

CLAIRE CANON BAETGE, Ph.D.
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EDUCATION

- Ph.D.** Kinesiology (Exercise Physiology) 2014
 Texas A&M University, College Station, Texas
- M.S.** Human Performance 2008
 The University of Florida, Gainesville, Florida
- B.S.** Health Education, Cum Laude 2006
 The University of Florida, Gainesville, Florida

DISSERTATION TITLE

Comparison of the Efficacy of Popular Weight Loss Programs in Sedentary Overweight Women
 (Funded by Curves International)

PROFESSIONAL EXPERIENCE

- Instructional Assistant Professor**, Department of Health Behavior 2022-Current
 School of Public Health, Texas A&M University, College Station, TX
- Title change due to departmental merger
 - Community Health Internship Program Coordinator Fall 2022
 - Undergraduate courses taught
 - HLTH 210 Introduction to the Discipline
 - HLTH 353 Drugs & Society (online)
 - HLTH 403 Consumer Health (online and in person)
 - HLTH 440 Community Health Pre-Internship
 - HLTH 482 Grant Writing in Health
 - HLTH 484 Community Health Internship
 - Graduate course taught
 - HLTH 611 Organization and Administration of Health (online)
- Adjunct Clinical Assistant Professor**, Department of Health and Kinesiology 2017-2022
 Texas A&M University, College Station, TX
- Undergraduate courses taught:
 - KINE 386 Sport Physiology
 - HLTH 231 Healthy Lifestyles (online)
 - HLTH 335 Human Diseases (online)
 - HLTH 353 Drugs & Society (online)
 - HLTH 403 Consumer Health (online and in-person)
 - HLTH 429 Environmental Health (online)
 - HLTH 481 Seminar in Applied Health
 - HLTH 482 Grant Writing in Health

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- Graduate courses taught:
 - HLTH 635 Race, Ethnicity, and Health (online)
 - HLTH 634 Women's Health (online)

Online Adjunct Lecturer 1, Department of Health and Kinesiology
 University of Texas at Tyler, Tyler, TX 2020-2022

- Undergraduate courses taught:
 - KINE 2330 Fundamentals of Exercise Science (created online course)
 - HECC 4333 Introduction to Biostatistics (created online course)

Online Adjunct Lecturer I, Healthcare Studies Program
 University of Texas at Dallas, Richardson, TX 2017-2024

- Undergraduate course taught:
 - HLTH 1301 Introduction to Kinesiology (created online course)

Online Adjunct Faculty, School of Kinesiology
 George Mason University, Fairfax, VA 2016-2021

- Undergraduate courses taught:
 - KINE 310 Exercise Physiology (created online course)
 - KINE 320 Principles of Nutrition (created online course)
 - KINE 420 Sport Nutrition (created online course)

Lecturer I, Department of Kinesiology, Health, and Nutrition
 University of Texas at San Antonio, San Antonio, TX 2013-2017

- Undergraduate courses taught:
 - KIN 2003 Computer Applications in Kinesiology and Health
 - KIN 3313 Anatomy and Physiology for Kinesiology (in-person and created online course)
 - KIN 3433 Exercise Physiology (in-person and created online course)
 - KIN 3443 Graded Exercise Testing
 - KIN 4253 Exercise Nutrition (created online course)
 - KIN 4936 Internship in Kinesiology
 - KIN 4983 Applied Exercise Science
- Graduate course taught:
 - KAH 6223 Exercise Nutrition (created online course)

GRADUATE STUDENT PROFESSIONAL EXPERIENCE

Volunteer Nutrition Instructor, HOPE Pregnancy Center
 College Station, TX 2011-2012

Teaching Practicum, Exercise Physiology
 Texas A&M University, College Station, TX 2010

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Research Assistant, Exercise and Sport Nutrition Laboratory 2009-2012
 Texas A&M University, College Station, TX

Teaching Graduate Assistant, Physical Education and Activity Program 2008-2009
 Texas A&M University, College Station, TX

Graduate Internship, Redox Biology and Cell Signaling Laboratory Summer 2008
 Texas A&M University, College Station, TX

Research Volunteer, Molecular Physiology of Wellness Laboratory 2007-2008
 University of Florida, Gainesville, FL

Teaching Graduate Assistant, Department of Applied Physiology and Kinesiology 2007-2008
 University of Florida, Gainesville, FL

SERVICE

- Undergraduate Student Directed Studies Instructor Fall 2024
 - Oversee an undergraduate health student while completing a survey and literature review on diets of various cultures
- Doctoral Committee Member, School of Public Health 2024-Current
- Doctoral Outside Committee Member, Interdisciplinary Engineering 2023-Current
- Graduate Student Mentor, Texas A&M University 2022-Current
 - Mentor and advise current MPH students in the School of Public Health
- Community Health Internship Program Coordinator, Texas A&M University Fall 2022
 - Organized site placement of community health students for undergraduate professional internship as well as provided oversight for current interns
- Internship Supervisor, The University of Texas at San Antonio 2016-2017
 - Supervised and mentored students during undergraduate professional internship

PROFESSIONAL DEVELOPMENT

- Designing Learner-Centered & Equitable Courses Summer 2024
 Association of College and University Educators
- Stand In Stand Up Workshop 2024
 Green Dot Bystander Intervention and Stand Up Trauma-Informed Care Training
 Student Life Division of Student Affairs, Texas A&M University
- Cultivating Ethical Behavior in Mentoring 2023
 Center for Teaching Excellence, Texas A&M University
- Supporting Student Mental Health to Improve Academic Success 2023
 Center for Teaching Excellence, Texas A&M University
- Leadership and Management (Short Course) Certificate 2022

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- Oxford Home Study Centre
- Adaptive Leadership Certificate 2022
Acumen Academy
- Teaching Online Academy Certificate 2021
The University of Texas at El Paso
- ADA & Web Accessibility Self-Paced Workshop Certificate 2020
Online Learning Consortium

AWARDS AND HONORS

- School of Interdisciplinary Studies Teaching Award Runner-Up 2024
University of Texas at Dallas
- Effective Use of Digital Learning Environment Recognition 2023
Office for Academic Innovation and Student Government Association
Texas A&M University
- Adjunct Faculty Teaching Excellence Award Nominee 2021
George Mason University
- Online Teaching Excellence Award Nominee 2021
George Mason University
- Graduate Merit Fellowship 2008-2009
Texas A&M University

PROFESSIONAL ORGANIZATION MEMBERSHIPS

- American College of Lifestyle Medicine 2024-Current
- American College Health Association 2023-Current
- American College of Sports Medicine 2010-Current
 - Texas Regional Chapter 2010-Current
- International Society of Sports Nutrition 2010-Current

CERTIFICATIONS

- Certified Adult Mental Health First Aid USA Instructor 2023-Current
National Council for Mental Wellbeing
- Certified Sports Nutritionist 2017-Current
International Society of Sports Nutrition

MANUSCRIPTS

- Lockard B, Mardock M, Oliver JM, Byrd M, Simbo S, Jagim A, Kresta J, **Baetge CC**, Jung YP, Koozehchian MS, Khanna D, Rasmussen C, Kreider RB. Comparison of Two Diet and Exercise Approaches on Weight Loss and Health Outcomes in Obese Women. *Int. J. Environ. Res. Public Health* 2022, 19(8), 4877;

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- Khanna D, **Baetge C**, Simbo S, Lockard B, Galvan E, Jung YP, Koozehchian M, Dalton R, Byrd M, Rasmussen C, Greenwood M, Kreider RB. (2017). Effects of Diet and Exercise-Induced Weight Loss in Sedentary Obese Women on Inflammatory Markers, Resistin, and Visfatin. *Journal of Nutrition and Obesity* 1: 102.
- **Baetge C**, Earnest C, Lockard B, Colleta A, Galvan E, Rasmussen C, Levers K, Simbo S, Jung Y, Koozehchian M, Oliver J, Dalton R, Sanchez B, Byrd M, Khanna D, Jagim A, Kresta J, Greenwood M, Kreider RB. Efficacy of a Randomized Trial Examining Commercial Weight Loss Programs on Metabolic Syndrome in Overweight and Obese Women. *Applied Physiology, Nutrition, and Metabolism*. 2017 Jan 5.
 - Press release: Canadian Science Publishing. Improving health should be the focus of commercial diet programs, not just losing weight.
- Drenning JA, Lira VA, Soltow QA, **Canon CN**, Valera LM, Brown DL, Criswell DS. Endothelial nitric oxide synthase is involved in calcium-induced Akt signaling in mouse skeletal muscle. *Nitric Oxide: Biology and Chemistry*. 2009 Aug 11.

PUBLICATIONS

- **Claire N. Canon**, Jong-Hee Kim, Sean M. Courtney, Brandon Macias, John M. Lawler. Exercise Attenuates CTGF Levels, Delaying the Onset of Fibrosis in the Aging Left Ventricle. *International Journal of Exercise Science*. Vol 2:1, 2009.
- M. Byrd, J. Culbertson, **C. Canon**, J. Oliver, M. Mardock, S. Simbo, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. Effects of high carbohydrate and high protein diets on markers of metabolic syndrome (ms) in women participating in the Curves fitness program. *FASEB Journal*, LB297 I, 2010.
- J. Oliver, J. Culbertson, **C. Canon**, M. Byrd, M. Mardock, S. Simbo, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. Effects of exercise and high carbohydrate and high protein diets on women with and without metabolic syndrome (ms). *FASEB Journal*, LB298 II, 2010.
- M. Mardock, M. Byrd, S. Simbo, J. Oliver, J. Culbertson, **C. Canon**, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. Clinical profiles of women with and without metabolic syndrome (ms). *FASEB Journal*, LB299 I, 2010.
- J. Culbertson, M. Mardock, M. Byrd, S. Simbo, J. Oliver, **C. Canon**, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and r. Kreider. Effects of diet cycling on weight loss and resting energy expenditure in women participating in the Curves fitness program. *FASEB Journal* LB300 II, 2010.
- S. Simbo, J. Culbertson, M. Mardock, M. Byrd, J. Oliver, **C. Canon**, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. Effects of 30-day diet cycling on weight loss and resting energy expenditure in women

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participating in the Curves fitness program: a preliminary long-term analysis. *FASEB Journal*, LB301 I, 2010.

- **C. Canon**, J. Culbertson, M. Byrd, C. Rasmussen, P. Jung, D. Khanna, M. Koozehchian, M. Mardock, J. Oliver, S. Simbo, R. Kreider, FACSM. Effects of a 30-Day Fitness Challenge on Body Composition and Markers of Health in Women. *Medicine & Science in Sports & Exercise*. 42(5):S458-9, 2010.
- Jonathan M. Oliver, Julie Y. Kresta, Mike Byrd, **Claire Canon**, Michelle Mardock, Sunday Simbo, Peter Jung, Brittanie Lockard, Deepesh Khanna, Majid Koozehchian, Chris Rasmussen, Chad Kerksick, Richard Kreider. Effects of high carbohydrate or high protein energy-restricted diets combined with resistance-exercise on weight loss and markers of health in women with serum triglyceride levels above or below median values. *Journal of the International Society of Sport Nutrition*. 2010, 7(Suppl 1):P9.
- **Claire Canon**, Julie Y. Kresta, Mike Byrd, Jonathan M. Oliver, Michelle Mardock, Sunday Simbo, Yanghoon Jung, Majid Koozehchian, Deepesh Khanna, Brittanie Lockard, Ryan Dalton, Han K. Kim, Chris Rasmussen, Richard B. Kreider. Long-term efficacy of women participating in the Curves fitness and weight loss program. *Journal of the International Society of Sports Nutrition* 2010, 7(Suppl 1):P11.
- **C. Canon**, J. Culbertson, M. Byrd, C. Rasmussen, P. Jung, D. Khanna, M. Koozehchian, M. Mardock, J. Oliver, S. Simbo, R. Kreider. Effects of a 30-Day Fitness Challenge on Body Composition and Health Markers in Sedentary Women. *Journal of Strength & Conditioning Research*. 25:S34-35, 2011.
- R.B. Kreider, J. Culbertson, M. Byrd, S. Simbo, J. Oliver, M. Mardock, **C. Canon**, Y. Yung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen. Maintaining a High Protein Diet While Participating in a Resistance Training Program Does Not Affect Markers of Bone Health in Women. *Journal of Strength & Conditioning Research*. 25:S71-72, 2011.
- J.M. Oliver, Julie Y. Kresta, **Claire N. Canon**, Mike Byrd, Michelle Mardock, Sunday Simbo, Peter Jung, Majid Koozehchian, Chris Rasmussen, Richard B. Kreider, FACSM. Comparison of Two Different Diet Programs on fasting Insulin Levels in Sedentary Obese Women Participation in Resistance training. *Medicine & Science in Sports & Exercise*. 42(10): 46, 2010.
- Y.P. Jung, Julie Y. Kresta, Jonathan M. Oliver, Sunday Simbo, **Claire N. Canon**, Mike Byrd, Michelle Mardock, Brittanie Lockard, Chris Rasmussen, Richard B. Kreider, FACSM. Effects of a High Protein Diet on Weight Loss and Body Composition in Sedentary Women with Normal Insulin Sensitivity and Insulin Resistance. *Medicine & Science in Sports & Exercise*. 42(10):47-48: 2010.
- A. Jagim, Jonathan M. Oliver, Julie Y. Kresta, **Claire N. Canon**, Mike Byrd, Michelle Mardock, Sunday Simbo, Peter Jung, Chris Rasmussen, Richard B. Kreider, FACSM. Effects of a High Protein Diet on Weight Loss and Leptin Levels in Sedentary Women with Normal and Elevated Leptin. *Medicine & Science in Sports & Exercise*. 42(10): 48, 2010.
- R.B. Kreider, FACSM, Jonathan M. Oliver, Julie Y. Kresta, Mike Byrd, **Claire N. Canon**, Michelle Mardock, Sunday Simbo, Brittanie Lockard, Chris Rasmussen. Effects

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of Exercise, Weight Loss and Diet Type on Leptin in Sedentary Women. *Medicine & Science in Sports & Exercise*. 42(10):48-49, 2010.

- J.Y. Kresta, Jonathan M. Oliver, Mike Byrd, **Claire N. Canon**, Andrew Jagim, Brittanie Lockard, Michelle Mardock, Sunday Simbo, Chris Rasmussen, Richard B. Kreider, FACSM. Relationship between Fasting Serum Leptin Levels and Markers of Bone, Fat and Health in Sedentary Women. *Medicine & Science in Sports & Exercise*. 42(10): 54-55, 2010.
- S. Simbo, J. Oliver, JY Kresta, **CN Canon**, M Byrd, M Mardock, P Jung, B Lockard, C Rasmussen, RB Kreider. Effects of a high protein diet on weight loss and body composition in women with normal and elevated blood glucose levels. *Medicine & Science in Sports & Exercise*. 42(10):62-63, 2010.
- Byrd M, Mardock M, Lockard B, Simbo S, Jagim A, Kresta J, **Baetge C**, Jung Y, Koozehchian M, Khanna D, Oliver J, Kyul H, Greenwood M, Kreider R, Rasmussen C. Comparative effectiveness of two popular weight loss programs in women III: fitness markers. *The FASEB Journal* 2011;25(MeetingAbstracts):lb207.
- Jagim A, Mardock M, Lockard B, Simbo S, Byrd M, Kresta J, **Baetge C**, Jung Y, Koozehchian m, Khanna D, Oliver J, Kyul H, Greenwood M, Rasmussen C, Kreider R. Comparative effectiveness of two popular weight loss programs in women IV: quality of life. *The FASEB Journal* 2011;25(MeetingAbstracts):lb221.
- Kreider R, Oliver J, Kresta J, Byrd M, **Baetge C**, Mardock M, Simbo S, Lockard B, Jung Y, Koozehchian M, Khanna D, Kyul H, Jagim A, Rasmussen C. Effects of diet type during an exercise and weight loss program on markers of metabolic syndrome in women with elevated uric acid levels. *The FASEB Journal* 2011;25(MeetingAbstracts):lb246.
- Lockard B, Mardock M, Byrd M, Simbo S, Jagim A, Kresta J, **Baetge C**, Jung Y, Koozehchian M, Khanna D, Oliver J, Kyul H, Greenwood M, Rasmussen C, Kreider R. Comparative effectiveness of two popular weight loss programs in women II: metabolic markers. *The FASEB Journal* 2011;25(MeetingAbstracts):lb205.
- Mardock M, Lockard B, Byrd M, Simbo S, Jagim A, Kresta J, **Baetge C**, Jung Y, Koozehchian M, Khanna D, Kyul H, Oliver J, Greenwood M, Rasmussen C, Kreider R. Comparative effectiveness of two popular weight loss programs in women I: body composition and resting energy expenditure. *The FASEB Journal* 2011;25(MeetingAbstracts):lb248.
- Simbo S, Mardock M, Lockard B, Byrd M, Jagim A, Kresta J, **Baetge C**, Jung Y, Koozehchian M, Khanna D, Oliver J, Greenwood M, Rasmussen C, Kreider R, Kyul H. Experiencing the impact of weight loss on work capacity prior to initiation of a weight loss program may influence weight loss success. *The FASEB Journal* 2011;25(MeetingAbstracts):lb208.
- **Baetge C**, Kresta J, Byrd M, Oliver J, Mardock M, Simbo S, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider R. Effects of Intermittent Dieting During Resistance Training in Women IV: Quality of Life *Medicine & Science in Sports & Exercise* 2011;43(5):470-1.
- Byrd M, Kresta J, Oliver J, **Baetge C**, Mardock M, Simbo S, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider RB. Effects of

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Intermittent Dieting During Resistance Training In Women III: Fitness *Medicine & Science in Sports & Exercise* 2011;43(5):472

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- Mardock M, Kresta J, Byrd M, Oliver J, **Baetge C**, Simbo S, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider R. Effects of Intermittent Dieting During Resistance Training in Women II: Health Markers. *Medicine & Science in Sports & Exercise* 2011;43(5):471-2.
- Mardock M, B Lockard, J Oliver, M Byrd, S Simbo, A Jagim, J Kresta, **C Baetge**, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. Comparative effectiveness of two popular weight loss programs in women I: body composition and resting energy expenditure. *Journal of the International Society of Sports Nutrition* 2011, 8(Suppl 1):P4 (7 November 2011)
- Byrd M, M Mardock, B Lockard, J Oliver, S Simbo, A Jagim, J Kresta, **C Baetge**, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. Comparative effectiveness of two popular weight loss programs in women II: metabolic markers. *Journal of the International Society of Sports Nutrition* 2011, 8(Suppl 1):P1 (7 November 2011)
- Oliver J, M Mardock, B Lockard, M Byrd, S Simbo, A Jagim, J Kresta, **C Baetge**, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. Comparative effectiveness of two popular weight loss programs in women III: health and fitness markers. *Journal of the International Society of Sports Nutrition* 2011, 8(Suppl 1):P5 (7 November 2011)
- Jagim A, M Mardock, B Lockard, J Oliver, M Byrd, S Simbo, J Kresta, **C Baetge**, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. Comparative effectiveness of two popular weight loss programs in women IV: quality of life and diet satisfaction. *Journal of the International Society of Sports Nutrition* 2011, 8(Suppl 1):P3 (7 November 2011)
- Greenwood M, M Mardock, B Lockard, J Oliver, S Simbo, A Jagim, J Kresta, **C Baetge**, P Jung, M Koozehchian, D Khanna, C Rasmussen, R Kreider. Experiencing the impact of weight loss on work capacity prior to initiation of a weight loss program enhances success. *Journal of the International Society of Sports Nutrition* 2011, 8(Suppl 1):P2 (7 November 2011)
- **Baetge, C**, Lockard B, J Oliver, M Mardock, M Byrd, S Simbo, Y Jung, D Khanna, M Koozehchian, R Dalton, H Kim, J Kresta, T Leopold, K Horrell, V Fan, C Rasmussen, M Greenwood, R.B. Kreider. Exercise intensity and energy expenditure assessment of performing the Curves with Zumba workout. *Journal of Strength and Conditioning Research*. In press, 2012.
- **C Baetge**, B Lockard, M Mardock, S Simbo, Y Jung, E Galvan, K Levers, M Byrd, M Koozehchian, D Khanna, B Sanchez, A Jagim, J Oliver, J Kresta, K Horrell, T Leopold, M Cho, M Greenwood, C Rasmussen, R Kreider. Comparison of the Efficacy of Popular

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Weight Loss Programs in Sedentary Overweight Women I: Body Composition and Energy Expenditure. **The FASEB Journal** 2012, **26**:lb372.

- Y. Jung, **C. Baetge**, B. Lockard, M. Mardock, S. Simbo, E. Galvan, K. Levers, M. Byrd, M. Koozehchian, D. Khanna, B. Sanchez, A. Jagim, J.M. Oliver, J.Y. Kresta, K. Horrell, T. Leopold, M. Cho, C. Rasmussen, R. Kreider Comparison of the efficacy of popular weight loss programs in sedentary overweight women II: health & fitness markers. **The FASEB Journal**. 2012, **26**:lb375.
- M. Koozehchian, **C. Baetge**, B. Lockard, M. Mardock, S. Simbo, Y. Jung, E. Galvan, K. Levers, M. Byrd, D. Khanna, B. Sanchez, A. Jagim, J.M. Oliver, J.Y. Kresta, K. Horrell, T. Leopold, M. Cho, C. Rasmussen, R. Kreider Comparison of the efficacy of popular weight loss programs in sedentary overweight women III: fasting blood lipids and glucose. **The FASEB Journal**. 2012, **26**:lb381.
- E. Galvan, **C. Baetge**, B. Lockard, M. Mardock, S. Simbo, Y. Jung, K. Levers, M. Byrd, M. Koozehchian, D. Khanna, B. Sanchez, A. Jagim, J.M. Oliver, J.Y. Kresta, K. Horrell, T. Leopold, M. Cho, C. Rasmussen, R. Kreider Comparison of the efficacy of popular weight loss programs in sedentary overweight women IV: bone, protein & liver status. **The FASEB Journal**. 2012, **26**:lb383.
- K. Levers, **C. Baetge**, B. Lockard, M. Mardock, S. Simbo, Y. Jung, M. Byrd, M. Koozehchian, E. Galvan, D. Khanna, B. Sanchez, A. Jagim, J.M. Oliver, J.Y. Kresta, K. Horrell, T. Leopold, M. Cho, C. Rasmussen, R. Kreider Comparison of the efficacy of popular weight loss programs in sedentary overweight women V: perception of quality of diets. **The FASEB Journal**. 2012, **26**:lb404.
- D. Khanna, **C. Baetge**, B. Lockard, M. Mardock, S. Simbo, Y. Jung, M. Byrd, M. Koozehchian, E. Galvan, K. Levers, B. Sanchez, A. Jagim, J.M. Oliver, J.Y. Kresta, K. Horrell, T. Leopold, M. Cho, C. Rasmussen, R. Kreider Comparison of the efficacy of popular weight loss programs in sedentary overweight women VI: quality of life. **The FASEB Journal**. 2012, **26**:lb407.
- B Lockard, **C Baetge**, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, YP Jung, J Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, J Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Women who participate in a structured weight loss program with resistance-exercise experience more favorable changes in body composition when compared to other popular weight loss programs. **FASEB Journal**, LB341, 2013.
- E Galvan, B Lockard, **C Baetge**, K Levers, A Jagim, S Simbo, M Byrd, YP Jung, JM Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, JY Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Women who participate in a structured weight loss program with resistance-exercise experience more favorable changes in blood lipids when compared to other popular weight loss programs. **FASEB Journal**, LB340, 2013.
- S. Simbo, B Lockard, **C Baetge**, K Levers, E Galvan, A Jagim, M Byrd, YP Jung, JM Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, JY Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Effects of participation in popular weight loss and fitness programs on markers of health and fitness in women. **FASEB Journal**, LB306, 2013.

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- R Dalton, B Lockard, **C Baetge**, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, YP Jung, JM Oliver, M Koozehchian, D Khanna, B Sanchez, JY Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Effects of participation in popular weight loss and fitness programs on insulin and leptin in women. **FASEB Journal**, LB339, 2013.
- K Levers, B Lockard, **C Baetge**, E Galvan, A Jagim, S Simbo, M Byrd, YP Jung, JM Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, JY Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Adding access to online meal plans and monitoring to a structured weight loss program with resistance-exercise promotes more positive changes in triglycerides. **FASEB Journal**, LB338, 2013.
- **C Baetge**, B Lockard, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, YP Jung, JM Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, JY Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Adding access to online meal plans and monitoring improves success to a structured weight loss program with resistance-exercise in women. **FASEB Journal**, LB342, 2013.
- YP Jung, B Lockard, **C Baetge**, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, JM Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, JY Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Adherence to a high protein and low fat energy-restricted diet while participating in a circuit resistance-exercise program promotes fat loss with no loss in fat free mass in postmenopausal women. **FASEB Journal**, LB33, 2013.
- A Jagim, B Lockard, **C Baetge**, K Levers, E Galvan, S Simbo, M Byrd, YP Jung, J Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, J Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. Adherence to a high protein and low fat energy-restricted diet while participating in a circuit resistance-exercise program promotes positive changes in blood glucose and lipids in postmenopausal women. **FASEB Journal**, LB336, 2013.
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