swift D, Barrett EJ, Gaesser GA, Weltman A. Effects of exercise training intensity on nocturnal growth hormone secretion in abdominally obese women with the metabolic syndrome. *J Clin Endocrinol Metab* 94: 1979-1986, 2009.
65. Brock DW, Thomas O, Cowan CD, Hunter GR, Gaesser GA, Allison DB. Association between insufficiently physically active and prevalence of obesity in the United States. *J Physical Activity Health* 6: 1-5, 2009.
66. Blessinger JR, Sawyer BJ, Davis CK, Irving BA, Weltman A, Gaesser G. Reliability of the VmaxST portable metabolic measurement system. *Int J Sports Med* 30: 22-26, 2009.
67. Weltman A, Weltman JY, Watson Winfield DD, Frick K, Patrie J, Kok P, Keenan DM, Gaesser GA, Veldhuis JD. Effects of continuous vs intermittent exercise, obesity, and gender on growth hormone secretion. *J Clin Endocrinol Metab* 93: 4711-4720, 2008.
68. Prokopy MP, Ingersoll CD, Nordenschild E, Katch FI, Gaesser GA, Weltman A. Closed-kinetic chain upper-body training improves throwing performance of NCAA Division I softball players. *J Strength Cond Res* 22: 1790-1798, 2008.
69. Irving BA, Davis CK, Brock DW, Weltman JY, Swift D, Barrett EJ, Gaesser GA, Weltman A. Effect of exercise training intensity on abdominal visceral fat and body composition. *Med Sci Sports Exerc* 40: 1863-1872, 2008.
70. Greenwood JD, GE Moses, FM Bernardino, GA Gaesser, A Weltman. Intensity of Exercise Recovery, Blood Lactate Disappearance, and Subsequent Swimming Performance. *J Sports Sciences* 26: 29-34, 2008.
71. Gaesser GA. Carbohydrate quantity and quality in relation to body mass index. *J Am Diet Assoc* 2007; 107: 1768-1780.
72. Gaesser GA. Does Physical Activity Reduce the Risk of Cardiovascular Disease in Overweight and Obese Individuals? *Current Cardiovascular Risk Reports* 1(3): 221-227, 2007.
73. Irving BA, Davis CK, Brock DW, Weltman JY, Swift D, Barrett EJ, Gaesser GA, Weltman A. The metabolic syndrome, hypertriglyceridemic waist, and cardiometabolic risk factor profile. *Obes Metab* 3: 50-57, 2007.
74. Gaesser GA. Exercise for Prevention and Treatment of Cardiovascular Disease, Type 2 Diabetes, and Metabolic Syndrome. *Current Diabetes Reports* 7: 14-19, 2007.
75. Irving, BA, Weltman, JY, DL, Brock, Davis, CK, Barrett, EJ, Gaesser, GA, Weltman, A. NIH ImageJ and Slice-O-Matic Computed Tomography Imaging Software to Quantify Soft Tissue. *Obes Res* 2007; 15: 370-376.

76. Swift A, Irving BA, Brock DB, Davis CK, Barrett EJ, Gaesser GA, Weltman A. Heart rate recovery does not predict endothelial function in obese. *Obes Metab* 2007; 3: 101-105.
77. Brock DW, Davis CK, Irving BA, Rodriguez J, Barrett EJ, Weltman A, Taylor AG, Gaesser GA. A High-Carbohydrate, High-Fiber Meal Improves Endothelial Function in Adults with the Metabolic Syndrome. *Diabetes Care* 29(10): 2313-2315, 2006.
78. Herndon, SK, BC Bennett, A Wolovick, A Filachek, GA Gaesser, A Weltman, MF Abel. Center of mass motion and the effects of ankle bracing on metabolic cost during submaximal walking trials. *J Orthopaedic Res* 24: 2170-2175, 2006.
79. Campos P, Saguy A, Ernsberger P, Oliver E, Gaesser G. The epidemiology of overweight and obesity: public health crisis or moral panic? *Int J Epidemiol* 2006; 35: 55-60.
80. Irving BA, Rutkowski J, Brock DW, Davis CK, Barrett EJ, Gaesser GA, Weltman A. Comparison of Borg- and OMNI-RPE as markers of the blood lactate response to exercise. *Med Sci Sports Exerc* 38: 1348-1352, 2006.
81. Ikeda JP, Amy NK, Ernsberger P, Gaesser GA, Berg FM, Clark CA, Parham ES, Peters P. The Weight Control Registry: A Critique. *J Nutr Educ Behav* 37: 203-205, 2005.
82. Gaesser, GA. Weight loss for the obese: Panacea of Pound-Foolish? *Quest* 56: 12-27, 2004.
83. Gaesser, GA. Is weight loss the answer? *Junctures* 1: 15-20, 2003.
84. Schmitz, RJ, BL Arnold, DH Perrin, KP Granata, GA Gaesser, and BM Gansneder. Effect of isotonic and isometric knee extension exercises on mechanical and electromyographical specificity of fatigue. *Isokinetics and Exercise Science* 10: 167-175, 2002.
85. Womack, CJ, JA Flohr, A Weltman, and GA Gaesser. Effects of strength training on the VO₂ slow component. *J Strength Cond Res* 14: 50-53, 2000.
86. Pritzlaff, CJ, L Wideman, J Blumer, M Jensen, RD Abbott, GA Gaesser, JD Veldhuis, and A Weltman. Catecholamine release, growth hormone secretion and energy expenditure during exercise vs. recovery in men. *J Appl Physiol.* 89: 937-946, 2000.
87. Schmitz, RJ, BL Arnold, DH Perrin, KP Granata, GA Gaesser, and BM Gansneder. Changes in the mechanical and electromyographic output during isotonic and isometric exercise in men and women. *Isokinetics and Exercise Science* 8: 1-9, 2000.
88. Gaesser, GA. Thinness and weight loss: Beneficial or detrimental to health? *Med Sci Sports Exerc* 31: 1118-1128, 1999.
89. Womack, CJ, SE Davis, E Barrett, J Blumer, AL Weltman, and GA Gaesser. The effect of training and epinephrine infusion on potential mediators of perceived exertion. *Int J Sports Med* 19: 121-124, 1998.

90. Weltman, A, JY Weltman, CJ Womack, SE Davis, JL Blumer, GA Gaesser, and ML Hartman. Exercise training decreases the growth hormone (GH) response to acute constant-load exercise. *Med Sci Sports Exerc* 29: 669-676, 1997.
91. Wideman, L, N Stoudemire, K Pass, C McGinnes, GA Gaesser, and A Weltman. Assessment of the Aerosport TEEM 100 portable metabolic measurement system. *Med Sci Sports Exerc* 28: 509-515, 1996.
92. Stoudemire, NM, L Wideman, KA Pass, CL McGinnes, GA Gaesser, and A Weltman. The validity of regulating blood lactate concentration during running by ratings of perceived exertion. *Med Sci Sports Exerc* 28: 490-496, 1996.
93. Womack, CJ, SE Davis, CM Wood, K Sauer, J Alvarez, A Weltman, and GA Gaesser. Effects of training on physiological correlates of rowing ergometer performance. *J Strength Cond Res* 10: 234-238, 1996.
94. Gaesser, GA, and DC Poole. The slow component of oxygen uptake kinetics in humans. *Exerc Sports Sci Rev* 24: 35-70, 1996.
95. Womack, CJ, SE Davis, J Blumer, E Barrett, A Weltman, and GA Gaesser. Slow component of O₂ uptake during heavy exercise: adaptation to exercise training. *J Appl Physiol* 79: 838-845, 1995.
96. Gaesser, GA, TJ Carnevale, AJ Garfinkel, DO Walter, and CJ Womack. Estimation of critical power with nonlinear and linear models. *Med Sci Sports Exerc* 27: 1430-1438, 1995.
97. Anantaraman, R, AA Carmines, GA Gaesser, and A Weltman. Effects of carbohydrate supplementation on performance during 1 hour of high-intensity exercise. *Int J Sports Med* 16: 461-465, 1995.
98. Weltman, A, CM Wood, CJ Womack, SE Davis, JL Blumer, J Alvarez, K Sauer, and GA Gaesser. Catecholamine and blood lactate responses to incremental rowing and running exercise. *J Appl Physiol* 76: 1144-1149, 1994.
99. Steed, J, GA Gaesser, and A Weltman. Rating of perceived exertion and blood lactate concentration during submaximal running. *Med Sci Sports Exerc* 26: 797-803, 1994.
100. Gaesser, GA. Influence of endurance training and catecholamines on exercise VO₂ response. *Med Sci Sports Exerc* 26: 1341-1346, 1994.
101. Poole, DC, TJ Barstow, WT Willis, GA Gaesser, and BJ Whipp. VO₂ slow component: physiological and functional significance. *Med Sci Sports Exerc* 26: 1354-1358, 1994.
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ABSTRACTS

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44. Tucker WJ, Bhammar DM, Sawyer BJ, Buman MP, Gaesser GA. Validity and reliability of consumer-based physical activity monitors. Southwest Chapter American College of Sports Medicine Annual Meeting, Costa Mesa, CA, October 17-18, 2014.
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46. Angadi SS, Tucker WJ, Mookadam F, Lee CD, Gaesser GA. High-intensity interval training improves VO_{2peak} in heart failure with preserved ejection fraction. Annual Meeting, Southwest Region of American College of Sports Medicine, Newport Beach, CA, October 18-19, 2013.
38. Black LE, Sawyer BJ, Tucker WJ, Bhammar DM, Gaesser GA. Effects of a fat-sugar supplemented diet, with and without exercise training, on body weight and body composition. Annual Meeting, Southwest Region of American College of Sports Medicine, Newport Beach, CA, October 18-19, 2013.
39. Holzapfel SD, Sawyer BJ, Angadi SS, Bhammar DM, Ryder JR, Gaesser GA. Improvements in VO_{2peak} are unrelated to changes in submaximal heart rate after 12 weeks of aerobic walking in women. Annual Meeting, Southwest Region of American College of Sports Medicine, Newport Beach, CA, October 18-19, 2013.
40. Jarrett CL, Sawyer BJ, Bhammar DM, Tucker WJ, Ryder JR, Angadi SS, Gaesser GA. Improvements in aerobic fitness following a moderate-intensity exercise program is independent of step counts among sedentary adult females. Annual Meeting, Southwest Region of American College of Sports Medicine, Newport Beach, CA, October 18-19, 2013.
41. Sawyer BJ, Bhammar DM, Tucker WJ, Gaesser GA. High-intensity interval training and continuous vigorous exercise: divergent effects on flow-mediated dilation. Annual Meeting, Southwest Region of American College of Sports Medicine, Newport Beach, CA, October 18-19, 2013.
42. Tucker WJ, Sawyer BJ, Malone C, Bhammar DM, Ryder JR, Gaesser GA. High-intensity interval exercise and endothelial dysfunction associated with a high-fat meal in healthy males. Annual Meeting, Southwest Region of American College of Sports Medicine, Newport Beach, CA, October 18-19, 2013.
43. Gaesser GA. Gluten-Free Diet: Imprudent Dietary Advice for the General Population? American Academy of Nurse Practitioners National Conference, Las Vegas, NV, June 22, 2013.

44. Bhammar DM, Sawyer BJ, Tucker WJ, Baez JC, Gaesser GA. Physical activity and energy expenditure using Sensewear Armband, Actiheart and Actigraph in adults. American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 29 – June 1, 2013.
45. Sawyer BJ, Bhammar DM, Tucker WJ, Gaesser GA. Use of the verification phase for confirming ‘true’ VO₂max in sedentary obese adults. American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 29 – June 1, 2013.
46. Knurick JR, Tucker WJ, Bhammar DM, Sawyer BJ, Gaesser GA. Accuracy of Sensewear Pro Armband in assessing energy expenditure in young and older adults. American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 29 – June 1, 2013.
47. Tucker WJ, Malone C, Sawyer BJ, Bhammar DM, Gaesser GA. Comparison of physiological responses to two high-intensity interval exercise protocols. American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 29 – June 1, 2013.
48. Clark B, Wiles C, Bhammar DM, Sawyer BJ, Parker Jr BE, Gaesser GA. Validation of a wireless, multimode, artificial neural network-based physical activity monitor. American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 29 – June 1, 2013.
49. Gaesser GA, Angadi SS, Davis C, Irging BA, Rodriguez J, Patrie JT, Weltman A, Barrett EJ, Brock DW, Weltman NY. Effects of *ad libitum* low-fat, high-fiber and low-carbohydrate diets on caloric intake, body composition and cardiometabolic risk markers in adults with the metabolic syndrome. 5th International Congress on Prediabetes and the Metabolic Syndrome, Vienna, Austria, April 18-20, 2013.
50. Sawyer BJ, Stokes DG, Morton RH, Weltman A, Gaesser GA. Effects of strength training on parameters of the power-duration relationship using linear and non-linear models. American College of Sports Medicine Annual Meeting, San Francisco, CA, May 29 – June 2, 2012.
51. Angadi SS, Weltman N, Weltman A, Rodriguez J, Patrie J, Gaesser GA. Dietary fiber does not attenuate postprandial glycemic responses following a high-carbohydrate meal adults and children.
 - American College of Sports Medicine Annual Meeting, San Francisco, CA, May 29 – June 2, 2012.
 - Annual Meeting, Southwest Region of American College of Sports Medicine, Reno, NV, October 21-22, 2011.
52. Angadi S, Mookadam F, Lee C, Bright H, Royter A, Walish J, Zakis D, Thompson P, Gaesser GA. High Intensity Interval Training Improves Diastolic Dysfunction In Patients With Heart Failure And Preserved Ejection Fraction.
 - Mayo Clinic/Arizona State University Research Summit, Tempe, AZ, December 1, 2012.

- American Heart Association Annual Meeting, Los Angeles, CA, November 5, 2012.
53. Angadi SS, Tucker WJ, Mookadam F, Lee CD, Gaesser GA. Ventilatory predictors of change in diastolic function in heart failure with preserved ejection fraction. American College of Sports Medicine Southwest Chapter Annual Meeting, Newport Beach, CA, October 19-20, 2012.
 54. Sawyer BJ, Bhammar DM, Angadi SS, Ryan DM, Ryder JR, Sussman EJ, Bertman FMW, Gaesser GA. Predictors of compensation to exercise-induced weight loss in women. American College of Sports Medicine Southwest Chapter Annual Meeting, Newport Beach, CA, October 19-20, 2012.
 55. Tucker WJ, Bhammar DM, Sawyer BJ, Gaesser GA. Accuracy of SenseWear Pro Armband in assessing energy expenditure during steady-state and non-steady state activities in young and older adults. American College of Sports Medicine Southwest Chapter Annual Meeting, Newport Beach, CA, October 19-20, 2012.
 56. Bhammar DM, Sawyer BJ, Tucker WJ, Gaesser GA. Accuracy and test-retest reliability of Sensewear Armband, Actiheart and Actigraph in assessing exercise energy expenditure in adults. American College of Sports Medicine Southwest Chapter Annual Meeting, Newport Beach, CA, October 19-20, 2012.
 57. Bhammar DM, Sawyer BJ, Angadi SS, Gaesser GA. Accuracy of SenseWear® Pro Armband in estimating energy expenditure during structured and free-living physical activity. American College of Sports Medicine Annual Meeting, San Francisco, CA, May 29 – June 2, 2012.
 58. Kim Y-W, Lee J-M, Bai Y, Gaesser GA, Welk GJ. Comparison between SenseWear® Mini Armband and Actigraph accelerometers in classifying physical activity intensities in youth. American College of Sports Medicine Annual Meeting, San Francisco, CA, May 29 – June 2, 2012.
 59. Lee J-M, Kim Y-W, Bai Y, Welk GJ, Gaesser GA. Validation of new SenseWear® mini armband algorithms (version 5.2) in children. American College of Sports Medicine Annual Meeting, San Francisco, CA, May 29 – June 2, 2012.
 60. Ryan DM, Carr NS, Angadi SS, Sawyer, BJ, Chisum J, Gaesser GA. The Effect of High-Intensity Interval Training on 2-kilometer Ergometer Time-Trial Performance in Female High School Rowers.
 - American College of Sports Medicine Annual Meeting, San Francisco, CA, May 29 – June 2, 2012.
 - Annual Meeting, Southwest Region of American College of Sports Medicine, Reno, NV, October 21-22, 2011.
 61. Bhammar D, Sawyer BJ, Angadi SS, Ryder J, Ryan D, Gaesser GA. Air displacement plethysmography weakly predicts changes in percent body fat in comparison to dual energy X-ray absorptiometry after aerobic exercise training in women. Experimental Biology, San Diego, CA, April 21-25, 2012.

62. Sawyer BJ, Bhammar D, Angadi SS, Ryan D, Ryder J, Gaesser GA. Heterogeneity in total body fat changes after aerobic exercise training is similar in women with lower and higher amounts of body fat. *Experimental Biology*, San Diego, CA, April 21-25, 2012.
63. Angadi SS, Weltman N, Patrie J, Barrett EJ, Weltman A, Brock DW, Irving BA, Davis CK, Rodriguez J, Gaesser GA. Effects of a low-carbohydrate vs. high-carbohydrate, high-fiber diet on soluble cell adhesion molecules and endothelial function in adults with metabolic syndrome. *Experimental Biology*, San Diego, CA, April 21-25, 2012.
64. Sawyer BJ, Bhammar D, Angadi SS, Gaesser GA. Ability of the Sensewear™ Arm Band to Predict Energy Expenditure During Free-Living Activities. Annual Meeting, Southwest Region of American College of Sports Medicine, Reno, NV, October 21-22, 2011.
65. Bhammar D, Sawyer BJ, Angadi SS, Gaesser GA. Accuracy of SenseWear Armband in estimating energy expenditure in young and older adults during a controlled exercise trial. Annual Meeting, Southwest Region of American College of Sports Medicine, Reno, NV, October 21-22, 2011.
66. Angadi SS, Furmanek C, Hahn D, Gaesser GA. Postexercise hypotension after moderate-intensity continuous and high-intensity interval exercise. American College of Sports Medicine Annual Meeting, Denver, CO, May 31-June 4, 2011. [Med Sci Sports Exerc 2011; 43 (Suppl): S307]
67. Hahn D, Angadi SS, Gaesser GA. Effects of moderate-intensity continuous and high-intensity interval exercise on postexercise oxygen uptake. American College of Sports Medicine Annual Meeting, Denver, CO, May 31-June 4, 2011. [Med Sci Sports Exerc 2011; 43 (Suppl): S306-7]
68. Bhammar D, Angadi SS, Gaesser GA. Effects of fractionized and continuous exercise on ambulatory blood pressure in prehypertensive adults. American College of Sports Medicine Annual Meeting, Denver, CO, May 31-June 4, 2011. [Med Sci Sports Exerc 2011; 43 (Suppl): S308]
69. Carr N, Ryan D, Angadi SS, Sawyer BJ, Chisum J, Gaesser GA. Predictors of 2-kilometer time trial performance in female high school rowers. American College of Sports Medicine Annual Meeting, Denver, CO, May 31-June 4, 2011. [Med Sci Sports Exerc 2011; 43 (Suppl): S432]
70. Ryan D, Sawyer BJ, Angadi SS, Patrie J, Browning R, Gaesser GA. Percent body fat is negatively correlated to walking efficiency in a group of obese and nonobese men and women. American College of Sports Medicine Annual Meeting, Denver, CO, May 31-June 4, 2011. [Med Sci Sports Exerc 2011; 43 (Suppl): S437]
71. Sawyer BJ, Morton RH, Womack C, Gaesser GA. VO₂max may not be reached during constant-load exercise to exhaustion above critical power. American College of Sports Medicine Annual Meeting, Denver, CO, May 31-June 4, 2011. [Med Sci Sports Exerc 2011; 43 (Suppl): S556]

72. Weltman A, Swift DL, Weltman JY, Patrie JT, Gaesser GA, Saliba SA, Barrett EJ. The effect of exercise training on endothelial function in African American and Caucasian postmenopausal women. American College of Sports Medicine Annual Meeting, Denver, CO, May 31-June 4, 2011. [Med Sci Sports Exerc 2011; 43 (Suppl): S513]
73. Gaesser GA, Angadi SS, Weltman NY, Rodriguez J, Patrie JT, Barrett EJ, Brock DW, Davis CK, Irving BA, Weltman A. Impairment of endothelial function despite improvements in traditional lipid markers in low-carbohydrate vs. high-carbohydrate, high-fiber diet in adults with metabolic syndrome. Experimental Biology 2011, Washington DC, April 12, 2011.
74. Angadi SS, Weltman NY, Rodriguez J, Patrie JT, Brock DW, Weltman A, Gaesser GA. Effect of age on postprandial lipemia after a high-fat meal high and low in cereal fiber. Experimental Biology 2011, Washington DC, April 12, 2011.
75. Swift DL, Weltman J, Patrie JT, Saliba S, Gaesser GA, Barrett EJ, Weltman A. The Effect of Aerobic Exercise Training on Endothelial Function in Sedentary African American and Caucasian Postmenopausal Women. Southeast Chapter of American College of Sports Medicine Annual Meeting, Greenville, SC February 3-5, 2011.
76. Bhammar DM, Angadi SS, Gaesser GA. Effects of fractionized and continuous exercise on ambulatory blood pressure in prehypertensive adults. American College of Sports Medicine Southwest Chapter Annual Meeting, San Diego, CA, Oct 22-23, 2010.
77. S Angadi, C Furmanek, D Hahn, G Gaesser. Post exercise hypotension after moderate-intensity and high-intensity interval exercise. American College of Sports Medicine Southwest Chapter Annual Meeting, San Diego, CA, Oct 22-23, 2010.
78. D Hahn, S Angadi, G Gaesser. Effects of High-Intensity Interval Exercise on Postexercise Oxygen Uptake. American College of Sports Medicine Southwest Chapter Annual Meeting, San Diego, CA, Oct 22-23, 2010.
79. Ryan DM, Angadi SS, Davis CK, Rodriguez J, Irving BA, Patrie JT, Weltman A, Barrett EJ, Brock DW, Gaesser GA. Impairment of vascular endothelial function despite improvements in traditional lipid markers in low-carbohydrate vs. high-carbohydrate, high-fiber diet in adults with metabolic syndrome. American College of Sports Medicine Southwest Chapter Annual Meeting, San Diego, CA, Oct 22-23, 2010.
80. S Angadi, CK Davis, J Rodriguez, B Irving, J Patrie, A Weltman, E Barrett, D Brock, G Gaesser. Impairment of vascular endothelial function despite greater fat loss on low-carbohydrate vs. high-carbohydrate, high-fiber diet in adults with metabolic syndrome. Sports Cardiovascular and Wellness Nutritionists (SCAN) annual meeting, San Diego, Ca, March 28-30, 2010
81. Swift DL, Weltman JY, Patrie JT, Barrett EJ, Gaesser GA, Weltman AL. Fitness and body composition do not affect racial differences in endothelial function in

- postmenopausal women. American College of Sports Medicine Annual Meeting, Baltimore, MD, June 2-5, 2010.
82. Sawyer BJ, Irving BA, Patrie J, Angadi S, Gaesser GA. Percent body fat is positively correlated to walking and running economy/efficiency in healthy adults.
 - American College of Sports Medicine Annual Meeting, Baltimore, MD, June 2-5, 2010.
 - American College of Sports Medicine Southwest Chapter Annual Meeting, San Diego, CA, October 23-29, 2009
 83. Angadi S, Rodriguez J, Weltman N, Weltman A, Patrie J, Gaesser GA. Effects of glycemic index and dietary fiber on postprandial insulin and glycemic excursions.
 - American College of Sports Medicine Annual Meeting, Baltimore, MD, June 2-5, 2010.
 - American College of Sports Medicine Southwest Chapter Annual Meeting, San Diego, CA, October 23-29, 2009
 84. Hallmark R, Patrie JT, Liu Z, Gaesser, GA, Barrett EJ, Weltman A. The effect of exercise intensity on endothelial function in lean and obese young adults. (Featured Science Session: Effects of Exercise and Diet on Inflammation and Vascular Endothelial Function) American College of Sports Medicine Annual Meeting, Seattle, WA, May 27-30, 2009. [Med Sci Sports Exerc 2009; 41 (Suppl): 50]
 85. Angadi SS, Rodriguez J, Frick K, Rutkowski J, Weltman N, Weltman A, Patrie J, Gaesser GA. Effects of glycemic index and dietary fiber on postprandial endothelial function. (Featured Science Session: Effects of Exercise and Diet on Inflammation and Vascular Endothelial Function) American College of Sports Medicine Annual Meeting, Seattle, WA, May 27-30, 2009. [Med Sci Sports Exerc 2009; 41 (Suppl): 51]
 86. Brock, DW, Gaesser GA, Hunter GR. Innate Cardiorespiratory Fitness Predicts Visceral Adiposity. The Obesity Society Annual Meeting, Washington, DC, October 24-28, 2009. [Obesity 2009; 17: S269.]
 87. Gaesser GA, Angadi S, Davis C, Rodriguez J, Irving B, Patrie J, Weltman A, Barrett EJ, Brock D. Effects of a low-fat, high-fiber diet compared with a low-carbohydrate diet on insulin sensitivity and endothelial function in adults with the metabolic syndrome. American Dietetic Association Food & Nutrition Conference & Expo, Denver, CO, October 18-20, 2009.
 88. Weltman N, Angadi S, Weltman J, Brock D, Rodriguez J, Patrie J, Frick K, Rutkowski J, Gaesser GA. A fiber-rich breakfast cereal attenuates postprandial triglyceridemia and associated impairment of endothelial function following a high-fat meal in youth. American Dietetic Association Food & Nutrition Conference & Expo, Denver, CO, October 18-20, 2009.
 89. Swift DL, Angadi SS, JY Weltman, Barrett EJ, Patrie J, Gaesser GA, Weltman A. Increased fitness attenuates endothelial dysfunction following a high-fat meal in

- postmenopausal women. American College of Sports Medicine Annual Meeting, Seattle, WA, May 27-30, 2009 [Med Sci Sports Exer 2009; 41 (Suppl): S244]
90. Weltman NY, Rynders CA, Gaesser GA, Barrett EJ, Weltman A. Effects Of Exercise Intensity On Post-prandial Glucose Disposal In Abdominally Obese Adults.
 - American College of Sports Medicine Annual Meeting, Seattle, WA, May 27-30, 2009 [Med Sci Sports Exer 2009; 41 (Suppl): S209]
 - American College of Sports Medicine Southeast Chapter Annual Meeting, Birmingham, AL, Feb 10-12, 2009.
 91. Brock DW, Chandler-Laney P, Alvarez J, Gower B, Gaesser G, Hunter G. Perception of walking effort predicts one-year weight regain. American College of Sports Medicine Annual Meeting, Seattle, WA, May 27-30, 2009 [Med Sci Sports Exer 2009; 41 (Suppl): S355]
 92. Steiner J, Curmaci A, Patrie J, Gaesser G, Weltman A. Effects of carbohydrate supplementation on the ratings of perceived exertion-blood lactate relationship.
 - American College of Sports Medicine Annual Meeting, Seattle, WA, May 27-30, 2009 [Med Sci Sports Exer 2009; 41 (Suppl): S208]
 - American College of Sports Medicine Southeast Chapter Annual Meeting, Birmingham, AL, Feb 10-12, 2009.
 93. Weltman A, SS Angadi, Rynders CA, Weltman NY, Gaesser GA. Relationship between VO₂ at lactate threshold and maximal fat oxidation across age, fitness, and sex. American College of Sports Medicine Annual Meeting, Seattle, WA, May 27-30, 2009 [Med Sci Sports Exer 2009; 41 (Suppl): S335]
 94. Rynders CA, Angadi SS, Weltman NY, Gaesser GA, Weltman A. Maximal Rate of Fat Oxidation Not Related to Lactate Threshold in Women with Metabolic Syndrome.
 - American College of Sports Medicine Annual Meeting, Seattle, WA, May 27-30, 2009 [Med Sci Sports Exer 2009; 41 (Suppl): S589]
 - American College of Sports Medicine Southeast Chapter Annual Meeting, Birmingham, AL, Feb 10-12, 2009.
 95. Irving BA, Rynders CA, Angadi SS, Weltman NY, Gaesser GA, Weltman A. Abdominally obese women with metabolic syndrome have higher maximal fat oxidation rates during submaximal treadmill exercise. American College of Sports Medicine Annual Meeting, Seattle, WA, May 27-30, 2009 [Med Sci Sports Exer 2009; 41 (Suppl): S589]
 96. Angadi SS, Rynders CA, Weltman NY, Gaesser GA, Weltman A. Relationship between VO₂ at lactate threshold and VO₂ at maximal rate of fat oxidation across age, fitness, and sex. American College of Sports Medicine Southeast Chapter Annual Meeting, Birmingham, AL, Feb 10-12, 2009.
 97. Bovbjerg VE, Gonder-Frederick LA, Crowther JQ, Conaway MR, Gaesser GA, Nadler JL, Keim JL, Reid KB, Siadaty MS, Wolf AM. Depression and risk factor status among participants in a diabetes and obesity lifestyle intervention: Improving

- Control with Activity and Nutrition. American Diabetes Association 69th Scientific Sessions, New Orleans, LA, June 5-9, 2009. [*Diabetes* 2009; 58: A441.]
98. Bovbjerg VE, Crowther JQ, Gaesser GA, Gonder-Frederick LA, Nadler JL, Siadaty MS, Conaway MR, Botchwey NH, Angadi SS, Wolf AM. Predictors of retention among participants in a diabetes and obesity lifestyle intervention: Improving Control with Activity and Nutrition. American Diabetes Association 69th Scientific Sessions, New Orleans, LA, 5-9 June, 2009. [*Diabetes* 2009; 58: A445.]
 99. Botchwey ND, Conaway MR, Wolf AM, Nadler JL, Crowther JQ, Gonder-Frederick LA, Gaesser GA, Bovbjerg VE. American Diabetes Association 69th Scientific Sessions, New Orleans, LA, 5-9 June, 2009. [*Diabetes* 2009; 58: A446.]
 100. Gaesser GA, M Siadaty, A Wolf, J Crowther, L Gonder-Frederick, J Nadler, N Botchway, M Conaway, S Angadi, V Bovbjerg. Change in self-reported vigorous physical activity and glycated hemoglobin status during a one-year intervention in obese persons with type 2 diabetes. NAASO Annual Meeting, Phoenix, AZ, October 3-7, 2008.
 101. Angadi SS, A Weltman, D Watson-Winfield, J Weltman, K Frick, J Patrie, G Gaesser. Blood pressure responses following continuous versus fractionalized exercise in young adults. ACSM Annual Meeting, Indianapolis, IN May28-31, 2008.
 102. Wolf A, Crowther J, Conaway M, Nadler J, Gonder-Frederick L, Gaesser G, Botchway N, Bovbjerg V. Translational research: Who enters long term lifestyle programs for diabetes and weight control? Obesity and physical activity by state. NAASO, the Obesity Society, Annual Meeting, New Orleans, October 20-24, 2007
 103. Weltman A, Irving BA, Swift D, Davis CK, Rodriguez J, Rutkowski J, Frick K, Barrett EJ, and Gaesser GA. Exercise-Induced Weight Loss and Biological Compensation in Women with the Metabolic Syndrome (MS) ACSM Annual Meeting, New Orleans, LA, May 30-June 2, 2007.
 104. Irving BA, Swift D, Davis CK, Barrett EJ, and Gaesser GA, Weltman A. Effects of exercise training on cardiometabolic risk in women with the metabolic syndrome with or without hypertension. ACSM Annual Meeting, New Orleans, LA, May 30-June 2, 2007.
 105. Davis CK, Irving BA, Brock DW, Gaesser GA, Barrett EJ, Weltman A. Exercise training-induced changes in skeletal muscle microvasculature assessed by contrast enhanced ultrasound. ACSM Annual Meeting, New Orleans, LA, May 30-June 2, 2007.
 106. Brock D, Thomas O, Cowan CD, Hunter G, Gaesser G, Allison D. Obesity and physical activity by state. NAASO, the Obesity Society, Annual Meeting, New Orleans, October 20-24, 2007
 107. David W. Brock, Christopher K. Davis, Brian A. Irving, Eugene J. Barrett, Arthur Weltman, and Glenn A. Gaesser. Differential Impact of High-Carbohydrate vs. High-Fat Meals on Endothelial Function in Subjects with the Metabolic Syndrome.

- North American Association for the Study of Obesity (NAASO), Vancouver, BC, October 2006
108. Brian A Irving, Damon L Swift, David W Brock, Christopher K Davis, Eugene Barrett, Glenn Gaesser, and Arthur Weltman . Heart Rate Recovery From Maximal Exercise Is An Indicator Of Endothelial Function In Women With The Metabolic Syndrome. North American Association for the Study of Obesity (NAASO), Vancouver, BC, October 2006
 109. David W Brock, Brian A Irving, Christopher K. Davis, Eugene J Barrett, Arthur Weltman, and Glenn A Gaesser. Differential Impact of Chronic High-Carbohydrate vs. Low-Carbohydrate Diets on Endothelial Function in Adults with the Metabolic Syndrome. American College of Sports Medicine (ACSM) Southeast Regional Chapter Annual Meeting, Charlotte, NC, February 2006.
 110. BA Irving, DW Brock, CK Davis, EJ Barrett, GA Gaesser, and A Weltman. Relationship among Cardiorespiratory Fitness (CRF), Physical Activity (PA), Abdominal Visceral Fat (AVF), Endothelial Function and Associated Risk Factors in Women with the Metabolic Syndrome (MS). American College of Sports Medicine (ACSM) Southeast Regional Chapter Annual Meeting, Charlotte, NC, February 2006.
 111. JR Blessinger, BJ Sawyer, BA Irving, CK Davis, A Weltman, and GA Gaesser. Test-retest Reliability of the SensorMedics VmaxST Portable Metabolic Measurement System. American College of Sports Medicine (ACSM) Southeast Regional Chapter Annual Meeting, Charlotte, NC, February 2006.
 112. BJ Sawyer, JR Blessinger, CK Davis, BA Irving, A Weltman, and GA Gaesser. Walking and Running Economy are Weakly Inversely Correlated to Maximal Oxygen Consumption In Healthy Males and Females. American College of Sports Medicine (ACSM) Southeast Regional Chapter Annual Meeting, Charlotte, NC, February 2006.
 113. Glenn A. Gaesser, Brian R. Clark, B. Eugene Parker, Aaron B. Olowin, Neal T. Richardson, Jason R. Blessinger, Brandon J. Sawyer, Christopher K. Davis, Gregory J. Welk, Brian A. Irving. Validation Of An Integrated Heart Rate/Physical Activity Monitor. American College of Sports Medicine (ACSM) annual meeting, Denver, CO, May 31- June 1, 2006.
 114. BA Irving, DW Brock, CK Davis, EJ Barrett, GA Gaesser, and A Weltman. Relationship among Cardiorespiratory Fitness (CRF), Physical Activity (PA), Abdominal Visceral Fat (AVF), Endothelial Function and Associated Risk Factors in Women with the Metabolic Syndrome (MS). American College of Sports Medicine (ACSM) annual meeting, Denver, CO, May 31- June 1, 2006.
 115. BJ Sawyer, JR Blessinger, CK Davis, BA Irving, A Weltman, and GA Gaesser. Walking and Running Economy are Weakly Inversely Correlated to Maximal Oxygen Consumption In Healthy Males and Females. American College of Sports Medicine (ACSM) annual meeting, Denver, CO, May 31- June 1, 2006.

116. David W Brock, Brian A Irving, Christopher K. Davis, Eugene J Barrett, Arthur Weltman, and Glenn A Gaesser. Differential Impact of Chronic High-Carbohydrate vs. Low-Carbohydrate Diets on Endothelial Function in Adults with the Metabolic Syndrome. American College of Sports Medicine (ACSM) annual meeting, Denver, CO, May 31- June 1, 2006.
117. Irving, BA, Weltman, JY, Davis, CK, Swift, DL, Brock, DW, Barrett, EJ, Gaesser, GA, Weltman, A. Effects of Exercise Training Intensity on Abdominal Fat in Abdominally Obese Individuals with the Metabolic Syndrome. American Diabetes Association Meeting. Washington, DC, June 8-13, 2006.
118. Irving, BA, Weltman, JY, Davis, CK, Swift, DL, Brock, DW, Patrie, J, Barrett, EJ, Gaesser, GA, Weltman, A. Effects of Exercise Training Intensity on Growth Hormone (GH) Secretion in Abdominally Obese Individuals with the Metabolic Syndrome (MS). Endocrine Society Meeting. Boston, Massachusetts, June 24-27, 2006.
119. Weltman, J, Irving, B, Brock, D, Davis, C, Barrett, E, Gaesser, G, Weltman, A. Comparison of the NIH ImageJ and Slice-O-Matic Medical Imaging Software to Differentiate and Quantify Adipose and Skeletal Muscle Tissue from Computed Tomography (CT) Scans. 10th International Congress of Obesity. Sydney, Australia, September 4-8, 2006.
120. Irving, B, Brock, D, Davis, C, Swift, D, Weltman, J, Patrie, J, Barrett, E, Gaesser, G, Weltman, A. Effects of Exercise Training Intensity on Markers of Inflammation in Abdominally Obese Individuals with the Metabolic Syndrome. 10th International Congress of Obesity. Sydney, Australia, September 4-8, 2006.
121. Irving, BA, Brock, DW, Davis, CK, Swift, DL, Barrett, EJ, Gaesser, GA, Weltman, A. The Hypertriglyceridemic Waist (HTGW) Exacerbates Risk in Women with the Metabolic Syndrome. North American Association for the Study of Obesity. Boston, Massachusetts, October 20-24, 2006.
122. Weltman, A., B.A. Irving, C.K. Davis, D. Swift, D.W. Brock, E.J. Barrett, and G.A. Gaesser. Exercise and the metabolic syndrome. (Invited Presentation) 10th International Congress of Obesity Satellite Conference on Physical Activity. Brisbane, Australia, September, 2006.
123. Weltman, A. and G.A. Gaesser. Is a generic exercise program enough for weight loss in all situations. (Invited Presentation) 10th International Congress of Obesity. Sydney, Australia, September, 2006.
124. Brian A. Irving, Jason J. Rutkowski, David W. Brock, Christopher K. Davis, Glenn A. Gaesser, Arthur Weltman. Ratings of Perceived Exertion and the Blood Lactate Response to Exercise: Borg vs. OMNI Scales. American College of Sports Medicine, Annual Meeting, Nashville, TN, June 1-4, 2005.
125. Arthur L. Weltman, James D. Greenwood, Ed Moses, Mark Bernardino, Glenn A. Gaesser. Effects of Exercise Recovery Intensity on Blood Lactate Disappearance

- and Subsequent Swimming Performance. American College of Sports Medicine, Annual Meeting, Nashville, TN, June 1-4, 2005.
126. MO Henley, BA Irving, GA Gaesser. Effect of single- and multiple-set resistance exercise on postexercise energy expenditure. American College of Sports Medicine Annual Meeting, Indianapolis, IN, June 2004.
 127. D. Watson Winfield, JY Weltman, K Frick, S Anderson, J Patrie, D Mistry, WS Evans, GA Gaesser, JD Veldhuis, and A Weltman. Growth Hormone Secretion Is Stimulated By Continuous And Intermittent Exercise And Is Affected By Obesity But Not Gender. Endocrine Society Annual Meeting, New Orleans, June 2004.
 128. AE Griel, A Weltman, L Jahn, GA Gaesser. 12 weeks of exercise training reduce risk factors associated with the metabolic syndrome. American College of Sports Medicine Annual Meeting, San Francisco, CA, May 2003.
 129. D Watson-Winfield, K Frick, J Weltman, J Patrie, SM Anderson, JD Veldhuis, GA Gaesser, A Weltman. Effects of Continuous vs Fractionalized Exercise on Caloric Expenditure in Non-Obese and Obese Females. American College of Sports Medicine Annual Meeting, San Francisco, CA, May 2003.
 130. A Weltman, D Watson-Winfield, K Frick, J Weltman, L Wideman, J Patrie, D Mistry, SM Anderson, GA Gaesser. Insulin, blood pressure and heart rate responses to continuous and fractionalized exercise in lean and obese males. American College of Sports Medicine Annual Meeting, San Francisco, CA, May 2003.
 131. DD Watson, KI Frick, JY Weltman, L Wideman, J Patrie, DJ Mistry, SA Anderson, JD Veldhuis, GA Gaesser, A Weltman. Effects of Continuous vs Fractionalized Exercise on Caloric Expenditure in Non Obese Males and Females. American College of Sports Medicine Annual Meeting, St. Louis, MO, May 29-June 1, 2002
 132. J Weltman, K Frick, D Watson, L Wideman, D Mistry, S Anderson, GA Gaesser, JD Veldhuis, A Weltman. Comparison of continuous and intermittent exercise on 24-h growth hormone secretion in obese and non-obese young men. Endocrine Society, annual meeting, San Francisco, CA, June 2002.
 133. GA Gaesser, EJ Barrett, L Jahn. "Multiple short bouts of exercise and improved quality of diet: positive impact on 'total' fitness and CVD risk profile." American College of Sports Medicine Annual Meeting, Baltimore, MD, June 1, 2001.
 134. K Frick, J Weltman, L Wideman, S Wahlers, M Valerio, J Patrie, D Mistry, SA Anderson, JD Veldhuis, GA Gaesser, A Weltman. Effects of continuous vs. intermittent exercise on caloric expenditure. American College of Sports Medicine Annual Meeting, Baltimore, MD, June 1, 2001.
 135. J Weltman, L Wideman, K Frick, D Watson, S Wahlers, M Valerio, D Mistry, SM Anderson, GA Gaesser, JD Veldhuis, A Weltman. Consolidated and distributed bouts of acute exercise trigger equivalent 24-h growth hormone release in healthy men. Endocrine Society, annual meeting, Denver, CO, June 20-23, 2001.

136. A Weltman, D Watson, K Frick, J Weltman, L Wideman, J Patrie, D Mistry, S Anderson, JD Veldhuis, GA Gaesser. Effects of continuous vs intermittent exercise on caloric expenditure in lean and obese males. North American Association for the Study of Obesity, annual meeting, Quebec City, October 7-10, 2001.
137. Pritzlaff, CJ, L Wideman, JY Weltman, GA Gaesser, JD Veldhuis, and A Weltman. Carbohydrate and fat oxidation during exercise and recovery: effects of exercise intensity and gender. ACSM annual meeting, Indianapolis, IN, May 31 –June 3, 2000. *Med. Sci. Sports Exerc.* 32: S225, 2000
138. Gaesser, GA, C.J. Womack, and R.H. Morton. A comparative study of the 2- and 3-parameter critical power models. . ACSM annual meeting, Seattle, WA, June 2-5, 1999. *Med. Sci. Sports Exerc.* 31: S42, 1999.
139. Shultz, JM, and GA Gaesser. Effects of diets with either high- or low-glycemic index carbohydrates on fat oxidation at rest. ACSM annual meeting, Seattle, WA, June 2-5, 1999. *Med. Sci. Sports Exerc.* 31: S195, 1999.
140. Sipe, CL, and GA Gaesser. Resting energy expenditure and fat oxidation after one 40-min and two 20-min aerobic exercise bouts. ACSM annual meeting, Seattle, WA, June 2-5, 1999. *Med. Sci. Sports Exerc.* 31: S311, 1999.
141. Pritzlaff, CJ, L Wideman, J Blumer, M Jensen, R Abbott, GA Gaesser, JD Veldhuis, and A Weltman. Relationship among catecholamines, growth hormone, and kcal during exercise and recovery. ACSM annual meeting, Seattle, WA, June 2-5, 1999. *Med. Sci. Sports Exerc.* 31: S269, 1999.
142. Schmitz, RJ, BL Arnold, DH Perrin, KP Granata, GA Gaesser, and BM Gansneder. Changes in mechanical output and electromyography following fatiguing isotonic and isometric knee extension in men and women. ACSM annual meeting, Seattle, WA, June 2-5, 1999. *Med. Sci. Sports Exerc.* 31: S168, 1999.
143. Fryburg, DA, AL Weltman, LA Jahn, GA Gaesser, DA Oliveras, and EJ Barrett. Acute unilateral limb exercise (ex) induces a catabolic response in the resting contralateral (cl) limb—evidence for a circulating factor blocked by indomethacin (indo). Annual meeting of The Endocrine Society, San Diego, CA, June 1999.
144. Gaesser, GA. Fit and Healthy at Any Size. *Journal of Women’s Health & Gender-Based Medicine*, 8: 701, 1999.
145. Pritzlaff, CJ, L Wideman, JY Weltman, GA Gaesser, ML Hartman, JD Veldhuis, and A Weltman. The lactate threshold and carbohydrate and fat utilization during exercise: evaluation of the “crossover” concept. ACSM annual meeting, *Med. Sci. Sports Exerc.* 29: S199, 1997
146. Davis, SE, JV Ocel, LL Craft, and GA Gaesser. Slow component of VO₂ during heavy exercise: test-retest reliability with and without B-blockade. SEACSM annual meeting, Chattanooga, TN, 1996, February 1-3, 1996.
147. Quinnen-Wilson, L, JY Weltman, DE Martin, GA Gaesser, and A Weltman. Effect of knee bracing for ACL-insufficiency on physiological and perceptual parameters

- during treadmill running. ACSM annual meeting, Med. Sci. Sports Exerc. 28: S64, 1996.
148. Davis, SE, CJ Womack, A Weltman, M Gutgesell, J Weltman, E Barrett, and GA Gaesser. Effects of β -Blockade on ratings of perceived exertion (RPE) during moderate and high-intensity constant-load exercise. SEACSM annual meeting, Lexington, KY, February 2-4, 1995.
 149. Wideman, L, N Stoudemire, K Pass, V McGinnes, GA Gaesser, and A Weltman. Validation of the Aerosport TEEM 100 portable metabolic measurement system. SEACSM annual meeting, Lexington, KY, February 2-4, 1995
 150. Carmines, AA, L Wideman, JY Weltman, ML Hartman, A Weltman, and GA Gaesser. High-carbohydrate and high-fat diets do not alter slow component of VO₂ during heavy exercise. ACSM annual meeting, Med. Sci. Sports Exerc. 27: S9, 1995.
 151. Weltman, A, JY Weltman, L Jahn, JD Veldhuis, GA Gaesser, and DA Fryburg. Effects of varying plasma testosterone (T) concentrations on the growth hormone (GH) and VO₂ response to acute exercise. ACSM annual meeting, Med. Sci. Sports Exerc. 27: S131, 1995.
 152. Hefler, SK, L Wideman, GA Gaesser, and A Weltman. Branched-Chain Amino Acid (BCAA) Supplementation Improves Endurance Performance in Competitive Cyclists. ACSM annual meeting, Med. Sci. Sports Exerc. 27: S149, 1995.
 153. Pass, KA, L Wideman, NM Stoudemire, CL McGinnes, GA Gaesser, and A Weltman. The Relationship Between Ratings of Perceived Exertion (RPE) and the Blood Lactate Response to Exercise is Altered During Bench Stepping Compared to Treadmill Running. ACSM annual meeting, Med. Sci. Sports Exerc. 27: S85, 1995.
 154. Stoudemire, NM, L Wideman, KA Pass, CL McGinnes, GA Gaesser, and A Weltman. Validity of Regulating Blood [HLA] During Running by Ratings of Perceived Exertion. ACSM annual meeting, Med. Sci. Sports Exerc. 27: S15, 1995.
 155. McGinnes, CL, NM Stoudemire, KA Pass, L Wideman, A Weltman, and GA Gaesser. Oxygen Uptake, Velocity, Blood Lactate and Ratings of Perceived Exertion during Running at Constant Heart Rate. ACSM annual meeting, Med. Sci. Sports Exerc. 27: S47, 1995.
 156. Davis, SE, CJ Womack, A Weltman, E Barrett, and GA Gaesser. Effects of β -Blockade on the slow component of VO₂ kinetics during high-intensity constant-load exercise. SEACSM Annual Meeting, 1994.
 157. Womack, CJ, SE Davis, E Barrett, J Blumer, AL Weltman, and GA Gaesser. The effect of training and epinephrine infusion on potential mediators of RPE. SEACSM Annual Meeting, 1994.
 158. Gaesser, GA, SE Davis, J Blumer, E Barrett, A Weltman, and CJ Womack. Effects of training and epinephrine infusion on oxygen uptake during heavy exercise. ACSM Annual Meeting, Med Sci Sports Exerc 26: S4, 1994.

159. Weltman, A, JY Weltman, CJ Womack, SE Davis, GA Gaesser, and ML Hartman. Effects of training on the growth hormone (GH) response to constant-load exercise. ACSM Annual Meeting, Med Sci Sports Exerc 26: S22, 1994.
160. Davis, SE, CJ Womack, M Gutgesell, E Barrett, A Weltman, and GA Gaesser. Effects of B-Blockade on slow component (SC) of VO₂ during moderate and heavy exercise. ACSM Annual Meeting, Med Sci Sports Exerc 26: S208, 1994
161. Womack, CJ, SE Davis, J Blumer, E Barrett, GA Gaesser, and A Weltman. Effects of training and epinephrine infusion on mediators of ratings of perceived exertion (RPE). ACSM Annual Meeting, Med Sci Sports Exerc 26: S114, 1994.
162. Anantaraman, R, AA Carmines, GA Gaesser, and A Weltman. The effects of carbohydrate supplementation on maximal effort endurance performance. ACSM Annual Meeting, Med Sci Sports Exerc 26: S6, 1994.
163. Weltman, A, JY Weltman, JD Velthuis, AD Rogol, CJ Womack, R Schurrer, WS Evans, SE Davis, GA Gaesser, and ML Hartman. The effects of exercise training on growth hormone release. International Conference of Science and Medicine in Sport, Brisbane, Australia, October 1994.
164. Steed, JC, GA Gaesser, and A Weltman. Ratings of perceived exertion (RPE) as markers of blood lactate concentration during running. ACSM Annual Meeting, Med Sci Sports Exerc 25: S66, 1993
165. Stokes, DG, TW Schwanawede, CJ Womack, A Weltman, and GA Gaesser. Effects of strength training on the lactate threshold and parameters of the power-endurance hyperbola. ACSM Annual Meeting, Med Sci Sports Exerc 25: S163. 1993
166. Gaesser, GA, SA Ward, VC Baum, and BJ Whipp. The effects of infused epinephrine on the "excess" O₂ uptake of heavy exercise in humans. FASEB Annual Meeting, FASEB J 6: A1236, 1992.
167. Gaesser, GA, and K Nguyen. Cardiorespiratory and blood lactate adaptations after training during normoxia and hyperoxia. ACSM Annual Meeting, Med Sci Sports Exerc 24: S123, 1992.
168. Poole, DC, GA Gaesser, DR Knight, and PD Wagner. Agreement between pulmonary and leg VO₂-power relationships during submaximal exercise. ACSM Annual Meeting, Med Sci Sports Exerc 24: S69, 1992.
169. Womack, CJ, SE Davis, CM Wood, J Alvarez, K Sauer, A Weltman, and GA Gaesser. The blood lactate response during rowing ergometry as a predictor of rowing performance. ACSM Annual Meeting, Med Sci Sports Exerc 24: S122, 1992.
170. Wood, CM, SE Davis, CJ Womack, J Alvarez, K Sauer, GA Gaesser, and A Weltman. Ratings of perceived exertion and the blood lactate response to exercise in competitive rowers. ACSM Annual Meeting, Med Sci Sports Exerc 24: S166, 1992.

171. Gaesser, GA, RJ Cooper and LA Wilson. Blood [lactate] and 'excess' O₂ uptake during high-intensity cycling at slow and fast cadences. American Physiological Society Fall Meeting, *The Physiologist* 35: 210, 1992.
172. Weltman, A, CM Wood, CJ Womack, SE Davis, JL Blumer and GA Gaesser. Blood lactate and catecholamine responses to incremental rowing and treadmill running. American Physiological Society Fall Meeting, *The Physiologist* 35: 210, 1992,
173. Gaesser, GA. Comparison of methods for determination of maximum sustainable aerobic power. AAHPERD Annual Meeting, April 1991.
174. Gaesser, GA, R Cooper, and J Goodfellow. Improved capacity for high-intensity exercise after very low-intensity training. ACSM Annual Meeting, *Med Sci Sports Exerc* 23: S157, 1991.
175. Flanagan, SW, DL Thompson, EA Dowling, J Blumer, AD Rogol, GA Gaesser, and AL Weltman. Catecholamine and lactate response to graded exercise. ACSM Annual Meeting, *Med Sci Sports Exerc* 23: S38, 1991.
176. Poole, DC, GA Gaesser, DR Knight, and PD Wagner. Correspondence of changes in pulmonary VO₂ and leg VO₂ during submaximal cycle ergometry. SWACSM Annual Meeting, 1991.
177. Henson, LC, SJ Wong, and GA Gaesser. Effects of training by cycling or running on oxygen uptake kinetics during cycle ergometry. SWACSM, San Diego, 1989. *Int J Sports Med* 11: 318, 1990.
178. Wong, SJ, and GA Gaesser. Effect of high-intensity intermittent and low-intensity continuous training on ventilatory drift during constant-load exercise. SWACSM, San Diego, 1989. *Int J Sports Med* 11: 322, 1990.
179. Gaesser, GA, TJ Carnevale, A Garfinkel, and DO Walter. Modeling of the power-endurance relationship for high-intensity exercise. ACSM annual meeting, *Med Sci Sports Exerc* 22: S16, 1990.
180. Carnevale, TJ, and GA Gaesser. Critical power and anaerobic work capacity during cycling at 60 and 100 rpm. SWACSM annual meeting, *Int J Sports Med* 10: 308, 1989.
181. Henson, LC, and GA Gaesser (presenting author). Effect of training on V O₂ kinetics in relation to lactate threshold. ACSM annual meeting, *Med Sci Sports Exerc* 21: S24, 1989.
182. Gaesser, GA, and LC Henson. Improvement in run performance by cycle training. First IOC World Congress on Sports Sciences, Colorado Springs; proceedings, pages 126-127, 1989.
183. Belman, MJ, and GA Gaesser. Ventilatory muscle training in the elderly. American Thoracic Society Annual Meeting, *Am Rev Resp Dis* 135 (Suppl): A500, 1987.

184. Gaesser, GA, and MJ Belman. Effects of low- and high-intensity walking training on exercise capacity of elderly subjects. ACSM annual meeting, Med Sci Sports Exerc 19: S46, 1987.
185. Wilson, LA, and GA Gaesser. Effects of endurance training on the ventilatory threshold for long-term exercise. ACSM annual meeting, Med Sci Sports Exerc 19: S62, 1987.
186. Gaesser, GA, and DC Poole. Blood lactate during exercise: time course of training adaptation in humans. Fall APS meeting, The Physiologist 30: 227, 1987.
187. Gaesser, GA, and LA Wilson. Effects of continuous and interval training on critical power. ACSM annual meeting, Med Sci Sports Exerc 18: S77, 1986.
188. Gaesser, GA, and DC Poole. Lactate and ventilatory thresholds: disparity in time course of adaptations to training. ACSM annual meeting, Med Sci Sports Exerc 17: 216, 1985.
189. Gaesser, GA, and DC Poole, and B Gardner. Dissociation between $\dot{V}O_{2\max}$, gas exchange anaerobic threshold, and submaximal exercise lactate levels in response to exercise training. SWACSM annual meeting 1983, Int J Sports Med 5: 162, 1984.
190. Gaesser, GA, and RG Rich. Influence of caffeine on blood lactate response during incremental exercise. ACSM annual meeting, Med Sci Sports Exerc 16: 121, 1984.
191. Poole, DC, and GA Gaesser. Effects of continuous and interval training on lactate threshold and maximal aerobic capacity. ACSM annual meeting, Med Sci Sports Exerc 16: 183, 1984.
192. Gaesser, GA, and RG Rich. Time course of changes in $\dot{V}O_{2\max}$ and blood lipids during 18 weeks of high- and low-intensity exercise training. ACSM annual meeting, Med Sci Sports Exerc 15: 100, 1983.
193. Oehlsen, G, and GA Gaesser (presenting author). Time course of changes in $\dot{V}O_{2\max}$, percent body fat, and blood lipids during a seven-week, high-intensity exercise program. ACSM annual meeting, Med Sci Sports Exerc 14: 110, 1982.
194. Gaesser, GA, and GA Brooks. Metabolism of glucose after prolonged exercise to exhaustion. ACSM annual meeting, Med Sci Sports Exerc 12: 101, 1980.
195. Brooks, GA, and GA Gaesser. Gluconeogenesis and glycogen resynthesis following exercise to exhaustion. ACSM annual meeting, Med Sci Sports 11: 75, 1979.
196. Gaesser, GA, and GA Brooks. Metabolism of lactate after prolonged exercise to exhaustion. ACSM annual meeting, Med Sci Sports 11: 76, 1979.
197. Gaesser, GA, and GA Brooks. Oxidation of ^{14}C gluconeogenic precursors infused at the end of exercise. ACSM annual meeting, Med Sci Sports 9: 66-67, 1977.
198. Gaesser, GA, and GA Brooks. Muscular efficiency during steady-rate exercise: effects of speed and work rate. ACSM annual meeting, Med Sci Sports 6: 68, 1974.

INVITED LECTURES (Scientific/Professional)

1. Gaesser GA. Obesity treatment: Weight loss vs. increasing fitness and physical activity for reducing health risks. Department of Kinesiology and Health, Rutgers University, April 27, 2022.
2. Gaesser GA. Does Glycemic Index Matter for Weight Loss and Obesity Prevention? Examination of the Evidence on "Fast" Compared with "Slow" Carbs? Texas Woman's University, Nutrition & Food Sciences, December 2, 2021.
3. Gaesser GA. Role of staple fortified grains. Optimizing choice in nutrition security in the WIC cereal category. Grain Foods Foundation, virtual roundtable, October 28, 2021.
4. Gaesser GA. Can you outrun a bad diet? ACSM's Brown Bag Series in Science. February 25, 2021.
5. Gaesser GA. Fitness vs. fatness: Is weight loss really necessary to improve cardiovascular health? Webinar, sponsored by the Wheat Foods Council, November 18, 2020.
6. Gaesser GA. Can you outrun a bad diet? ACSM Southwest Regional Chapter Annual Meeting (Virtual), October 30, 2020.
7. Gaesser GA. The big fat lie (Mediterranean Diet – Benefit in the absence of weight loss). Food as Medicine Selective, for Mayo Clinic medical school students. Phoenix, AZ, March 9, 2020.
8. Gaesser GA. Importance of cardiorespiratory fitness in the cardiac rehab population. Arizona Society for Cardiovascular and Pulmonary Rehabilitation Winter Meeting. Banner Heart Hospital, Mesa, AZ, January 25, 2020.
9. Gaesser GA. Three billion reasons for a new perspective on obesity treatment and prevention. The George Washington University, Department of Exercise and Nutrition Sciences, January 23, 2020.
10. Gaesser GA. Can you outrun a bad diet? 31st Annual Ironman Sports Medicine Conference. Kailua Kona, Hawaii, October 6, 2019.
11. Gaesser GA. Carbohydrates, performance, and weight loss. 31st Annual Ironman Sports Medicine Conference. Kailua Kona, Hawaii, October 6, 2019.
12. Gaesser GA. High-intensity interval training: What is the evidence? 31st Annual Ironman Sports Medicine Conference. Kailua Kona, Hawaii, October 10, 2019.
13. Gaesser GA. Have the health risks of obesity been exaggerated? An evidence-based examination of the obesity problem. Texas Tech University Health Sciences Center, El Paso, TX, September 18, 2019.
14. Gaesser GA (with SS Angadi). Fitness vs. Fatness: Is weight loss really necessary to improve cardiovascular health? SCAN (Sports, Cardiovascular, and Wellness Nutrition, dietetic practice group of Academy of Nutrition and Dietetics) 35th annual symposium, Phoenix, AZ, April 28, 2019.

15. Gaesser GA. Have the health risks of obesity been exaggerated? 2019 Building Healthy Lifestyles Conference, Tempe, AZ, February 1, 2019.
16. Gaesser GA. Refining the conversation on grains. FoodFluence, Toronto, CA, January 22, 2019.
17. Gaesser GA. How a Gluten-Free Diet Could be Dangerous for Our Health. ALIM (Latin American Milling Industries) Annual Assembly, Puerto Varas, Chile, November 11-14, 2018.
18. Gaesser GA (with Rosenbloom C). Is there a Role for Whole, or can Whole and Refined Grains Support Optimal Aging. Webinar, American Academy of Nutrition and Dietetics, Healthy Aging Dietetics Practice Group, September 28, 2018.
19. Gaesser GA. How a Gluten-Free Diet can be Hazardous to Your Health. 2018 Latin American & Caribbean Buyers Conference. (U.S. Wheat Associates) Rio De Janeiro, Brazil, July 20, 2018.
20. Gaesser GA. Carbohydrates, Performance and Weight Loss: Is Low the Way to Go? 2018 IDEA World Convention. San Diego, CA, July 1, 2018.
21. Gaesser GA. Big Fat Lies: An Evidence-based Examination of the Obesity Problem. Colorado College, Colorado Springs CO, November 27, 2017.
22. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. University of Colorado, Colorado Springs, CO, November 28, 2017.
23. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Chapman University, Orange, Ca, October 23, 2017.
24. Gaesser GA. Can a Gluten-Free Diet be Hazardous to Your Health, 77th World Bread Congress. Merida, Mexico, October 3, 2017.
25. Gaesser GA. Carbohydrates, Performance and Weight Loss: Is Low the Way to Go or the Way to Bonk? KEYNOTE. International Society for Sports Nutrition (ISSN) 14th Annual Conference, Phoenix, AZ, June 23, 2017.
26. Gaesser GA. Carbohydrates, Performance & Weight Loss: Is low the way to go, or the way to bonk? Webinar, American College of Sports Medicine and Wheat Foods Council. February 15, 2017.
27. Gaesser GA. Fitness vs Fatness: Which Influences Health and Mortality Risk the Most? KEYNOTE. Sports Medicine Australia, Melbourne, Australia, October 12-16, 2016.
28. Gaesser GA. Exercise and Diet Improve Cardiometabolic Risk in Overweight and Obese Individuals without Weight Loss. Sports Medicine Australia, Melbourne, Australia, October 12-16, 2016.
29. Gaesser GA. Grain Consumption, Health and Obesity. (Symposium: The role of refined and whole grains as part of a healthy dietary pattern: Can the two grains co-exist in the diet?) International Congress of Dietetics, Grenada, Spain, September 7-10, 2016.

30. Gaesser GA. Carbohydrate and exercise performance: Is low the way to go, or the way to bonk? California Academy of Nutrition and Dietetics Annual Meeting, Riverside CA, April 23, 2016.
31. Gaesser GA. Carbohydrate and exercise performance: Is low the way to go, or the way to bonk? Building Healthy Lifestyles Conference, Arizona State University, Tempe, AZ, Feb 7-8, 2016
32. Gaesser GA (with Gardner C). Debate: Weight as a Measure of Health vs. Health at Every Size Concepts. Society for Nutrition Education and Behavior, San Diego, CA, July 30-Aug 2, 2016.
33. Gaesser GA. Carbohydrates, Performance and Weight Loss: Is Low the Way to Go, or the Way to Bonk? Sports, Cardiovascular, and Wellness Nutrition (SCAN) Annual Symposium, Colorado Springs, CO, May 2, 2015.
34. Gaesser GA. Carbohydrates, Performance & Weight Loss: Is Low the Way to Go? Florida Academy of Nutrition and Dietetics (FAND) Annual Symposium, Orlando, FL, July 13, 2015
35. Gaesser GA. Grains, Body Weight, and Health: What Does the Science Say? North Dakota Nutrition Council Annual Conference, Fargo, ND, May 13, 2015.
36. Gaesser GA. Can Exercise-induced Fat Gain be Prevented? NIDDK, Phoenix, Jan 23, 2015.
37. Gaesser GA. Two Billion Reasons for a New Perspective on Obesity Prevention and Treatment. Building Healthy Lifestyles Conference, Arizona State University, Tempe, AZ, Feb 27-28, 2015
38. Gaesser GA. Exercise and hypertension. Spirit of the Senses, Tempe AZ, Nov 23, 2015
39. Gaesser GA. Improving blood pressure and glucose control through physical activity, a few minutes at a time. Building Healthy Lifestyles Conference, Arizona State University, Tempe, AZ, Feb 7-8, 2014.
40. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. International Association of Eating Disorder Professionals in Phoenix, Spring Meeting, Phoenix, AZ, March 27, 2014.
41. Gaesser GA. Grains, Body Weight, and Health. Featured Speaker, American Association of Cereal Chemists International Annual Meeting, Providence, RI, October 6, 2014.
42. Gaesser GA. The Effect of Obesity on Health: What are the Risks? [In Symposium: Obesity is now a Disease: Is the Best Treatment Exercise or Weight Loss?] 5th World Congress on Exercise is Medicine, Orlando, FL, May 27, 2014.
43. Gaesser GA. Healthy body, Healthy Heart: Grains' Role in Whole Body Health. American Academy of Physician Assistants Annual Meeting, Boston, MA, May 25, 2014.

44. Gaesser GA. Grains and Health. Invited guest speaker. 2014 Fall Wheat Conference (National Association of Wheat Growers/U.S. Wheat Associates), Santa Ana Pueblo, NM, October 31, 2014.
45. Gaesser GA. Grains, Body Weight, and Health. Featured Speaker, American Association of Cereal Chemists International Annual Meeting, Providence, RI, October 6, 2014.
46. Gaesser GA. Body weight and health: Does shaping up require changing shape? 22nd Annual ASCVPR Conference, Scottsdale, AZ, May 3, 2014.
47. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. International Association of Eating Disorder Professionals in Phoenix, Spring Meeting, Phoenix, AZ, March 27, 2014.
48. Gaesser GA. Improving blood pressure and glucose control through physical activity, a few minutes at a time. Building Healthy Lifestyles Conference, Arizona State University, Tempe, AZ, Feb 7-8, 2014.
49. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Keynote Presentation. Arkansas Obesity Scientific Symposium. Little Rock, AR, December 11, 2013.
50. Gaesser GA. Health and Every Size: A New Paradigm for Treating Obesity and Weight-related health Problems. Featured Speaker, Minnesota Association of Cardiovascular and Pulmonary Rehabilitation, Fall Meeting, Minneapolis, MN, October 23, 2013.
51. Gaesser GA. Is Obesity a Disease? A Closer Scrutiny of the Evidence. Featured Speaker, Minnesota Association of Cardiovascular and Pulmonary Rehabilitation, Fall Meeting, Minneapolis, MN, October 23, 2013.
52. Gaesser GA. Body Weight and Mortality: A Series of Inconvenient Truths. Symposium Speaker: Obesity, Weight Loss, and Fitness: Separating Fact from Fiction. Southwest Chapter, American College of Sports Medicine Annual Meeting, Newport Beach, CA, October 18-19, 2013.
53. Gaesser GA. Grains and Carbohydrates: A Review. Symposium Speaker: Grains, Gluten and Nutritional Guidelines: A Look at the Facts. International Baking Industry Exposition. Las Vegas, NV, October 8-11, 2013.
54. Gaesser GA. Navigating the Gluten-Free Boom. American Association of Physician Assistants 41st Annual Conference, Washington, DC, May 25, 2013.
55. Gaesser GA. Health at Every size: A New Paradigm in Weight Management. Arizona Academy of Nutrition and Dietetics Annual Meeting, April 25, 2013.
56. Gaesser GA. Carbohydrates and Body Weight: Conventional Wisdom vs. the Facts. John Halverson Lectureship Award. American Association of Cereal Chemists International Milling & Baking Division Spring Technical Conference, Scottsdale, AZ, April 11, 2013.

57. Gaesser GA. Is a Gluten-Free Diet Prudent Dietary Advice for the General Population? Building Healthy Lifestyles Conference, Tempe, AZ, February 8, 2013.
58. Gaesser GA. Defining Intervention Levels: Lab Bench to Park Bench (with Matthew Buman). Building Capacity for Collaboration. Healthy Families: From Lab Bench to Park Bench. The Center of Improving Health Outcomes in Children, Teens and Families and the Center for Healthy Outcomes in Aging, College of Nursing and Health Innovation, Arizona State University, Phoenix, AZ, February 8, 2013.
59. Gaesser GA. The products of wheat, factors of healthy diets. ALIM (Latin American Milling Industries) 30th Assembly, Merida, Yucatan, Mexico, November 13-15, 2012.
60. Gaesser GA. Can exercise-induced weight gain be prevented? Research Seminar, Healthy Lifestyles Research Center and School of Nutrition and Health Promotion, ASU, September 13, 2012
61. Gaesser GA. Sugar, grains, body weight and health. Cookies and Snack Bakers Association 43rd Annual Meeting, Orlando, FL, February 21, 2012.
62. Gaesser GA. Grain-Based Foods and Body Weight – Overview. Part of Symposium: Role of Grain-Based Foods in Addressing the Obesity Epidemic. American Association of Cereal Chemists (AACC) Annual Meeting. Palm Springs, CA, October 16-19, 2011.
63. Gaesser GA. 2010 Dietary Guidelines: What's In It For Grains? Part of Symposium: Grains Nutrition Update: The Issues Affecting Our Industry. All Things Baking Trade Show, Schaumburg, IL, October 2-4, 2011.
64. Gaesser GA. The Dark Side of Dieting: Can the 'Cure' for Obesity be Worse than the Condition? Building Healthy Lifestyles Conference 2011, Arizona State University, February 25-26, 2011.
65. Gaesser GA. The Effects of High- vs. Low-Carb Diets on CV Health. Arizona Society for Cardiovascular and Pulmonary Rehabilitation, 19th Annual Conference. Banner Desert Medical Center, Mesa, AZ, May 7, 2011.
66. Gaesser GA. Debate: Have the Health Risks of Obesity Been Exaggerated? (Gaesser Position: The Health Risks of Obesity Treatment Should Not be Taken Lightly). Eating Disorders Association of Canada, Annual Meeting, Toronto, Canada, November 18-19, 2010.
67. Gaesser GA. The Obesity Paradox: An Inconvenient Truth About Body Fat, Health, and Mortality Risk. National Association to Advance Fat Acceptance – Health at Every Size Summit 2010, San Francisco, CA, August 9, 2010.
68. Gaesser GA. The Obesity Paradox: An Inconvenient Truth About Body Fat, Health, and Longevity. Dartmouth Medical School, May 6, 2010.
69. Gaesser GA. Is it Necessary to Lose Weight to be Healthy? Dartmouth Medical School, May 6, 2010.

70. Gaesser GA. Health Hazards of Weight Cycling: Can They Explain the Health Risks Associated With Obesity? Annual Meeting of the American College of Sports Medicine, Baltimore, MD, June 5, 2010.
71. Gaesser GA. Recent Research on Diet and Cardiovascular Health. AzDA District Meeting, Phoenix, AZ, November 9, 2009.
72. Gaesser GA. The Obesity Paradox: An Inconvenient Truth About Body Weight, Mortality, and Health. Annual Meeting of the Southwest Chapter of the American College of Sports Medicine, San Diego, CA, October 23-24, 2009.
73. Gaesser GA. Is it Necessary to Lose Weight to be Healthy? Keynote Lecture at Plymouth State University Fourth Eating Disorders Conference, Meredith, NH, April 25, 2009.
74. Gaesser GA. Big Fat Lies About Ideal Weight. Plymouth State University Fourth Eating Disorders Conference, Meredith, NH, April 24, 2009.
75. Gaesser GA. Big Fat Lies: The Truth About Your Weight & Health. Kinesiology Society Lecture Series, Point Loma Nazarene University, San Diego, CA, November 13, 2008.
76. Gaesser GA. Using Exercise and Diet to Prevent Heart Disease and Stroke. Arizona Cardiovascular Disease Coalition Statewide Meeting. Scottsdale, AZ, November 4, 2008.
77. Gaesser GA. Effects of Low- and High-Carbohydrate Breakfast Meals on Endothelial Function. Proyecto Nutrición: Pasión e Impacto; Colegio de Nutricionistas de Puerto Rico, Rio Grande, Puerto Rico, August 14, 2008.
78. Gaesser GA. Carbohydrate Quantity and Quality in Relation to Body Mass Index. Proyecto Nutrición: Pasión e Impacto; Colegio de Nutricionistas de Puerto Rico, Rio Grande, Puerto Rico, August 15, 2008.
79. Gaesser GA. Exercise in Type 2 Diabetes. Managing Diabetes 2007: Medical and Lifestyle Approaches to Management (UVA Division of Endocrinology and Metabolism), Williamsburg, VA, November 16, 2007.
80. Gaesser GA. Dieting: Is it Necessary to Lose Weight to be Healthy? National Eating Disorder Information Centre (NEDIC), Shades of Grey: Body Image and Self-Esteem Conference, Toronto, CA, May 5, 2007.
81. Gaesser GA. Big Fat Lies About Weight and Health. Clovis Community Medical Center, Fresno, Ca, May 3, 2007.
82. Gaesser GA. Can You be Fat and Fit? Community Regional Medical Center, Fresno, Ca, May 3, 2007.
83. Gaesser GA. Big Fat Lies About Weight and Health. California State University Fresno, College of Health and Human Services Interdisciplinary Distinguished Scholar 2006-2007 Lecture Series, Fresno, CA, May 1, 2007.
84. Gaesser GA. Big Fat Lies About Weight and Health. Mississippi State University, April 5, 2007.

85. Gaesser GA. Considerations for the Female Runner. *Running Medicine 2007: Focus on the Female Runner*. University of Virginia, March 30, 2007.
86. Gaesser GA. What's Behind the Headlines? *Nutrition Unmasked; Annual Meeting*, Dairy Council of Arizona, Scottsdale, AZ, October 31, 2006.
87. Gaesser GA. Physical Activity, Obesity, and Weight Management. Institute of Medicine, of the National Academies, workshop on "Adequacy of Evidence for Physical Activity Guidance Development," Washington, DC, October 23-24, 2006.
88. Gaesser GA. The Science and Politics of Obesity: How to Evaluate the Research. Society for Nutrition Education, Annual Conference, San Francisco, CA, July 18, 2006.
89. Gaesser GA. Body composition: The Physiology of Weight Loss. *The Art and Science of Sports Medicine*, University of Virginia, Charlottesville, VA, June 8, 2006
90. Gaesser GA. Non-Weight-Centered Treatment of "Weight-Related" Health Problems. (Symposium: What are the Population Burdens of Obesity and Physical Inactivity?) American College of Sports Medicine, Annual Meeting, Denver, CO, May 31, 2006.
91. Gaesser GA. Ergogenic Aids in Sports. *Running Medicine 2006*, University of Virginia, Charlottesville, VA, March 31, 2006.
92. Gaesser GA. One size does not fit all: "Plan B" approaches to weight control. IHRSA: International Health, Racquet & Sportsclub Association, Annual Meeting, Las Vegas, NV, March 21, 2006.
93. Is it necessary to lose weight to be healthy? Westwind Roundtable on Innovations in Treatment of Eating Disorders. Winnipeg, Manitoba, Canada, March 17-18, 2006.
94. Gaesser GA. GCRC Research Day, University of Virginia, Charlottesville, VA, November 8, 2005.
95. Gaesser GA. It's the Calories, Not the Carbs: The Truth About Carbs, Calories, and Body Weight. *FitLife Annual Meeting*, Bend, OR, July 24, 2005.
96. Gaesser GA. Wellness vs. Fitness: What are We Doing to Make a Difference? *FitLife Annual Meeting*, Bend, OR, July 24, 2005.
97. Gaesser GA. Exercise and Aging: The Truth and the Media, *The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE) Spring Academy 2005*, Harrison Institute, University of Virginia, May 12, 2005.
98. Gaesser GA. Nutrition Facts, Carb Truths, Real Science, Bay State Milling Company, Board and Strategic Planning Meetings, Manchester, VT, September 16-17, 2004.
99. Carbohydrates, exercise and the 10-minute plan, North American Millers' Association Annual Meeting, Kiawah Island, SC, October 30, 2004.
100. Gaesser GA.

101. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Featured speaker at Tenth Annual Women's Health Day, Mercy Medical Center-North Iowa, Mason City, IA, May 18, 2004.
102. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. North Iowa Area Community College, Mason City, IA, May 17, 2004.
103. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Keynote Speaker, *Scholars Week*, Western Washington University Scholars Week, May 11, 2004.
104. Gaesser GA. Weight Loss for the Overweight and Obese: Panacea or Pound-Foolish? Northwest Regional Chapter, American College of Sports Medicine, Annual Meeting, Seattle, WA, March 5-6, 2004.
105. Gaesser GA. The Great Carbohydrate Debate (with W. Willett). American Society of Baking, 80th Annual Technical Conference, Chicago, IL, March 1, 2004.
106. Gaesser GA. Weight Loss for the Overweight and Obese: Panacea or Pound-Foolish? Central States Regional Chapter, American College of Sports Medicine, Annual Meeting, Kansas City, MO, October 10, 2003.
107. Gaesser GA. Is Obesity a Disease? A Closer Scrutiny of the Evidence. Kansas State University, Manhattan, KS, October 9, 2003.
108. Gaesser GA. Getting the Message to the Consumer: Carbohydrates are Good. North American Millers' Association, 2003 Annual Meeting, Scottsdale, AZ, October 4, 2003.
109. Gaesser GA. Weight loss for the obese: Panacea or pound-foolish? American Academy of Kinesiology and Physical Education Annual Meeting, Callaway Gardens, Pine Mountain, GA, September 12, 2003.
110. Gaesser GA. Non-weight-centered approaches to improving health and fitness. Bluearth Institute, Melbourne Sports & Aquatic Centre, Melbourne, Australia, August 28, 2003.
111. Gaesser GA. Physical Activity, Body Fat, and Health. Bluearth Institute, Sydney, Australia, August 26, 2003.
112. Gaesser GA. Epidemiology and Implications of Obesity. American Enterprise Institute Conference: Obesity, Individual Responsibility, and Public Policy, Washington, DC, June 10, 2003.
113. Gaesser GA. Risks of obesity: Re-evaluating the research. Shaping a Healthy Future II: A Rocky Mountain Conference on Weight Realities, Jackson, WY, April 30, 2003.
114. Gaesser GA. Current Issues in Nutrition, Health and Weight. Cortext Continuing Education Seminars. Richmond, VA, March 18, 2003; Alexandria, VA, March 19, 2003.
115. Gaesser GA. Health at every size: A new paradigm for treating obesity and weight-related health problems. Nutrition Concerns Conference, Cornell University Cooperative Extension, Albany, NY, March 12, 2003.

116. Gaesser GA. Development of a weight management program. IHRSA International Convention & Trade Show, San Francisco, CA, March 1, 2003.
117. Gaesser GA. Exercise, Fitness, and Health. World Bank, Washington, DC, September 3, 2002.
118. Gaesser GA. 'Ideal' Height-Weight Tables and Body Mass Index Charts: Measuring the Immeasurable. Center for Weight and Health, and the Nutritional Sciences and Toxicology Department, University of California, Berkeley, July 8, 2002.
119. Gaesser GA. The Spark Program: Benefits of Multiple Short Bouts of Exercise. Women's Health Virginia, 5th Annual Conference on Women's Health, Charlottesville, VA, June 14, 2002.
120. Gaesser GA. Weight Management and Fitness. Cornell Cooperative Extension, Southern Tier Regional Nutrition Program, Elmira, NY, April 5, 2002.
121. Gaesser GA. Body Weight and Health: Conventional Wisdom vs. the Evidence. National Association for the Advancement of Fat Acceptance (NAAFA) Annual Meeting, Cherry Hill, NJ, August 15, 2001.
122. Gaesser GA. Are our goals realistic? Exercise and Diet. Weight Control Panel, Clinical Connections: Nutrition for Healthy Living Agenda. Continuing Medical Education Conference, University of Virginia, August 10, 2001.
123. Gaesser GA. Weight Management Program Development. The Institute For Professional Club Management., IHRSA, Charlottesville, VA, June 4-5, 2001.
124. Gaesser GA. Waist Management: Achieving a Healthy Weight Without Killing Yourself in the Process. FitLife Summer Conference & Trade Show, Sunriver, OR, July 17, 2000.
125. Gaesser GA. Redefining the Fitness Prescription: Benefits of Multiple Short-Bouts of Exercise. Keynote presentation at the FitLife Summer Conference & Trade Show, Sunriver, OR, July 17, 2000.
126. Gaesser GA. Can You Be Fit and Fat? Pathways to Health: A Montana Conference on Nutrition and Fitness, Montana State University, Bozeman, MT, May 25, 2001.
127. Gaesser GA. Big Fat Lies About Weight and Health. 21st Century Families: Challenges and Opportunities, Cooperative Extension Service, University of Arkansas/Governor's Conference on the Family, Little Rock, AR, May 2, 2001.
128. Gaesser GA. Add a little Spark to Your Life: Significant Health Benefits from Short Bouts of Exercise. 21st Century Families: Challenges and Opportunities, Cooperative Extension Service, University of Arkansas/Governor's Conference on the Family, Little Rock, AR, May 1, 2001.
129. Gaesser GA. Health at Any Size: A New Paradigm for Treating Obesity and Weight-Related Health Problems. Contemporary Trends in Nutrition: Answers to Your Patients' Questions, Brown University Medical School, Warwick, RI, April 26, 2001.

130. Gaesser GA. Fit and Healthy Across the Lifecycle at Any Size. Kansas Nutrition Council's 2001 Annual Conference, Manhattan, KS, February 22, 2001.
131. Gaesser GA. Body Weight and Health. Illinois State University, Normal, IL, February 26, 2001.
132. Gaesser GA. Fitness and Health at Any Size. Illinois State University, Normal, IL, February 26, 2001
133. Gaesser GA. Big Fat Lies About Ideal Weight. Kansas Nutrition Council's 2001 Annual Conference, Manhattan, KS, February 22, 2001.
134. Gaesser GA. Body Weight, Fitness and Health. Central New York Nutrition and Health Alliance Conference, Cobleskill, NY, September 11, 2000.
135. Gaesser GA. Living Long, Living Well: Is it More Important to be Fit or Physically Active? Keynote presentation at the FitLife Summer Conference & Trade Show, Bend, OR, July 18, 2000.
136. Gaesser GA. Hot Topics: Obesity. 2000 Institute of Food Technologists Annual Meeting and FOOD EXPO, Dallas, TX, June 11, 2000.
137. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Alleghany College of Maryland and the Dietetic Caucus of Western Maryland Area Health Education Center, Frostburg State University, May 12, 2000.
138. Gaesser GA. Is Obesity a Disease? A Closer Scrutiny of the Evidence. University of Utah, Salt Lake City, Utah, March 27, 2000.
139. Gaesser GA. Metabolic Fitness: A Key To Club Success. IHRSA 2000 International Convention, San Francisco, CA, March 25, 2000.
140. Gaesser GA. Weight Loss Programming: Facts, Fads & Fallacies. IHRSA 2000 International Convention, San Francisco, CA, March 24, 2000.
141. Gaesser GA. Fit and Healthy Across the Life Cycle at Any Size. New York State Department of Health's Eat Well Play Hard Ambassador 2000: Move for Life and Wellnys 2000. Albany, NY, March 15, 2000.
142. Gaesser GA. Optimizing Wellness in Clients of All Sizes: Strategies and Techniques. Workshop: Weight & Wellness: Maximizing the Connection, Sponsored by The Renfrew Foundation, Ft. Lauderdale, FL, February 18, 2000; Atlanta, GA, February 25, 2000; Alexandria, VA, March 17, 2000.
143. Gaesser GA. A Critical Look at body Weight and Health. Workshop: Weight & Wellness: Maximizing the Connection, Sponsored by The Renfrew Foundation, Ft. Lauderdale, FL, February 18, 2000; Atlanta, GA, February 25, 2000; Alexandria, VA, March 17, 2000.
144. Gaesser GA. Exercise Prescription for Healthy Adults. Lynchburg Medical Group, Lynchburg, VA, December 15, 1999.
145. Gaesser GA. Effects of Exercise on the Body. World Bank 1999 Fitness Center Retreat, The Boar's Head Inn, Charlottesville, VA, November 18, 1999.

146. Gaesser GA. Body Weight and Health: A Critical Evaluation. 1999 Update for Nutrition Educators Working with Limited Resource Audiences, Casowasco Conference Center, NY, November 16, 1999.
147. Gaesser GA. The Language of Advocacy. Speaking Up and Out in a Fat-Phobic World. (with Karin Kratina) Renfrew Foundation Annual Conference, Philadelphia, PA, November 12, 1999.
148. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Department of Food Science and Nutrition, University of Minnesota, November, 2, 1999.
149. Gaesser GA. Dieting/Nondietering: What Are the Common Grounds? (with Karin Kratina, Dayle Hayes, Rebecca Reeves, and John Foreyt) American Dietetic Association Annual Meeting, Atlanta, GA, October 21, 1999.
150. Gaesser GA. Body Composition and Health: Fat and Fit. University of Nebraska, Lincoln, Nebraska, October 5, 1999.
151. Gaesser GA. A New Exercise Paradigm: Fitness & Health At Any Size. University of Nebraska, Association for Administrative Development, October 5, 1999.
152. Gaesser GA. Fit and Healthy Bodies Come in All Shapes and Sizes. University of Nebraska, Steinhart Lecture Series, October 4, 1999.
153. Gaesser GA. Body Weight and Health: Does Shaping Up Require Changing Shape? University of Nebraska, October 4, 1999.
154. Gaesser GA. Big Fat Lies About Ideal Weight. University of Nebraska, October 4, 1999.
155. Gaesser GA. The slow component of oxygen uptake during heavy exercise: Implications for exercise performance and endurance training. VII International Symposium of Actualization on Sports Sciences, Rosario, Argentina, August 26-29, 1999.
156. Gaesser GA. Can the insulin resistance syndrome be ameliorated independently of weight loss? VII International Symposium of Actualization on Sports Sciences, Rosario, Argentina, August 26-29, 1999.
157. Gaesser GA. Can exercise and nutrition 'cure' the insulin resistance syndrome? VII International Symposium of Actualization on Sports Sciences, Rosario, Argentina, August 26-29, 1999.
158. Gaesser GA. Obesity: Bona fide risk factor or marker of an imprudent lifestyle? VII International Symposium of Actualization on Sports Sciences, Rosario, Argentina, August 26-29, 1999.
159. Gaesser GA. Big Fat Lies About Ideal Weight. Society for Nutrition Education, Annual Meeting, Baltimore, MD, July 27, 1999.
160. Gaesser GA. Health Benefits of Resistance Training. FitLife Summer Conference & Trade Show, Bend, OR, July 12-15, 1999.
161. Gaesser GA. New Rules of Fitness. Keynote presentation at the FitLife Summer Conference & Trade Show, Bend, OR, July 11-14, 1999.

162. Gaesser GA. Fit and Healthy at Any Size? Seventh Annual Congress on Women's Health & Gender-Based Medicine, Hilton Head, SC, June 14, 1999.
163. Gaesser GA. Weight Management & Insulin Resistance: Where Grain Foods Fit. Setting the Record Straight: Re-Examining the Dietary Value of Grains (Symposium), Georgetown University Conference Center, May 26, 1999.
164. Gaesser GA. Is Obesity a Disease? A Closer Scrutiny of the Evidence. Kansas State University, Manhattan, KS, April 23, 1999.
165. Gaesser GA. New Paradigm for an Old Problem: Fit and Healthy at Any Size. Featured Speaker, Nebraska Dietetic Association Annual Meeting, Columbus, NE, April 22, 1999.
166. Gaesser GA. Pathology or Biology? Dealing with 'I feel fat' and Related Issues. (with Karin Kratina) Rogers Memorial Hospital Eating Disorders Conference, Waukesha, WI, April 17, 1999.
167. Gaesser GA. Rethinking Obesity. What does the research show? Keynote speaker, The Big Picture: Overcoming Weight Prejudice & Promoting Health for People of All Sizes, Mount Holyoke College, South Hadley, MA, April 9, 1999.
168. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Women's Health Resource Center, Saint Francis Hospital, Hartford, CT, April 7, 1999.
169. Gaesser GA. Obesity Treatment: A Discussion of the Research Behind the Controversies. Keynote Address (with John Peters), SCAN (Sports and Cardiovascular Nutritionists) Annual Meeting, Cincinnati, OH, March 26-28, 1999.
170. Gaesser GA. Weight Loss for the Overweight: Panacea or Pound-Foolish. SCAN (Sports and Cardiovascular Nutritionists) Annual Meeting, Cincinnati, OH, March 26-28, 1999.
171. Gaesser GA. Achieving Natural Weight Without Dieting. Illinois State University, February 23, 1999.
172. Gaesser GA. Weight Loss for the Overweight: Panacea or Pound-Foolish. Keynote presentation, Eating Disorders vs. Disordered Eating: Innovations in Assessment and Intervention, Indiana University of Pennsylvania, Indiana, PA, December 3, 1998.
173. Gaesser GA. Body Weight and Health: Does Shaping Up Require Changing Shape? Indiana University of Pennsylvania, Indiana, PA, December 2, 1998.
174. Gaesser GA. Pathology or Biology? Dealing with 'I feel fat' and Related Issues. (with Karin Kratina) Renfrew Foundation Annual Conference, Philadelphia, PA, November 14, 1998.
175. Gaesser GA. Fitness and Health at Any Size. Bermuda College, Bermuda, October 17, 1998.
176. Gaesser GA. Is Obesity a disease? A Closer Scrutiny of the Evidence. Gaesser GA.
177. Fit and Healthy Bodies Come in All Shapes and Sizes. Blue Ridge Health Science and Wellness Institute, July 28, 1998

178. Gaesser GA. What It Means to be Fit. FitLife Summer Conference & Trade Show, Bend, OR, July 12-15, 1998.
179. Gaesser GA. Burning the Fat: Fads, Facts, and Fallacies. Keynote presentation at the FitLife Summer Conference & Trade Show, Bend, OR, July 12-15, 1998.
180. Gaesser GA. Fit and Healthy Bodies Come in All Shapes and Sizes. The Fourth Annual Eating Disorders on Campus: The Institutional Response, Penn State University, June 12, 1998.
181. Gaesser GA. Is obesity detrimental to health? Conversational Forum. (with Claude Bouchard) American College of Sports Medicine, Annual Meeting, Orlando, FL, June 4, 1998.
182. Gaesser GA. Fit at Any Size. Luncheon speaker, Eating Disorder Education Organization, Fantasyland Hotel, Edmonton, Alberta, Canada, May 3, 1998.
183. Gaesser GA. Making Fitness Part of Your Life. Annual Conference of the Eating Disorder Education Organization: "Focus on Fitness," St. Albert, Alberta, Canada, May 2, 1998.
184. Gaesser GA. Fit at Any Size. Keynote Address, Annual conference of the Eating Disorder Education Organization: "Focus on Fitness," St. Albert, Alberta, Canada, May 2, 1998.
185. Gaesser GA. Fit and Healthy at Any size. Illinois Society for Cardiopulmonary Health & Rehabilitation annual conference, "Vital Signs for the Times," Moline, IL, April 25, 1998.
186. Gaesser GA. A New Exercise Paradigm: Fitness & Health At Any Size. International Health, Racquet & Sportsclub Association Annual Convention & Trade Show, Phoenix, AZ, March 18, 1998.
187. Gaesser GA. Fit and Healthy Bodies Come in All Shapes and Sizes. Grand Rounds, Department of Obstetrics and Gynecology, University of Virginia, March 4, 1998.
188. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Public Forum Presentation, University of Southern Indiana, Evansville, IN, February 25, 1998.
189. Gaesser GA. America's Obsession With Weight. Bloomington Hospital, Bloomington, IN, February 25, 1998.
190. Gaesser GA. Body Weight and Health: Does Shaping Up Require Changing Shape? Department of Human Nutrition and Foods, Virginia Tech University, Blacksburg, VA, February 23, 1998.
191. Gaesser GA. Fit and Healthy Bodies Come in All Shapes and Sizes. Presentation to Student Health Practitioners, Virginia Tech University, Blacksburg, VA, February 23, 1998.
192. Gaesser GA. Obesity: Fit & Healthy Bodies Come in All Shapes and Sizes. Lexington Clinic/Saint Joseph Hospital, Lexington, KY, January 7, 1998.
193. Gaesser GA. Fit and Healthy Bodies Come in All Shapes and Sizes. Maryland Dietetic Association Workshop, Laurel, MD, December 3, 1997.

194. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. North American Society for the Sociology of Sport Conference, Toronto, Canada, November 6, 1997.
195. Gaesser GA. Fit at Any Size: Helping Large People Start and Stay with Exercise. American Dietetic Association Annual Meeting, Boston, MA, October 27-30, 1997.
196. Gaesser GA. Fit and Healthy Bodies Come in All Shapes and Sizes. Conference on Nutrition in Health Maintenance and Promotion, University of Virginia Health Sciences Center, Continuing Healthcare Education, October 1, 1997.
197. Gaesser GA. Shaping Up vs. Changing Shape: Can Fat be Fit?" Plenary session, National Association of Anorexia Nervosa and Associated Disorders (ANAD) Conference on Detection & Treatment of Body Image Distortions, Highland Park, IL, September 12, 1997.
198. Gaesser GA. Body Shape Obsession in America: Biology vs. Culture. Association of Anorexia Nervosa and Associated Disorders (ANAD) Conference on Detection & Treatment of Body Image Distortions, Highland Park, IL, September 12, 1997.
199. Gaesser GA. Body Weight and Health: Conventional Wisdom vs. the Evidence. National Association for the Advancement of Fat Acceptance (NAAFA) Annual Meeting, Philadelphia, PA, July 28- August 1, 1997.
200. Gaesser GA. The Roads to Fitness May Not be so Narrow. Keynote presentation, Northwest Athletic Club Association Annual Meeting, Bend, OR, July 13-16, 1997.
201. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Featured Speaker Workshop, National Wellness Institute Annual Conference, Stevens Point, WI, July 12-18, 1997.
202. Gaesser GA. Does Shaping Up Require Changing Shape? Symposia Medicus Conference on Clinical Management of Obesity and Eating Disorders, June 14, 1997, San Diego, CA.
203. Gaesser GA. Symposia Medicus Conference on Clinical Management of Obesity and Eating Disorders, June 14, 1997, San Diego, CA.
204. Gaesser GA. Thinness and Weight Loss: Lifesavers or Killers? American College of Sports Medicine Annual Meeting, Denver, CO, May 28-31, 1997.
205. Gaesser GA. Shaping Up vs. Changing Shape: Can Fat be Fit? California Dietetic Association Annual Meeting, Anaheim, CA, April 3, 1997.
206. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Medical Lecture, Oregon State University, Corvallis, OR, Feb. 27, 1997.
207. Gaesser GA. Is Obesity a Disease? A closer Scrutiny of the Evidence. ACSM Southeast Regional Chapter meeting, Atlanta, GA, January 23-25, 1997.
208. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Association for the Health Enrichment of Large People (AHELP), Mountain Lake, VA, Nov. 3, 1996.
209. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Blue Ridge Dietetic Association Annual Meeting, Lynchburg, VA, October 11, 1996.

210. Gaesser GA. Does shaping up require changing shape? American College of Sports Medicine, Annual Meeting, Cincinnati, Ohio, May 31, 1996.
211. Gaesser GA. Does shaping up require changing shape? National Institute on Aging Gerontology Research Center, Baltimore, Maryland, May 23, 1996.
212. Gaesser GA. Does shaping up require changing shape? University of Massachusetts, Amherst, March 28, 1996.
213. Gaesser GA. The Big Fat Lie: Exploding the Myths About the Health Hazards of Being Overweight. Reebok University Fitness Conference/North America, Orlando, FL, March 10-12, 1995.
214. Gaesser GA. Fitness: New perspectives and directions for the next century. The World Bank Annual Retreat, Boar's Head Inn, February 2, 1995.
215. Gaesser GA. Role of catecholamines and training on exercise VO₂ response. Symposium: Mechanistic basis of the slow component of VO₂ kinetics during heavy exercise, American College of Sports Medicine, Annual Meeting, Seattle, Washington, June 1993.
216. Gaesser GA. Effects of exercise on protein balance in human forearm muscle. University of Virginia General Clinical Research Center Symposium, November, 1992.
217. Gaesser GA. Blood lactate: Its use in exercise testing, prescription, and evaluation of training adaptations. Southwest Regional Chapter, ACSM, Annual Meeting, Nov. 1990.
218. Gaesser GA. Is there gain without pain? Grand Rounds lecture, Division of Pulmonary Medicine, Cedars Sinai Medical Center, Beverly Hills, CA, Nov. 15, 1990.
219. Gaesser GA. Role of training intensity. UCLA Medical Center, Nov. 8, 1990.
220. Gaesser GA. Adaptations to very low-intensity exercise training. Division of Respiratory Diseases, Harbor-UCLA Medical Center, Torrance, CA, Aug. 8, 1990.
221. Gaesser GA. Dissociation of ventilatory and lactate thresholds in response to endurance training. Division of Respiratory Diseases, Harbor-UCLA Medical Center, Torrance, CA, June, 1985.
222. Gaesser GA. Dissociation of ventilatory and lactate thresholds in response to endurance training. Institute of Environmental Stress, UC Santa Barbara, April, 1984.
223. Gaesser GA. Lactic acid and post-exercise oxygen consumption. Division of Respiratory Diseases, Harbor-UCLA Medical Center, Torrance, CA, April, 1982.
224. Gaesser GA. Endpoints of lactic acid metabolism during recovery from exhaustive exercise. Symposium: Lactic acid metabolism and exercise, American College of Sports Medicine, Annual Meeting, Miami, FL, May 1981.

INVITED LECTURES: Lay/Trade

1. Gaesser GA. Role of fortified staple grains in well-being. Kellogg virtual booth at FNCE meeting, October 21, 2021.
2. Gaesser GA. Refined grains, even donuts, aren't the bad guy. International Baking Industry Exposition, Las Vegas, NV, September 8, 2019.
3. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Colorado College, Colorado Springs, CO, Lecture open to the public, November 27, 2017.
4. Gaesser GA. Two Billion Reasons to Rethink Our Number One New Year's Resolution. Lightning Talks, Arizona State University, College of Public Service & Community Relations; College of Nursing and Health Innovation. Two presentations given as part of Super Bowl Week, January 31, 2015.
5. Gaesser GA. Exercise and hypertension. Spirit of the Senses, Tempe AZ, Nov 23, 2015.
6. Gaesser GA. Getting and Staying Fit 10 Minutes at a Time. Arizona State University Presidential Engagement Programs, Phoenix, AZ, March 27, 2013.
7. Gaesser GA. Big Fat Lies: The Truth About Your Weight And Your Health. Minnesota State University Mankato, October 22, 2013.
8. Gaesser GA. Calorie Myths. "More than the Score" Lecture Series (UVA Minds), University of Virginia, September 8, 2007.
9. Gaesser GA. Is it Necessary to Lose Weight to by Health? Community Regional Medical Center, Fresno, Ca, May 2, 2007.
10. Gaesser GA. Big Fat Lies About Ideal Weight. Arlington County Government Wellness Program (Health Smart), Arlington, VA, April 18, 2007.
11. Gaesser GA. It's the Calories, Not the Carbs. UVA Club of Charlottesville, Darden School, March 9, 2005.
12. Gaesser GA. Physical Activity, Aging, and Independent Living. Aging 101 Community Lecture Series (UVA Institute on Aging), Charlottesville, March 8, 2005.
13. Gaesser GA. Diet, Exercise and the Metabolic Syndrome. Partnerships in Educational Research, Curry Centennial Celebration, February 25, 2005.
14. Gaesser GA. Big Fat Lies: Setting the Record Straight on Body Weight and Health. American Family Fitness lecture series, Richmond, VA, (Three total presentations) January 23, February 6, February 13, 2005.
15. Gaesser GA. Exercise and Health. Virginia Association of Family and Consumer Sciences, Annual Meeting, Charlottesville, VA, March 26, 2004.
16. Gaesser GA. Big Fat Lies About Ideal Weight. Engaging the Mind Series (UVA Faculty Senate Speakers Bureau), Virginia Beach Central Library, October 15, 2004.
17. Gaesser GA. Why am I not losing weight? Atlantic Coast Athletic Club, Charlottesville, VA, November 18, 1999.
18. Gaesser GA. Nutrition for Metabolic Fitness. Illinois State University, February 24, 1999.
19. Gaesser GA. Body Weight and Health. Illinois State University, February 24, 1999.

20. Gaesser GA. In pursuit of the ideal body: when biology and culture collide. Guest lecture in Echols Scholar class, INST 382: Concepts of Beauty, University of Virginia, February 1, 1999.
21. Gaesser GA. Aerobic exercise vs. resistance exercise: Which is better for your health? Atlantic Coast Athletic Club, Charlottesville, VA, January 27, 1999.
22. Gaesser GA. Body Weight and Health: Does Shaping Up Require Changing Shape? Indiana University of Pennsylvania, Indiana, PA, December 2, 1998.
23. Gaesser GA. Fit and Healthy at Any Size. St. Paul's Christian Education Centre, Paget, Bermuda, October 15, 1998.
24. Gaesser GA. Burning the fat: Fads, Facts and Fallacies. Atlantic Coast Athletic Club, Charlottesville, VA, August 18, 1998.
25. Gaesser GA. The New American College of Sports Medicine Guidelines for Exercise Prescription. Atlantic Coast Athletic Club, Charlottesville, VA, July 21, 1998.
26. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Book review presentation, Atlantic Coast Athletic Club, Charlottesville, VA, March 30, 1998.
27. Gaesser GA. Body weight and health. Class Presentation (Wellness Fitness Appraisal), University of Southern Indiana, Evansville, IN, February 26, 1998.
28. Gaesser GA. Body weight, health, and performance. Presentation to athletes, University of Southern Indiana, Evansville, IN, February 25, 1998.
29. Gaesser GA. Body weight and health: A critical evaluation. Class Presentation (Introduction to Psychology), University of Southern Indiana, Evansville, IN, February 25, 1998.
30. Gaesser GA. Body Shape Obsession in America: Cost and Consequences. Bloomington Hospital and Indiana University, Bloomington, IN, February 24, 1998.
31. Gaesser GA. Eating Disorders and Big Fat Lies: The Truth About Your Weight and Your Health. Public Lecture, Virginia Tech, Blacksburg, VA, February 23, 1998.
32. Gaesser GA. "Moving Away From the Dieting Mentality." Presentation to assistant residents and dining programs staff, Virginia Tech, Blacksburg, VA, February 23, 1998.
33. Gaesser GA. In Pursuit of the Ideal Body: When Biology and Culture Collide. Department of Student Health, University of Virginia, February 17, 1998.
34. Gaesser GA. Your Weight and Your Health. University of Virginia Cardiac Health & Fitness, Northridge Facility, February 12, 1998.
35. Gaesser GA. Body Weight Obsession in America. Presented as part of the Teen Program at the National Wellness Institute annual conference, Stevens Point, WI, July 12-18, 1997.
36. Gaesser GA. Nutrition and Performance. Presentation to volleyball coaches, organized by University of Virginia volleyball coach Melissa Aldrich, Albemarle HS, April 26, 1997.

37. Gaesser GA. Education vs. Indoctrination: Lessons from a century-long campaign against body fat. Education Day, Curry School of Education, University of Virginia, April 18, 1997.
38. Gaesser GA. The 10 biggest fitness and exercise myths. Atlantic Coast Athletic Club, Charlottesville, VA, March 25, 1997.
39. Gaesser GA. Against the grain: writing about controversies in health and fitness. Virginia Festival of the Book, March 20, 1997.
40. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Multnomah Athletic Club, Portland, OR, February 28, 1997.
41. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Public lecture, Oregon State University, Corvallis, OR, February 27, 1997.
42. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. University Bookstore, Department of Student Health, University of Virginia, Feb. 20, 1997.
43. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Atlantic Coast Athletic Club, Charlottesville, VA, October 16, 1996.
44. Gaesser GA. or weight loss: Which is better for your health? Atlantic Coast Athletic Club, Charlottesville, VA, March 13, 1996.
45. Gaesser GA. Body weight and mortality: Is there an ideal body weight? Atlantic Coast Athletic Club, Charlottesville, VA, November 1, 1995.
46. Gaesser GA. Burning carbohydrate to lose fat. Atlantic Coast Athletic Club, Charlottesville, VA, March 16, 1995.
47. Gaesser GA. The Big Fat Lie: Exploding the Myths About the Health Hazards of Being Overweight. Presented to fitness editors of 20 women's magazines, Peabody Hotel, Orlando FL, March 11, 1995.
48. Gaesser GA. Running for gold. Predictions for the 1984 Olympics. Part of a one-day conference entitled "Running and Physical Fitness: An Olympic Celebration," UCLA Extension and Department of Kinesiology, UCLA, March, 1984.
49. Gaesser GA. Physiological determinants of maximum endurance performance. Part of one-day symposium entitled "Running for Personal Bests," Sponsored by C.H.A.M.P., Santa Monica, CA, December, 1982.
50. Gaesser GA. Getting an exercise program started that's right for you. American Medical Writers Association Annual Conference, Los Angeles, CA, October 1982
51. Gaesser GA. Nutrition and Physical Performance. U.S. Ski Instructors Association Annual Meeting, Snowbird, Utah, April 1982.
52. Gaesser GA. Jogging on and around campus. UCLA Allied Health Programs, March 1982.
53. Gaesser GA. Fitness and Nutrition. Bear Valley Ski School, Bear Valley, CA, Feb. 1982.
54. Gaesser GA. Exercise physiology and nutrition: practical applications. Bear Valley Ski School, Bear Valley, CA, Feb. 1981.

55. Gaesser GA. Nutrition effect on athletic performance. San Jose State University, October 1980.
56. Gaesser GA. Exercise, physical fitness and coronary heart disease. San Jose YMCA, June, 1980.
57. Gaesser GA. Cycling. Part of one-day conference entitled "Factors in Physical Performance," UC Berkeley Extension, Berkeley, CA, April, 1980.
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