

# PETER J. FITSCHEN, PhD, CSCS

## **EDUCATION:**

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### **Doctor of Philosophy:** Nutritional Science

University of Illinois

Advisor: Kenneth R. Wilund, PhD

Dissertation: Effects of beta-hydroxy beta-methylbutyrate (HMB) supplementation on lean mass, strength, and physical function in hemodialysis patients.

December, 2015

Urbana-Champaign, Illinois

### **Master of Science:** Biology (Physiology)

University of Wisconsin – La Crosse

Advisor: Margaret A. Maher, PhD, RD

Thesis: Cardiovascular effects of black vs. English walnut consumption.

May, 2010

La Crosse, WI

### **Bachelor of Science:** Biochemistry

University of Wisconsin – La Crosse

Minor: Nutrition

May, 2008

La Crosse, WI

## **CERTIFICATIONS:**

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### **Certified Strength and Conditioning Specialist (CSCS)**

National Strength and Conditioning Association

2014-Present

### **CPR/AED/First Aid**

American Heart Association

2008-Present

## **TEACHING EXPERIENCE:**

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### **Discussion Group Leader, Department of Food Science and Human Nutrition**

University of Illinois at Urbana-Champaign

Course: FSHN 420 Nutritional Aspects of Disease

August 2012-December 2014

### **Teachers Assistant, Department of Biology**

University of Wisconsin – La Crosse

Course: BIO 424/524 Endocrinology

September 2009-December 2009

### **Graduate Assistant, Department of Biology**

University of Wisconsin – La Crosse

Course: BIO 103/105 General Biology Laboratory

September 2008-May 2010

### **Tutor, Department of Chemistry**

University of Wisconsin – La Crosse

Course: CHM 301 Analytical Chemistry

January 2008-June 2008

### **Teachers Assistant, Department of Biology**

University of Wisconsin – La Crosse

Course: BIO 312 Anatomy and Physiology Lab

September 2006-December 2006

**MENTORSHIP EXPERIENCE :**

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**Senior Thesis Project**

University of Illinois at Urbana-Champaign

September 2013-May 2014

Student Mentored: Jack Skelton

Project: The effect of intradialytic whey protein supplementation and exercise on markers of inflammation in hemodialysis patients.

**Research Apprenticeship Program**

University of Illinois at Urbana-Champaign

June 2013-August 2013

Student Mentored: Erika Belloso

Project: Food away from the home is associated with increased arterial wave reflection in maintenance hemodialysis patients.

**James Scholar Program**

University of Illinois at Urbana-Champaign

September 2012-May 2013

Student Mentored: Ally Nicholas

Project: Beta-hydroxy-beta-methylbutyrate (HMB) clearance in hemodialysis patients

**James Scholar Program**

University of Illinois at Urbana-Champaign

June 2012-May 2013

Student Mentored: Mark Walsh

Project: Efficacy of intermittent vs. continuous blood flow restriction training on lean mass and strength.

**RESEARCH EXPERIENCE:**

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**Research Assistant, Renal and Cardiovascular Disease Research Laboratory**

University of Illinois at Urbana-Champaign

June 2013-December 2015

**Jonathan Baldwin Turner Graduate Fellow**

University of Illinois at Urbana-Champaign

June 2010-May 2013

**Research Assistant, Department of Biology**

University of Wisconsin – La Crosse

June 2008-May 2010

**Intern, Research and Development**

Century Foods

January 2008-May 2008

**PERSONAL TRAINING EXPERIENCE:**

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**Fitbody and Physique LLC**

Co-Owner

June 2013-Present

**GRANTS FUNDED:**

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2014. Division of Nutritional Science, University of Illinois at Urbana-Champaign, Margin of Excellence Award. "Effects of intradialytic whey protein supplementation on the plasma amino acid profile during hemodialysis: a pilot study." Role: Principle Investigator. **Funded: \$1,000.**

2013. Renal Research Institute. “Efficacy of beta-hydroxy beta-methylbutyrate (HMB) supplementation in hemodialysis patients.” Role: Co-Principle Investigator. **Funded: \$47,500.**

2012. Division of Nutritional Science, University of Illinois at Urbana-Champaign, Margin of Excellence Award. “Effects of intradialytic protein supplementation and endurance exercise on co-morbid disease in hemodialysis patients.” Role: Principle Investigator. **Funded: \$1,000**

2012. American College of Sports Medicine, Doctoral Student Kaatsu Research Grant. “Intermittent vs. continuous kaatsu training.” Role: Principle Investigator. **Funded: \$5,000**

2011. Division of Nutritional Science, University of Illinois at Urbana-Champaign, Margin of Excellence Award. “Effects of intradialytic protein supplementation on anabolic and catabolic pathways in skeletal muscle.” Role: Principle Investigator. **Funded: \$500**

2011. Division of Nutritional Science, University of Illinois at Urbana-Champaign, Margin of Excellence Award. “Long-term effects of intradialytic whey protein supplementation on skeletal muscle protein metabolism.” Role: Principle Investigator. **Funded: \$750**

2009. RSEL Graduate Grant, University of Wisconsin – La Crosse. “Cardiovascular effects of black vs. English walnut consumption.” Role: Principal Investigator. **Funded: \$1600**

2008. Undergraduate Research Grant, University of Wisconsin – La Crosse. “Cardiovascular effects of black vs. English walnut consumption.” Role: Principal Investigator. **Funded: \$1250**

### **PUBLISHED BOOKS:**

**Fitschen, PJ,** & Wilson C. (2019). Bodybuilding: the complete contest preparation handbook. *Human Kinetics*.

### **PUBLISHED MANUSCRIPTS:**

Roberts, BM, Helms, ER, Trexler, ET, & **Fitschen, PJ.** (2020). Nutritional recommendations for physique athletes. *Journal of Human Kinetics*. 71:79-108.

Biruete, A, Allen, JM, Kistler, BM, Jeong, JH, **Fitschen, PJ,** Swanson, KS, & Wilund, KR. (2019). Gut microbiota and cardiometabolic risk factors in hemodialysis patients: a pilot study. *Topics in Clinical Nutrition*. 34:153-160.

Iraki, J, **Fitschen PJ,** Espinar, S, & Helms, ER. (2019). Nutrition recommendations for bodybuilders in the off-season: a narrative review. *Sports*. 7:154.

Jeong, JH, Biruete, A, Tomayko, EJ, Wu, PT, **Fitschen PJ,** Chung, HR, Ali, M, McAuley, E, Fernhall, B, Phillips, SA, & Wilund, KR. (2019). Results from the randomized controlled IHOPE trial suggest no effects of oral protein supplementation and exercise training on physical function in hemodialysis patients. *Kidney International*. IN PRESS.

**Fitschen, PJ,** Biruete, A, Kistler, BM, Jeong, JH, & Wilund, KR. (2017). Efficacy of beta-hydroxy-beta-methylbutyrate (HMB) supplementation in hemodialysis patients. *Hemodialysis International*. 21:107-116.

- Jeong, JH, Wu, PT, Kistler, BM, **Fitschen, PJ**, Ali, M, Fernhall, B, & Wilund KR. (2015). Impact of diastolic dysfunction on physical function and body composition in hemodialysis patients. *Journal of Nephrology*. 28:739-747.
- Wu, PT, **Fitschen, PJ**, Kistler, BM, Jeong, JH, Chung, HR, Aviram, M, Phillips, S, Fernhall, B, & Wilund, KR. (2015). Effect of pomegranate extract supplementation on cardiovascular risk factors and physical function in hemodialysis patients. *Journal of Medicinal Foods*. 18:941-949.
- Tomayko, EJ, Kistler, BM, **Fitschen, PJ**, & Wilund KR. (2015). Intradialytic protein supplementation reduces inflammation and co-morbid disease risk in hemodialysis patients. *Journal of Renal Nutrition*. 25:276-283.
- Kistler, BM, **Fitschen, PJ**, Ikizler, TA, & Wilund, KR. (2015). Rethinking the restriction on nutrition during hemodialysis. *Journal of Renal Nutrition*. 25:81-87.
- Helms E, **Fitschen, PJ**, Aragon, A, Cronin, J & Schoenfeld, BJ. (2015). Recommendations for natural bodybuilding contest preparation: resistance and cardiovascular training. *Journal of Sports Medicine and Physical Fitness*, 55:164-178.
- Kistler, BM, **Fitschen, PJ**, Ranadive, S, Fernhall, B, & Wilund, KR. (2014). Case study: natural bodybuilding contest preparation. *International Society of Sports Nutrition and Exercise Metabolism*, 24:694-700.
- Helms, E, Aragon, A, & **Fitschen, PJ**. (2014). A scientific based approach to natural bodybuilding contest preparation: nutritional and supplementation. *Journal of the International Society of Sports Nutrition*, 11:20.
- Fitschen, PJ**, Kistler, BM, Jeong JH, Chung, HR, Wu, PT, Walsh, MJ, & Wilund, KR. (2014). Perceptual effects and efficacy of intermittent vs. continuous blood flow restriction resistance exercise. *Clinical Physiology and Functional Imaging*, 34:356-363.
- Shin, S, Chung, HR, **Fitschen, PJ**, Kistler, BM, Park HW, Wilund, KR, & Sosnoff, JJ (2014). Postural control in hemodialysis patients. *Gait and Posture*, 39:723-727.
- Shin, S, Chung, HR, Kistler, BM, **Fitschen, PJ**, Wilund KR, & Sosnoff, JJ. (2014). Effect of muscle strength on gait in hemodialysis patients with and without diabetes. *International Journal of Rehabilitation Research*, 37:29-33.
- Rahman, A, Wilund, K, **Fitschen, PJ**, Jeejeebhoy, K, Agarwala, R, Drover, JW, & Mourtzakis, M. (2013). Elderly persons with ICU-acquired weakness: the potential role for beta-hydroxy-beta-methylbutyrate (HMB) supplementation? *Journal of Parenteral and Enteral Nutrition*, 38:567-575.
- Lane, A, Wu, PT, Kistler, BM, **Fitschen, PJ**, Tomayko, EJ, Jeong, JH, Chung, HR, Yan, H, Ranadive, S, Phillips, SM, Fernhall, B & Wilund KR. (2013). Arterial stiffness and walk time in patients with end-stage renal disease. *Kidney and Blood Pressure Research*, 37:142-150.

Wilson, JM, **Fitschen, PJ**, Campbell, B, Wilson, GJ, Zanchi, N, Taylor, L, Wilborn, C, Kalman, DS, Stout, JR, Hoffman, JR, Ziegenfuss, TN, Lopez, HL, Kreider, RB, Smith-Ryan, AE, Antonio, J. (2013). International society of sports nutrition position stand: beta-hydroxy beta-methylbutyrate (HMB). *Journal of the International Society of Sports Nutrition*, 10:6.

**Fitschen, PJ**, Wilson, GJ, Wilson, JM, & Wilund, KR. (2013). Efficacy of beta-hydroxy-beta-methylbutyrate (HMB) supplementation in elderly and clinical populations. *Nutrition*, 29:29-36.

Shin, S, Chung, HR, Kistler, BM, **Fitschen, PJ**, Wilund KR & Sosnoff JJ. Walking and talking in hemodialysis patients. (2013). *Archives of Physical Medicine and Rehabilitation*, 94:127-131.

Rorabaugh, JM, Singh, AP, Sherrell, IM, Freeman, MR, Vorsa, N, **Fitschen, P**, Malone, C, Maher, M, & Wilson, T. (2011). English and black walnut phenolic antioxidant activity *in vitro* and following human nut consumption. *Food and Nutrition Sciences*, 2:249-252.

**Fitschen, PJ**, Rolfhus, KK, Winfrey, MR, Allen, BK, Manzy, M & Maher, MA. (2011). Cardiovascular effects of consumption of black versus English walnuts. *Journal of Medicinal Foods*, 14:890-898.

#### **PUBLISHED ABSTRACTS:**

Wilund KR, **Fitschen PJ**, Biruete A, Kistler B, & Jeong J. (2016). Efficacy of HMB Supplementation in Hemodialysis Patients. *Blood Purification*. 41: 225-245.

Biruete, A, Kistler, B, Highton, P, Wiens, K, **Fitschen, P**, Smith, AC, & Wilund, KR. (2015). Eating pattern differences between maintenance hemodialysis patients from the US and the UK and its association with food insecurity. *Journal of the American Society for Nephrology*. 26(Suppl): 1019A.

Wilund, K, Biruete, A, Barnes, J, Kistler, B, Wiens, K, **Fitschen, P**, Jeong, JH, & Merz, C. (2015). Characterization of eating patterns in hemodialysis patients. *Nephrology Dialysis Transplantation*. 30 (Supplement 3): 333-374.

**Fitschen, PJ**, Kistler, BM, Jeong, JH, Wu, PT, Biruete, A, Harris, A, Bernhall, B, & Wilund, KR. (2015). Association between physical activity levels and co-morbid conditions in hemodialysis patients. *Medicine and Science in Sports and Exercise*. 47(5S): S1:406.

Jeong, JH, **Fitschen, PJ**, Kistler, BM, Biruete, A, Wu, PT, Chung, HR, Fernhall, B, & Wilund, KR. (2015). Relationship between physical function and psychosocial variables in renal failure patients on maintenance hemodialysis treatment. *Medicine and Science in Sports and Exercise*. 47: S1:729.

Chung, HR, Wu, PT, **Fitschen, PJ**, Kistler, BM, Park, HW, Jeong, JH, Wilund, KR, Woods J, & Boppart, M. The impact of physical activity on statin-associated skeletal muscle myopathy. *Medicine and Science in Sports and Exercise*. 47(5S): S1:319-320.

Kistler, BM, Jeong, JH, Wu, PT, **Fitschen, PJ**, Biruete, A, Fernhall, B, & Wilund, KR. (2015). Sex differences in the relationship between arterial stiffness and physical fitness in maintenance hemodialysis patients. *Medicine and Science in Sports and Exercise*. 47(5S): S1:408.

Wilund, KR, Sosnoff, JJ, Park, H, Kistler, BM, **Fitschen, PJ**. (2014). Objective quantification of fall risk in hemodialysis patients. *Journal of the American Society for Nephrology*. 25:TH-PO982.

Jeong, JH, Wu, P, **Fitschen, PJ**, Kistler, BM, Biruete, A, Park, HW, Ali, MM, Fernhall, B, Wilund, KR. (2014). Arterial and Cardiac Alterations and Their Relationships to Exercise Intolerance in Maintenance Hemodialysis Patients. *Journal of the American Society for Nephrology*. 25:FR-PO1004.

Kistler, BM, Learmonth, Y, **Fitschen, PJ**, Ensari, I, Biruete, A, Sandroff, BM, Jeong, JH, Motl, RW, & Wilund, KR. (2014). Blood-flow restriction training does not increase muscular gains in persons with Multiple Sclerosis. *Medicine and Science in Sports and Exercise*. 46(5S): S1:425.

Jeong, JH, Wu, PT, **Fitschen, PJ**, Kistler, BM, Chung, HR, Biruete, A, Ali, M, Fernhall, B, Phillips, S, & Wilund, KR. (2013). Impact of Diastolic Dysfunction on Physical Function and Body Composition in Hemodialysis Patients. *Journal of the American Society for Nephrology*. 24: SA-PO470.

**Fitschen, PJ**, Kistler, BM, Jeong, JH, Wu, PT, Walsh, MJ, & Wilund, KR. (2013). Efficacy of intermittent vs. continuous blood flow restriction resistance training. *Medicine and Science in Sports and Exercise*. 45(5S), S1:592.

Kistler, BM, **Fitschen, PJ**, Ranadive, S, Fernhall, B, & Wilund, KR. (2013). Physiological changes in natural male bodybuilder during contest preparation: a case study. *Medicine and Science in Sports and Exercise*. 45(5S), S1:550.

Wu, PT, **Fitschen, PJ**, Jeong, JH, Kistler, BM, Jeanes, E, Garg, P, Ali, MM, Chung, HR, Fernhall, B, & Wilund, KR. (2013). Effects of Pomegranate Supplementation on Cardiovascular Risk and Physical function in Chronic Kidney Disease Patients. *Medicine and Science in Sports and Exercise*. 45(5S), S1: 500.

Chung, HR, Wu, PT, **Fitschen, PJ**, Kistler, BM, Park, H, Boppart, M, Woods, J, & Wilund, KR. (2013). The impact of hypercholesterolemia and physical activity on statin-associated skeletal muscle myopathy. *Medicine and Science in Sports and Exercise*. 45(5S), S1:654.

Park, H, Shin, S, Chung, HR, Kistler, BM, **Fitschen, PJ**, Fernhall, B, Sonsoff, JJ, & Wilund KR. (2013). Gait in hemodialysis patients: Effect of lower limb strength and diabetes. *Medicine and Science in Sports and Exercise*. 45(5S), S1:188.

**Fitschen, PJ**, Kistler BM, Wu PT, Chung HR, Jeong JH, Phillips S, & Wilund KR. (2012). Effects of intradialytic whey protein supplementation on body composition in non-malnourished hemodialysis patients. *Journal of the American Society for Nephrology*, 23: SA-PO543.

Wilund, KR, Shin, S, Chung, HR, Kistler, BM, **Fitschen, PJ**, & Sosnoff, JJ. (2012). Contribution of cognitive interference to decrements in walking performance in hemodialysis patients. *Kidney Research and Clinical Practice*, 31(2): A84.

Kistler, BM, Tomayko, EJ, Wu, PT, **Fitschen, PJ**, Chung, HR, Jeong, JH, Yudell, B, Jeanes, E, Phillips, SA, Fernhall, B, & Wilund, KR. (2012). Intradialytic protein supplementation reduces inflammation and improves physical function. *Medicine and Science in Sports and Exercise*, S2: 341-2.

Jeong, JH, Wu, PT, Tomayko, EJ, Chung, HR, Kistler, BM, **Fitschen, PJ**, Fernhall, B, & Wilund, KR. (2012). Body composition is associated with arterial stiffness and physical function in chronic kidney disease patients. *Medicine and Science in Sports and Exercise*, S2: 341.

- Wu, PT, Tomayko, EJ, Chung, HR, Kistler, BM, Jeong, JH, **Fitschen, PJ**, Fernhall, B, & Wilund, KR. (2012). Arterial stiffness in patients with chronic kidney disease: correlations at different levels of physical function. *Medicine and Science in Sports and Exercise*, S2: 340.
- Wilund, K, Fernhall, B, Phillips, S, McAuley, E, Tomayko, E, Yudell, B, **Fitschen, PJ**, Chung, HR, Jeong, JH, Kistler, B, & Jeanes, E. (2012). The intra-hemodialytic protein and exercise (IHOPE) study: rationale and study design. *Medicine and Science and Sports and Exercise*, S2: 892.
- Tomayko, E, Yudell, B, Jeanes, E, Kistler, B, **Fitschen, PJ**, Jeong, JH, Wu, PT, Chung, HR, Evans, E & Wilund, K. (2012). Intradialytic protein supplementation improves co-morbid disease risk in hemodialysis patients. *FASEB Journal*, 26: 387.4.
- Tomayko, E, Wu, PT, Chung, HR, **Fitschen, PJ**, Kistler, B, Yudell, B, Phillips, S, & Wilund, K. (2011). Intradialytic protein supplementation attenuates dialysis-associated inflammation and reduces co-morbid disease risk. *Journal of the American Society for Nephrology*, 22: SA-OR401.
- Fitschen, PJ**, Allen, BK, Manzy, MA, & Maher, MA. (2010). Walnut type affects the response to occlusion-induced vasodilation following a high-fat meal in dyslipidemic humans. *FASEB Journal*, 24: 922.14.
- Fitschen, PJ**, Winfrey, M, Wilson, E, & Maher MA. (2009). Effects of daily black walnut consumption on blood lipid levels. *FASEB Journal*, 23: 353.7.
- Wilson, E, Freeman, MR, Olson, RM, Rorabaugh, JM, Singh, AP, Vorsa, N, Maher, MA, **Fitschen, PJ**. (2009). Ability of English and black walnut phenolics to inhibit cupric-ion induced LDL oxidation in vitro and following human nut consumption. *FASEB Journal*, 23: 901.3.

### **ORAL PRESENTATIONS AND INVITED LECTURES:**

2023. OCB Los Campeones Cup. “Lessons Learned From Recent Physique Enhancement Research.” St. Paul, MN.
2023. Bodybuilding, Physique, Figure and Bikini Seminar. “How far Before A Competition Should You Start Preparing?” Bloomington, MN.
2023. Phat Muscle Academy. “Lessons Learned From Recent Physique Enhancement Research.” Springfield, MO.
2022. Anytime Fitness Southern Wisconsin Corporate Headquarters. “ Basics of Energy Balance.” Madison, WI.
2022. Bodybuilding, Physique, Figure and Bikini Seminar. “Tips For First Time Competitors.” Bloomington, MN
2021. OCB Natural Viking. “5 Ways My Approach Changed in the Past Decade.” Minneapolis, MN.
2021. Phat Muscle Academy. “Physiological Effects of Extreme Dieting.” Springfield, MO.

2021. The Natural Peaking Science Based Webinar. “5 Ways My Approach Changed in the Past Decade.”

2021. Good to Great Virtual Fitness Seminar. “Metabolic Adaptation, Plateaus and Reverse Dieting.”

2019. NGA Natural Peoria Championships. “The 5 Most Common Contest Prep Myths.” Peoria, IL.

2019. The Physique Summit. “Calories In vs. Calories Out: The Complete Story.” St. Louis, MO.

2019. Anytime Fitness Southern Wisconsin Corporate Headquarters. “Creating an Effective Approach for Fat Loss.” Madison, WI.

2019. OCB Natural Viking. “The Basics of Contest Prep.” Minneapolis, MN.

2019. Midwest Posing School. “Peaking and Contest Prep Myths.” Madison, WI.

2019. Midwest Posing School. “The Basics of Contest Prep.” Portage, WI.

2018. Midwest Posing School. “The Basics of Contest Prep.” Peoria, IL.

2018. Great Life. “The Basics of Contest Prep.” Sioux Falls, SD.

2018. Anytime Fitness. “The Basics of Contest Prep.” Portage, WI.

2018. University of Wisconsin – Stevens Point Sport Nutrition Club. “Creating an Effective Nutrition Approach.” Stevens Point, WI.

2017. University of Illinois Bodybuilding Club. “Nutrition for Strength and Physique Athletes.” Champaign, IL.

2017. Surge To New Levels Gym. “Creating an Effective Nutrition Approach.” Carol Stream, IL.

2016. Francks Gym. “Designing an Effective Nutrition Plan for Fat Loss.” Wausau, WI.

2016. BioLayne Bodybuilding VIP Camp. “Metabolic Adaptation and Reverse Dieting.” Tampa, FL.

2015. Guest Lecture, Practicum in Health, Fitness and Nutrition, Purdue University – Calumet. “A science-based approach to programming resistance training and cardio.” Hammond, IN.

2015. Division of Nutritional Sciences Graduate Seminar, University of Illinois. “Efficacy of beta-hydroxy-beta-methylbutyrate (HMB) supplementation in hemodialysis patients.” Urbana, IL.

2015. The Physique Summit. “Physiological changes during natural bodybuilding contest preparation.” Springfield, MO.

2015. BioLayne Bodybuilding VIP Camp. “Physiological changes during natural bodybuilding contest preparation.” Tampa, FL.



2015. National Strength and Conditioning Association Kentucky State Clinic. “An evidence-based approach for fat loss in strength athletes.” Berea, KY.

2015. BioLayne Bodybuilding VIP Camp. “Physiological changes during natural bodybuilding contest preparation.” Chicago, IL.

2014. Team Wilson Nutrition and Training Seminar. “A science-based approach to training programming.” Wyoming, MI.

2014. Guest Lecture, Practicum in Health, Fitness and Nutrition, Purdue University – Calumet. “A science-based approach to weightlifting and cardio.” Hammond, IN.

2013. University of Illinois Bodybuilding Club. “Basic nutrition and training for strength and hypertrophy.” Champaign, IL.

2013. Body Symmetry. “Science of nutrition, training, and supplementation.” Springfield, IL.

2013. University of Illinois Bodybuilding Club. “Bodybuilding myths and a science-based approach to contest preparation.” Champaign, IL.

2011. Midwest Chapter of the American College of Sports Medicine Annual Meeting. “Perceptual effects of intermittent or continuous blood flow restriction training.” Indianapolis, IN.

2011. Kinesiology Graduate Seminar, University of Illinois at Urbana-Champaign. “Kaatsu training: current knowledge and future directions.” Urbana, IL.

2009. Experimental Biology Conference. “Effects of daily black walnut consumption on blood lipid levels.” New Orleans, LA.

### **HONORS AND AWARDS:**

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List of Instructors Ranked as Excellent by their Students University of Illinois at Urbana-Champaign	Fall 2014
List of Instructors Ranked as Excellent by their Students University of Illinois at Urbana-Champaign	Fall 2013
Frank W. Kari Memorial Award University of Illinois at Urbana-Champaign, Division of Nutritional Science	2013
List of Instructors Ranked as Excellent by their Students University of Illinois at Urbana-Champaign	Fall 2012
Frank W. Kari Memorial Award University of Illinois at Urbana-Champaign, Division of Nutritional Science	2012
Jonathan Baldwin Turner Fellowship University of Illinois, College of ACES	2010-2013

Graduate Student Academic Achievement Award University of Wisconsin – La Crosse	2010
ASN Dietary Bioactives Interest Group, Graduate Student Poster Contest Winner Experimental Biology Conference	2009
SAPA Most Accessible Award Nominee University of Wisconsin – La Crosse	2009
Graduation with Highest Honors University of Wisconsin – La Crosse	2008
Most Outstanding Student in the Biochemistry Major University of Wisconsin – La Crosse, Department of Chemistry	2007
Oliver A. Stoffer Scholarship University of Wisconsin – La Crosse	2006

#### **MANUSCRIPT REVIEWER:**

Biology and Medicine  
Journal of the International Society of Sports Nutrition  
Journal of Parenteral and Enteral Nutrition  
Medicine and Science in Sports and Exercise  
Sports Nutrition and Therapy

#### **PROFESSIONAL MEMBERSHIPS:**

National Strength and Conditioning Association