

CURRICULUM VITAE

Glenn A. Gaesser, Ph.D.

PRESENT EMPLOYMENT

Professor
College of Health Solutions
Arizona State University
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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

- Member, American College of Sports Medicine, since 1973
- Fellow, American College of Sports Medicine, since 1983
- Southwest Chapter of American College of Sports Medicine, member since 2008
- Member, American Society of Nutrition, since 2011
- 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
- Elected to Board of Trustees, American College of Sports Medicine, 1996-1998
- Elected to Administrative Council, American College of Sports Medicine, 1996-1998
- 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.

- 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, Board of Trustees, American College of Sports Medicine, 1996 - 1999
- Member, Administrative Council, American College of Sports Medicine, 1996 – 1997
- 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, Credentials Committee, American College of Sports Medicine, 1999 – 2002
- Member, “Setting the Record Straight” Core Coalition, Wheat Foods Council 2003
- Chair, Scientific Advisory Board, Grain Foods Foundation, 2004 – 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.
- Member, Scientific Advisory Board, Wheat Foods Council, 2014 – present
- Member, American Physiological Society, 2016 - present
- President, Southwest Region chapter of the American College of Sports Medicine, 2015-2016
- Regional Chapter Representative, Southwest Region chapter of the American College of Sports Medicine, 2017-2018

HONORS

- 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
- John Halverson Lectureship Award. American Association of Cereal Chemists International Milling & Baking Division, 2013.
- Recognition Award, Southwest Chapter of the American College of Sports Medicine, 2018.

EDITORIAL SERVICE

- Guest editor (with S Angadi), *Nutrients*; Special Issue: Diet and Vascular Function; 2018-2019
- 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

- 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
- Associate Editor, *Medicine and Science in Sports and Exercise*, 1996-2000
- Editorial Board, *Sports Medicine Digest*, 1997-2004
- Editorial Advisory Board, *Health at Every Size*, 2004-2007
- Manuscript reviewer; I have reviewed for the following journals:
 - American Journal of Physiology*
 - 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

1. Gaesser GA. Perspective: Refined grains and health: Genuine risk, or guilt by association? *Advances in Nutrition* 2019;10:361-371.
2. Gaesser GA, Blair SN. The health risks of obesity have been exaggerated. *Med Sci Sports Exerc* 2019;51:218-221.
3. 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.
4. 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.
5. 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.
6. 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.
7. 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.
8. 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.
9. 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.
10. 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.
11. 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.
12. 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.
13. 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.

14. 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.
15. 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.
16. 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
17. 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.
18. 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.
19. 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.
20. 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.
21. 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>
22. 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.
23. 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.
24. Gaesser GA, Angadi SS. Navigating the gluten-free boom. *J Am Acad Phys Assist* 2015;28(8):1-7.
25. 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.
26. 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>.

27. Sawyer BJ, Tucker WJ, Bhammar DM, Gaesser GA. Using verification phase for determination of VO₂max in obese, sedentary adults. *J Strength Cond Res* 2015;12:3432-3438.
28. 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.
29. 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.
30. 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.
31. 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.
32. 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/>)
33. 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>)
34. 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.
35. 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>)
36. 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.
37. 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.
38. 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.

39. Gaesser GA, Angadi SS. Gluten-free diet: Imprudent dietary advice for the general population? *J Acad Nutr Diet* 2012;112:1314-1317.
40. Sawyer BJ, Morton RH, Womack CJ, Gaesser GA. VO₂max may not be reached during exercise to exhaustion above critical power. *Med Sci Sports Exerc* 2012;44:1533-1538.
41. Gaesser GA, Angadi SS, Ryan DM, Johnston CS. Lifestyle Measures to Reduce Inflammation. (Invited Review). *Am J Lifestyle Med* 2012;6: 4-13.
42. Gaesser GA, Angadi SS. High-intensity interval training for health and fitness: Can less be more? *J Appl Physiol* 111: 1540-1541, 2011.
43. 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.
44. 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.
45. 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.
46. 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
47. 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.
48. 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.
49. 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.
50. 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.
51. 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.
52. 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.

53. 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.
54. 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.
55. 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.
56. 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.
57. Gaesser GA. Carbohydrate quantity and quality in relation to body mass index. *J Am Diet Assoc* 2007; 107: 1768-1780.
58. 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.
59. 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.
60. Gaesser GA. Exercise for Prevention and Treatment of Cardiovascular Disease, Type 2 Diabetes, and Metabolic Syndrome. *Current Diabetes Reports* 7: 14-19, 2007.
61. 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.
62. 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.
63. 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.
64. 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.
65. 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.

66. 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.
67. 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.
68. Gaesser, GA. Weight loss for the obese: Panacea of Pound-Foolish? *Quest* 56: 12-27, 2004.
69. Gaesser, GA. Is weight loss the answer? *Junctures* 1: 15-20, 2003.
70. 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.
71. 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.
72. 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.
73. 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.
74. Gaesser, GA. Thinness and weight loss: Beneficial or detrimental to health? *Med Sci Sports Exerc* 31: 1118-1128, 1999.
75. 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.
76. 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.
77. 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.
78. 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.
79. 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.

80. Gaesser, GA, and DC Poole. The slow component of oxygen uptake kinetics in humans. *Exerc Sports Sci Rev* 24: 35-70, 1996.
81. 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.
82. 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.
83. 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.
84. 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.
85. 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.
86. Gaesser, GA. Influence of endurance training and catecholamines on exercise VO₂ response. *Med Sci Sports Exerc* 26: 1341-1346, 1994.
87. Poole, DC, TJ Barstow, WT Willis, GA Gaesser, and BJ Whipp. V_{O2} slow component: physiological and functional significance. *Med Sci Sports Exerc* 26: 1354-1358, 1994.
88. Gaesser, GA, SA Ward, VC Baum, and BJ Whipp. The effects of infused epinephrine on the "excess" O₂ uptake of heavy exercise in humans. *J Appl Physiol* 77: 2413-2419, 1994.
89. Poole, DC, GA Gaesser, MC Hogan, DR Knight, and PD Wagner. Pulmonary and leg VO₂ during submaximal exercise: implications for muscular efficiency. *J Appl Physiol* 72: 805-810, 1992.
90. Carnevale, TJ, and GA Gaesser. Effects of pedaling speed on the power-endurance time relationship for high-intensity exercise. *Med Sci Sports Exerc* 23: 242-246, 1991.
91. Belman, MJ, and GA Gaesser. Exercise training below and above the lactate threshold in the elderly. *Med Sci Sports Exerc.* 23: 562-568, 1991.
92. Belman, MJ, and GA Gaesser. Ventilatory muscle training in the elderly. *J Appl Physiol* 64: 899-905, 1988.
93. Gaesser, GA, and DC Poole. Blood lactate during exercise: time course of training adaptation in humans. *Int J Sports Med* 9:284-288, 1988
94. Gaesser, GA, and LA Wilson. Effects of continuous and interval training on the parameters of the power-endurance time relationship for high-intensity exercise. *Int J Sports Med* 9:417-421, 1988

95. Ivey, PA, and GA Gaesser. Postexercise muscle and liver glycogen metabolism in male and female rats. *J Appl Physiol* 62: 1250–1254, 1987.
96. Mairbaurl, H, W Schobersberger, W Hasibeder, G Schwaberg, G Gaesser, and KR Tanaka. Regulation of red cell 2, 3–DPG and Hb–O₂–affinity during acute exercise. *Eur J Appl Physiol* 55: 174–180, 1986.
97. Gaesser, GA, and DC Poole. Lactate and ventilatory thresholds: disparity in time course of adaptations to training. *J Appl Physiol* 61: 999–1004, 1986.
98. Gaesser, GA, and RG Rich. Influence of caffeine on blood lactate response during incremental exercise. *Int J Sports Med* 6: 207–211, 1985.
99. Poole, DC, and GA Gaesser. Response of ventilatory and lactate thresholds to continuous and interval training. *J Appl Physiol* 58: 1115–1121, 1985.
100. Gaesser, GA, and GA Brooks. Metabolic bases of excess post–exercise oxygen consumption: a review. *Med Sci Sports Exerc* 16: 29–43, 1984.
101. Gaesser, GA, and RG Rich. Effects of high– and low–intensity exercise training on aerobic capacity and blood lipids. *Med Sci Sports Exerc* 16: 269–274, 1984.
102. Gaesser, GA, DC Poole, and BP Gardner. Dissociation between VO₂max and ventilatory threshold responses to endurance training. *Eur J Appl Physiol* 53: 242–247, 1984.
103. Gaesser, GA, and GA Brooks. Glycogen repletion following continuous and intermittent exercise to exhaustion. *J Appl Physiol* 49: 722–728, 1980.
104. Brooks, GA, and GA Gaesser. Endpoints of lactate and glucose metabolism after prolonged exhaustive exercise. *J Appl Physiol* 49: 1057–1069, 1980.
105. Gaesser, GA, and GA Brooks. Muscular efficiency during steady-rate exercise: effects of speed and work rate. *J Appl Physiol* 38: 1132–1139, 1975.

LETTERS/EDITORIALS (PEER-REVIEWED JOURNALS)

1. Gaesser GA, Angadi SS. Acute exercise and endothelial function: a matter of timing? In: CrossTalk: Debate on whether acute exercise elicits damage to the endothelial layer of the systemic blood vessels in healthy individuals. *J Physiol* 2018 [<https://physoc.onlinelibrary.wiley.com/action/downloadSupplement?doi=10.1113%2FJFP274750&file=tjp12765-sup-0001-Comments.pdf%20>]
2. Angadi SS, Gaesser GA. Body-mass index and all-cause mortality. *Lancet* 2017 June 10;389:2285.
3. Ryder JR, Gaesser GA, Shaibi GQ. Achievement of goals in U.S. Diabetes Care, 1999–2010. *New Engl J Med*. 2013;369:287.
4. Gaesser GA, Angadi SS. High-Intensity Interval Training for Health and Fitness: Can Less be More? *J Appl Physiol*. 111: 1540–1541, 2011.
5. Campos P, Saguy A, Ernsberger P, Oliver E, Gaesser G. Response: Lifestyle not weight should be the primary target. *Int J Epidemiol*. 2006; 35: 81–82.
6. Gaesser, GA. Obesity and Cancer. *New Engl J Med*. 349: 503, 2003.

7. Gaesser, GA, GE Butterfield, SK Powers, and WJ Kraemer. The quality and quantity of exercise for healthy adults. *Med. Sci. Sports Exerc.* 31: 917-920, 1999.
8. Gaesser, GA. The obesity problem. *New Engl J Med.* 338: 1157, 1998.
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CHAPTERS

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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 V_{O2}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 VO₂max 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 VO₂max, 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 ¹⁴C 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/Trade)

1. 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.
2. Gaesser GA. Have the health risks of obesity been exaggerated? 2019 Building Healthy Lifestyles Conference, Tempe, AZ, February 1, 2019.
3. 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.
4. 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.
5. 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.

6. Gaesser GA. Carbohydrates, Performance and Weight Loss: Is Low the Way to Go? 2018 IDEA World Convention. San Diego, CA, July 1, 2018.
7. Gaesser GA. Big Fat Lies: An Evidence-based Examination of the Obesity Problem. Colorado College, Colorado Springs CO, November 27, 2017.
8. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. University of Colorado, Colorado Springs, CO, November 28, 2017.
9. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Chapman University, Orange, Ca, October 23, 2017.
10. Gaesser GA. Can a Gluten-Free Diet be Hazardous to Your Health, 77th World Bread Congress. Merida, Mexico, October 3, 2017.
11. 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.
12. 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.
13. Gaesser GA. Fitness vs Fatness: Which Influences Health and Mortality Risk the Most? KEYNOTE. Sports Medicine Australia, Melbourne, Australia, October 12-16, 2016.
14. 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.
15. 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.
16. 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
17. 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.
18. 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.
19. 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
20. Gaesser GA. Grains, Body Weight, and Health: What Does the Science Say? North Dakota Nutrition Council Annual Conference, Fargo, ND, May 13, 2015.

21. Gaesser GA. Can Exercise-induced Fat Gain be Prevented? NIDDK, Phoenix, Jan 23, 2015.
22. 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
23. Gaesser GA. Exercise and hypertension. Spirit of the Senses, Tempe AZ, Nov 23, 2015
24. 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.
25. 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.
26. Gaesser GA. Grains, Body Weight, and Health. Featured Speaker, American Association of Cereal Chemists International Annual Meeting, Providence, RI, October 6, 2014.
27. 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.
28. Gaesser GA. Healthy body, Healthy Heart: Grains' Role in Whole Body Health. American Academy of Physician Assistants Annual Meeting, Boston, MA, May 25, 2014.
29. 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.
30. Gaesser GA. Grains, Body Weight, and Health. Featured Speaker, American Association of Cereal Chemists International Annual Meeting, Providence, RI, October 6, 2014.
31. Gaesser GA. Body weight and health: Does shaping up require changing shape? 22nd Annual ASCVPR Conference, Scottsdale, AZ, May 3, 2014.
32. 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.
33. 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.
34. 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.
35. 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.
36. 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.
 37. 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.
 38. 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.
 39. Gaesser GA. Navigating the Gluten-Free Boom. American Association of Physician Assistants 41st Annual Conference, Washington, DC, May 25, 2013.
 40. Gaesser GA. Health at Every size: A New Paradigm in Weight Management. Arizona Academy of Nutrition and Dietetics Annual Meeting, April 25, 2013.
 41. 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.
 42. Gaesser GA. Is a Gluten-Free Diet Prudent Dietary Advice for the General Population? Building Healthy Lifestyles Conference, Tempe, AZ, February 8, 2013.
 43. 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.
 44. Gaesser GA. The products of wheat, factors of healthy diets. ALIM (Latin American Milling Industries) 30th Assembly, Merida, Yucatan, Mexico, November 13-15, 2012.
 45. 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
 46. Gaesser GA. Sugar, grains, body weight and health. Cookies and Snack Bakers Association 43rd Annual Meeting, Orlando, FL, February 21, 2012.
 47. 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.
 48. 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.

49. 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.
50. 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.
51. 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.
52. 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.
53. Gaesser GA. The Obesity Paradox: An Inconvenient Truth About Body Fat, Health, and Longevity. Dartmouth Medical School, May 6, 2010.
54. Gaesser GA. Is it Necessary to Lose Weight to be Healthy? Dartmouth Medical School, May 6, 2010.
55. 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.
56. Gaesser GA. Recent Research on Diet and Cardiovascular Health. AzDA District Meeting, Phoenix, AZ, November 9, 2009.
57. 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.
58. 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.
59. Gaesser GA. Big Fat Lies About Ideal Weight. Plymouth State University Fourth Eating Disorders Conference, Meredith, NH, April 24, 2009.
60. 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.
61. Gaesser GA. Using Exercise and Diet to Prevent Heart Disease and Stroke. Arizona Cardiovascular Disease Coalition Statewide Meeting. Scottsdale, AZ, November 4, 2008.
62. 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.

63. Gaesser GA. Carbohydrate Quantity and Quality in Relation to Body Mass Index. Proyecto Nutrición: Pasión e Impacto; Colego de Nutricionistas de Puerto Rico, Rio Grande, Puerto Rico, August 15, 2008.
64. 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.
65. 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.
66. Gaesser GA. Big Fat Lies About Weight and Health. Clovis Community Medical Center, Fresno, Ca, May 3, 2007.
67. Gaesser GA. Can You be Fat and Fit? Community Regional Medical Center, Fresno, Ca, May 3, 2007.
68. 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.
69. Gaesser GA. Big Fat Lies About Weight and Health. Mississippi State University, April 5, 2007.
70. Gaesser GA. Considerations for the Female Runner. Running Medicine 2007: Focus on the Female Runner. University of Virginia, March 30, 2007.
71. Gaesser GA. What's Behind the Headlines? Nutrition Unmasked; Annual Meeting, Dairy Council of Arizona, Scottsdale, AZ, October 31, 2006.
72. 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.
73. 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.
74. Gaesser GA. Body composition: The Physiology of Weight Loss. The Art and Science of Sports Medicine, University of Virginia, Charlottesville, VA, June 8, 2006
75. 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.
76. Gaesser GA. Ergogenic Aids in Sports. Running Medicine 2006, University of Virginia, Charlottesville, VA, March 31, 2006.
77. 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.
78. 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.

79. Gaesser GA. GCRC Research Day, University of Virginia, Charlottesville, VA, November 8, 2005.
80. 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.
81. Gaesser GA. Wellness vs. Fitness: What are We Doing to Make a Difference? FitLife Annual Meeting, Bend, OR, July 24, 2005.
82. 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.
83. Gaesser GA. Nutrition Facts, Carb Truths, Real Science, Bay State Milling Company, Board and Strategic Planning Meetings, Manchester, VT, September 16-17, 2004.
84. Carbohydrates, exercise and the 10-minute plan, North American Millers' Association Annual Meeting, Kiawah Island, SC, October 30, 2004.
85. Gaesser GA.
86. 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.
87. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. North Iowa Area Community College, Mason City, IA, May 17, 2004.
88. 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.
89. 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.
90. Gaesser GA. The Great Carbohydrate Debate (with W. Willett). American Society of Baking, 80th Annual Technical Conference, Chicago, IL, March 1, 2004.
91. 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.
92. Gaesser GA. Is Obesity a Disease? A Closer Scrutiny of the Evidence. Kansas State University, Manhattan, KS, October 9, 2003.
93. Gaesser GA. Getting the Message to the Consumer: Carbohydrates are Good. North American Millers' Association, 2003 Annual Meeting, Scottsdale, AZ, October 4, 2003.
94. 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.

95. Gaesser GA. Non-weight-centered approaches to improving health and fitness. Bluearth Institute, Melbourne Sports & Aquatic Centre, Melbourne, Australia, August 28, 2003.
96. Gaesser GA. Physical Activity, Body Fat, and Health. Bluearth Institute, Sydney, Australia, August 26, 2003
97. Gaesser GA. Epidemiology and Implications of Obesity. American Enterprise Institute Conference: Obesity, Individual Responsibility, and Public Policy, Washington, DC, June 10, 2003
98. 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.
99. Gaesser GA. Current Issues in Nutrition, Health and Weight. Cortext Continuing Education Seminars. Richmond, VA, March 18, 2003; Alexandria, VA, March 19, 2003.
100. 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.
101. Gaesser GA. Development of a weight management program. IHRSA International Convention & Trade Show, San Francisco, CA, March 1, 2003.
102. Gaesser GA. Exercise, Fitness, and Health. World Bank, Washington, DC, September 3, 2002.
103. 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.
104. 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.
105. Gaesser GA. Weight Management and Fitness. Cornell Cooperative Extension, Southern Tier Regional Nutrition Program, Elmira, NY, April 5, 2002.
106. 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.
107. 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.
108. Gaesser GA. Weight Management Program Development. The Institute For Professional Club Management., IHRSA, Charlottesville, VA, June 4-5, 2001.
109. Gaesser GA. Waist Management: Achieving a Healthy Weight Without Killing Yourself in the Process. FitLife Summer Conference & Trade Show, Sunriver, OR, July 17, 2000.

110. 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.
111. 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.
112. 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.
113. 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.
114. 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.
115. Gaesser GA. Fit and Healthy Across the Lifecycle at Any Size. Kansas Nutrition Council's 2001 Annual Conference, Manhattan, KS, February 22, 2001.
116. Gaesser GA. Body Weight and Health. Illinois State University, Normal, IL, February 26, 2001.
117. Gaesser GA. Fitness and Health at Any Size. Illinois State University, Normal, IL, February 26, 2001
118. Gaesser GA. Big Fat Lies About Ideal Weight. Kansas Nutrition Council's 2001 Annual Conference, Manhattan, KS, February 22, 2001.
119. Gaesser GA. Body Weight, Fitness and Health. Central New York Nutrition and Health Alliance Conference, Cobleskill, NY, September 11, 2000.
120. 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.
121. Gaesser GA. Hot Topics: Obesity. 2000 Institute of Food Technologists Annual Meeting and FOOD EXPO, Dallas, TX, June 11, 2000.
122. 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.
123. Gaesser GA. Is Obesity a Disease? A Closer Scrutiny of the Evidence. University of Utah, Salt Lake City, Utah, March 27, 2000.
124. Gaesser GA. Metabolic Fitness: A Key To Club Success. IHRSA 2000 International Convention, San Francisco, CA, March 25, 2000.
125. Gaesser GA. Weight Loss Programming: Facts, Fads & Fallacies. IHRSA 2000 International Convention, San Francisco, CA, March 24, 2000.

126. 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.
127. 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.
128. 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.
129. Gaesser GA. Exercise Prescription for Healthy Adults. Lynchburg Medical Group, Lynchburg, VA, December 15, 1999.
130. Gaesser GA. Effects of Exercise on the Body. World Bank 1999 Fitness Center Retreat, The Boar's Head Inn, Charlottesville, VA, November 18, 1999.
131. 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.
132. 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.
133. 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.
134. Gaesser GA. Dieting/Nondieting: 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.
135. Gaesser GA. Body Composition and Health: Fat and Fit. University of Nebraska, Lincoln, Nebraska, October 5, 1999.
136. Gaesser GA. A New Exercise Paradigm: Fitness & Health At Any Size. University of Nebraska, Association for Administrative Development, October 5, 1999.
137. Gaesser GA. Fit and Healthy Bodies Come in All Shapes and Sizes. University of Nebraska, Steinhart Lecture Series, October 4, 1999.
138. Gaesser GA. Body Weight and Health: Does Shaping Up Require Changing Shape? University of Nebraska, October 4, 1999.
139. Gaesser GA. Big Fat Lies About Ideal Weight. University of Nebraska, October 4, 1999.
140. 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.

141. 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.
142. 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.
143. 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.
144. Gaesser GA. Big Fat Lies About Ideal Weight. Society for Nutrition Education, Annual Meeting, Baltimore, MD, July 27, 1999.
145. Gaesser GA. Health Benefits of Resistance Training. FitLife Summer Conference & Trade Show, Bend, OR, July 12-15, 1999.
146. Gaesser GA. New Rules of Fitness. Keynote presentation at the FitLife Summer Conference & Trade Show, Bend, OR, July 11-14, 1999.
147. Gaesser GA. Fit and Healthy at Any Size? Seventh Annual Congress on Women's Health & Gender-Based Medicine, Hilton Head, SC, June 14, 1999.
148. 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.
149. Gaesser GA. Is Obesity a Disease? A Closer Scrutiny of the Evidence. Kansas State University, Manhattan, KS, April 23, 1999.
150. 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.
151. 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.
152. 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.
153. 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.
154. 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.
155. Gaesser GA. Weight Loss for the Overweight: Panacea or Pound-Foolish. SCAN (Sports and Cardiovascular Nutritionists) Annual Meeting, Cincinnati, OH, March 26-28, 1999.

156. Gaesser GA. Achieving Natural Weight Without Dieting. Illinois State University, February 23, 1999.
157. 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.
158. Gaesser GA. Body Weight and Health: Does Shaping Up Require Changing Shape? Indiana University of Pennsylvania, Indiana, PA, December 2, 1998.
159. 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.
160. Gaesser GA. Fitness and Health at Any Size. Bermuda College, Bermuda, October 17, 1998.
161. Gaesser GA. Is Obesity a disease? A Closer Scrutiny of the Evidence. Gaesser GA.
162. Fit and Healthy Bodies Come in All Shapes and Sizes. Blue Ridge Health Science and Wellness Institute, July 28, 1998
163. Gaesser GA. What It Means to be Fit. FitLife Summer Conference & Trade Show, Bend, OR, July 12-15, 1998.
164. Gaesser GA. Burning the Fat: Fads, Facts, and Fallacies. Keynote presentation at the FitLife Summer Conference & Trade Show, Bend, OR, July 12-15, 1998.
165. 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.
166. Gaesser GA. Is obesity detrimental to health? Conversational Forum. (with Claude Bouchard) American College of Sports Medicine, Annual Meeting, Orlando, FL, June 4, 1998.
167. Gaesser GA. Fit at Any Size. Luncheon speaker, Eating Disorder Education Organization, Fantasyland Hotel, Edmonton, Alberta, Canada, May 3, 1998.
168. 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.
169. 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.
170. 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.
171. 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.

172. 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.
173. 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.
174. Gaesser GA. America's Obsession With Weight. Bloomington Hospital, Bloomington, IN, February 25, 1998.
175. 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.
176. 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.
177. Gaesser GA. Obesity: Fit & Healthy Bodies Come in All Shapes and Sizes. Lexington Clinic/Saint Joseph Hospital, Lexington, KY, January 7, 1998.
178. Gaesser GA. Fit and Healthy Bodies Come in All Shapes and Sizes. Maryland Dietetic Association Workshop, Laurel, MD, December 3, 1997.
179. 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.
180. 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.
181. 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.
182. 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.
183. 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.
184. 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.
185. 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.
186. 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.

187. 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.
188. Gaesser GA. Symposia Medicus Conference on Clinical Management of Obesity and Eating Disorders, June 14, 1997, San Diego, CA.
189. Gaesser GA. Thinness and Weight Loss: Lifesavers or Killers? American College of Sports Medicine Annual Meeting, Denver, CO, May 28-31, 1997.
190. Gaesser GA. Shaping Up vs. Changing Shape: Can Fat be Fit? California Dietetic Association Annual Meeting, Anaheim, CA, April 3, 1997.
191. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Medical Lecture, Oregon State University, Corvallis, OR, Feb. 27, 1997.
192. Gaesser GA. Is Obesity a Disease? A closer Scrutiny of the Evidence. ACSM Southeast Regional Chapter meeting, Atlanta, GA, January 23-25, 1997.
193. 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.
194. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Blue Ridge Dietetic Association Annual Meeting, Lynchburg, VA, October 11, 1996.
195. Gaesser GA. Does shaping up require changing shape? American College of Sports Medicine, Annual Meeting, Cincinnati, Ohio, May 31, 1996.
196. Gaesser GA. Does shaping up require changing shape? National Institute on Aging Gerontology Research Center, Baltimore, Maryland, May 23, 1996.
197. Gaesser GA. Does shaping up require changing shape? University of Massachusetts, Amherst, March 28, 1996.
198. 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.
199. Gaesser GA. Fitness: New perspectives and directions for the next century. The World Bank Annual Retreat, Boar's Head Inn, February 2, 1995.
200. 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.
201. Gaesser GA. Effects of exercise on protein balance in human forearm muscle. University of Virginia General Clinical Research Center Symposium, November, 1992.
202. Gaesser GA. Blood lactate: Its use in exercise testing, prescription, and evaluation of training adaptations. Southwest Regional Chapter, ACSM, Annual Meeting, Nov. 1990.

203. Gaesser GA. Is there gain without pain? Grand Rounds lecture, Division of Pulmonary Medicine, Cedars Sinai Medical Center, Beverly Hills, CA, Nov. 15, 1990.
204. Gaesser GA. Role of training intensity. UCLA Medical Center, Nov. 8, 1990.
205. Gaesser GA. Adaptations to very low-intensity exercise training. Division of Respiratory Diseases, Harbor-UCLA Medical Center, Torrance, CA, Aug. 8, 1990.
206. 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.
207. Gaesser GA. Dissociation of ventilatory and lactate thresholds in response to endurance training. Institute of Environmental Stress, UC Santa Barbara, April, 1984.
208. Gaesser GA. Lactic acid and post-exercise oxygen consumption. Division of Respiratory Diseases, Harbor-UCLA Medical Center, Torrance, CA, April, 1982.
209. Gaesser GA. Endpoints of lactic acid metabolism during recovery from exhaustive exercise. Symposium: Lactic and metabolism and exercise, American College of Sports Medicine, Annual Meeting, Miami, FL, May 1981.

INVITED LECTURES: Lay

1. 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.
2. 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.
3. Gaesser GA. Exercise and hypertension. Spirit of the Senses, Tempe AZ, Nov 23, 2015.
4. Gaesser GA. Getting and Staying Fit 10 Minutes at a Time. Arizona State University Presidential Engagement Programs, Phoenix, AZ, March 27, 2013.
5. Gaesser GA. Big Fat Lies: The Truth About Your Weight And Your Health. Minnesota State University Mankato, October 22, 2013.
6. Gaesser GA. Calorie Myths. "More than the Score" Lecture Series (UVA Minds), University of Virginia, September 8, 2007.
7. Gaesser GA. Is it Necessary to Lose Weight to by Health? Community Regional Medical Center, Fresno, Ca, May 2, 2007.
8. Gaesser GA. Big Fat Lies About Ideal Weight. Arlington County Government Wellness Program (Health Smart), Arlington, VA, April 18, 2007.
9. Gaesser GA. It's the Calories, Not the Carbs. UVA Club of Charlottesville, Darden School, March 9, 2005.

10. Gaesser GA. Physical Activity, Aging, and Independent Living. Aging 101 Community Lecture Series (UVA Institute on Aging), Charlottesville, March 8, 2005.
11. Gaesser GA. Diet, Exercise and the Metabolic Syndrome. Partnerships in Educational Research, Curry Centennial Celebration, February 25, 2005.
12. 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.
13. Gaesser GA. Exercise and Health. Virginia Association of Family and Consumer Sciences, Annual Meeting, Charlottesville, VA, March 26, 2004.
14. Gaesser GA. Big Fat Lies About Ideal Weight. Engaging the Mind Series (UVA Faculty Senate Speakers Bureau), Virginia Beach Central Library, October 15, 2004.
15. Gaesser GA. Why am I not losing weight? Atlantic Coast Athletic Club, Charlottesville, VA, November 18, 1999.
16. Gaesser GA. Nutrition for Metabolic Fitness. Illinois State University, February 24, 1999.
17. Gaesser GA. Body Weight and Health. Illinois State University, February 24, 1999.
18. 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.
19. Gaesser GA. Aerobic exercise vs. resistance exercise: Which is better for your health? Atlantic Coast Athletic Club, Charlottesville, VA, January 27, 1999.
20. Gaesser GA. Body Weight and Health: Does Shaping Up Require Changing Shape? Indiana University of Pennsylvania, Indiana, PA, December 2, 1998.
21. Gaesser GA. Fit and Healthy at Any Size. St. Paul's Christian Education Centre, Paget, Bermuda, October 15, 1998.
22. Gaesser GA. Burning the fat: Fads, Facts and Fallacies. Atlantic Coast Athletic Club, Charlottesville, VA, August 18, 1998.
23. Gaesser GA. The New American College of Sports Medicine Guidelines for Exercise Prescription. Atlantic Coast Athletic Club, Charlottesville, VA, July 21, 1998.
24. 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.
25. Gaesser GA. Body weight and health. Class Presentation (Wellness Fitness Appraisal), University of Southern Indiana, Evansville, IN, February 26, 1998.
26. Gaesser GA. Body weight, health, and performance. Presentation to athletes, University of Southern Indiana, Evansville, IN, February 25, 1998.
27. Gaesser GA. Body weight and health: A critical evaluation. Class Presentation (Introduction to Psychology), University of Southern Indiana, Evansville, IN, February 25, 1998.
28. Gaesser GA. Body Shape Obsession in America: Cost and Consequences. Bloomington Hospital and Indiana University, Bloomington, IN, February 24, 1998.

29. 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.
30. Gaesser GA. "Moving Away From the Dieting Mentality." Presentation to assistant residents and dining programs staff, Virginia Tech, Blacksburg, VA, February 23, 1998.
31. Gaesser GA. In Pursuit of the Ideal Body: When Biology and Culture Collide. Department of Student Health, University of Virginia, February 17, 1998.
32. Gaesser GA. Your Weight and Your Health. University of Virginia Cardiac Health & Fitness, Northridge Facility, February 12, 1998.
33. 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.
34. Gaesser GA. Nutrition and Performance. Presentation to volleyball coaches, organized by University of Virginia volleyball coach Melissa Aldrich, Albemarle HS, April 26, 1997.
35. 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.
36. Gaesser GA. The 10 biggest fitness and exercise myths. Atlantic Coast Athletic Club, Charlottesville, VA, March 25, 1997.
37. Gaesser GA. Against the grain: writing about controversies in health and fitness. Virginia Festival of the Book, March 20, 1997.
38. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Multnomah Athletic Club, Portland, OR, February 28, 1997.
39. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Public lecture, Oregon State University, Corvallis, OR, February 27, 1997.
40. 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.
41. Gaesser GA. Big Fat Lies: The Truth About Your Weight and Your Health. Atlantic Coast Athletic Club, Charlottesville, VA, October 16, 1996.
42. Gaesser GA. or weight loss: Which is better for your health? Atlantic Coast Athletic Club, Charlottesville, VA, March 13, 1996.
43. Gaesser GA. Body weight and mortality: Is there an ideal body weight? Atlantic Coast Athletic Club, Charlottesville, VA, November 1, 1995.
44. Gaesser GA. Burning carbohydrate to lose fat. Atlantic Coast Athletic Club, Charlottesville, VA, March 16, 1995.
45. 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.

46. 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.
47. 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.
48. Gaesser GA. Getting an exercise program started that's right for you. American Medical Writers Association Annual Conference, Los Angeles, CA, October 1982
49. Gaesser GA. Nutrition and Physical Performance. U.S. Ski Instructors Association Annual Meeting, Snowbird, Utah, April 1982.
50. Gaesser GA. Jogging on and around campus. UCLA Allied Health Programs, March 1982.
51. Gaesser GA. Fitness and Nutrition. Bear Valley Ski School, Bear Valley, CA, Feb. 1982.
52. Gaesser GA. Exercise physiology and nutrition: practical applications. Bear Valley Ski School, Bear Valley, CA, Feb. 1981.
53. Gaesser GA. Nutrition effect on athletic performance. San Jose State University, October 1980.
54. Gaesser GA. Exercise, physical fitness and coronary heart disease. San Jose YMCA, June, 1980.
55. Gaesser GA. Cycling. Part of one-day conference entitled "Factors in Physical Performance," UC Berkeley Extension, Berkeley, CA, April, 1980.
56. Gaesser GA. Exercise and Preventive Medicine. Full Life Institute, San Jose State University, March, 1980.
57. Gaesser GA. Performance and Nutrition. Fitness Forum, Santa Clara County Chapter of the American Heart Association, May 1979.