

**2018 SPRING TUTORIAL MEETING – FRIDAY -
APRIL 6, 2018
ST. CATHERINE UNIVERSITY -ST. PAUL, MN
SPEAKER BIO'S**



Barry Braun received his Ph.D. in Nutrition from the University of California, Berkeley and did post-doctoral work at Stanford University Medical School. He spent 14 years as Professor of Kinesiology and Director of the Energy Metabolism Laboratory at the University of Massachusetts Amherst. Since 2014, he is Professor and Head of the Department of Health and Exercise Science at Colorado State University. Dr. Braun's research is focused on optimizing the use of exercise to prevent and/or manage type-2 diabetes, the role of exercise in preventing recurrence of breast cancer and the impact of activity and inactivity on hormonal regulation of appetite. Dr. Braun's work is funded by governmental and private sources including the National Institutes of Health, the American Diabetes Association and Pfizer pharmaceutical company. He has published more than 100 peer-reviewed research articles in journals such as the *American Journal of Physiology*, *Journal of Clinical Endocrinology and Metabolism* and *Diabetes Care*. He is a Fellow of the National Academy of Kinesiology and the American College of Sports Medicine and a past chairperson of their Nutrition Interest Group. He has received several awards for undergraduate teaching including the highest honor from the University of Massachusetts Amherst, their Distinguished Teaching Award.



Jenna Johnson, MS is a wellness center administrator and ACSM Certified Clinical Exercise Physiologist with a Level III Exercise is Medicine Credential. Jenna was born in Grand Forks, ND and raised in St. Louis Park, MN, a suburb of Minneapolis. As an athlete, she attained unique notoriety as a state champion synchronized swimmer, water polo player and captain of the cross country ski team. Jenna is an exercise physiologist who has 28 years of experience in the healthcare, fitness and wellness fields. She completed her education with a biology degree at Concordia College and a master's degree in Adult Fitness and Cardiac Rehab at the University of Wisconsin, LaCrosse.

Jenna has worn many hats in the field of exercise. She has worked as a YMCA fitness director and in Sports Medicine and wellness programming, managed MeritCare, then Sanford Cardiac Rehab for 23 years, managed Sanford's Diabetes Center for 6 years with sites at 13 clinics in the region. She also developed the Diabetes Exercise program at Sanford Health and co-developed the Faithfully Fit Forever program along with Jim White, PHD and Janet Drechsel, RN. For the past 7 years she has been the Director of Family Wellness, an 80,000 sq. ft. fitness and wellness Center with 12,000 members and 225 staff. Family Wellness is a nonprofit partnership between Sanford Health and the YMCA of Cass and Clay counties. Jenna enjoys curling, cross country skiing, walking, biking, and gardening. She and her husband Keith live in Fargo. They have 3 grown children.



© Mayo Clinic Dan Abraham Healthy Living Center

Nicole M. Burow is a Board Certified Health and Wellness Coach at the Mayo Clinic Dan Abraham Healthy Living Center in Rochester, MN. Additionally, she takes on projects and adventures through her own business, Dynamic Wellness LLC. Nicole has worked in the health industry for 15 years as a sports coach, mental health rehabilitation worker, American Sign Language facilitator, inclusive fitness trainer, health educator, exercise physiologist, and wellness coach. Her composite academic and career experiences are patient-centered and align around examination of contributors to and improvement of individual and community quality of life. Nicole's professional career has focused on engaging, educating, and empowering people to make healthy, sustainable lifestyle choices. She recognizes a need for improved inquiry, reflection, and treatment planning between patients and providers through health- and well-care. Nicole enjoys restoring her mind, body, and spirit through exploring outdoors, walking her dogs, yoga, napping, and volunteering with horses.