

DIANE K. EHLERS

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EDUCATION

Postdoctoral Training

July 2014 – Present

University of Illinois at Urbana-Champaign

- Mentor: Edward McAuley, PhD

Ph.D. Physical Activity, Nutrition, and Wellness

Graduation: December 2014

Arizona State University

- Dissertation: *Novel exploration of temporal relationships between self-worth and physical activity in middle-aged women*
- Mentor: Jennifer Huberty, PhD

M.A. English

Graduation: May 2009

University of Nebraska-Lincoln

- Minor: Teaching, Learning, & Education
- Concentration: Nineteenth Century American Literature with emphasis on women's authorship
- Certificate: Interdisciplinary Nineteenth Century Studies
- Integrative Paper: *Henry James' The Bostonians: The mediocrity of democracy, the popular lecture, and Whitman's Drum Taps*

B.A. English

Graduation: May 2004

University of Nebraska-Lincoln

- Concentration: Literary Theory and Criticism
- Secondary Major: Film Studies
- Graduated with Distinction

RESEARCH AND PROFESSIONAL EXPERIENCE

University of Illinois at Urbana-Champaign

Department of Kinesiology & Community Health

Exercise Psychology Lab

Postdoctoral Research Fellow

July 2016 – Present

Postdoctoral Research Associate

July 2014 – June 2016

- Involved with the design, implementation, analysis, and dissemination of various projects, including: *Relationships among Cognitive Function, Lifestyle, and Exercise after Cancer Treatment* (ReFLECT); *Enhancing Physical Activity after Breast Cancer Diagnosis* (BEAT Cancer/COMPARE – National Cancer Institute); *Fit and Active Seniors Trial* (FAST – National Institute of Aging); *Ecological Momentary Assessment of Associations Between Physical Activity, Sedentary Behavior, & Attention* (PANA:MA).
- Participate in various training opportunities:
 - Lifelong Brain and Cognition Laboratory seminar at the Beckman Institute for Advanced Science and Technology, Carle Hospital Mills Breast Cancer Institute seminar, Department of Kinesiology & Community Health colloquium, Exercise Psychology Lab journal club
 - Attend courses relevant to my training objectives (e.g., Structural Equation Modeling, Exercise Oncology, Professional Development)

Arizona State University
School of Nutrition & Health Promotion

January 2013 – June 2014

Research Assistant

- Program Manager for *Fit Minded*, a book club aimed at improving physical activity adoption and adherence in middle-aged women
 - Facilitated sessions in adult women and trained new facilitators:
 - *Fit Minded* – community-based program book club with online component
 - *Fit Minded Peer Mentors* – book club led by trained *Fit Minded* alumni
 - *Fit Minded Internet* – synchronous or asynchronous Internet-only book club
 - Supervised graduate and undergraduate student employees in the implementation of *Fit Minded*, participant recruitment/enrollment, data collection/entry, and student research projects
 - Conducted data analyses and participated in manuscript writing and submission
- Assisted with the development, management, implementation, and dissemination of other research studies targeting women, including pregnant women, working mothers, college freshmen, and mothers who have experienced perinatal loss

University of Nebraska-Omaha
Department of Health, Physical Education, & Recreation

July 2009 – December 2012

Research Assistant

- Program Manager for *Fit Minded*
 - Facilitated sessions in adult women and trained new facilitators:
 - *Fit Minded* – community-based program book club with online component
 - *Fit Minded iPad* – synchronous iPad-based book club
 - *Fit Minded Internet* – synchronous or asynchronous Internet-only book club
 - *Fit Minded Mothers* – book club for women of perinatal loss
 - Supervised graduate assistants in the implementation of *Fit Minded*, participant recruitment/enrollment, data collection/entry, and student research projects
- Rural School Manager for *Ready for Recess*, a Robert Wood Johnson funded elementary school-based intervention that included environmental modifications to the recess environment to promote physical activity participation among 3rd-6th grade students. Responsibilities:
 - Trained school staff to deliver *Ready for Recess*
 - Collected, processed, and entered youth physical activity data (accelerometry and direct observation (SOPLAY))
 - Conducted interviews and focus groups with school staff

University of Florida Recreational Sports

September 2008 – July 2009

Coordinator for Fitness

- Managed the Group Fitness Program at two facilities and Personal Training and Assessment Center (PTAC)
- Supervised Fitness graduate assistants, program assistants, and student group fitness instructors
- Developed and facilitated group fitness instructor trainings
- Responsible for the creative vision and strategic plan for Group Fitness and PTAC
- Managed Group Fitness and PTAC budgets totaling \$150,000 annually
- Recruited, trained, and hired group fitness instructors and graduate assistants

University of Nebraska-Lincoln Campus Recreation

August 2006 – June 2008

Graduate Assistant for Instruction

- Developed curricula and manuals for academic physical activity classes
- Developed and graded student assignments, quizzes, exams, and projects
- Scheduled, supervised, evaluated, and trained academic course instructors and student office staff
- Taught academic physical activity classes

PEER-REVIEWED PAPERS

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- **Ehlers, D.K.**, Daugherty, A.M., Burzynska, A., Fanning, J., Awick, E.A., Chaddock-Heyman, L., Kramer, A.F., & McAuley, E. (In Review). Reductions in loneliness through exercise training in older adults: Psychosocial and neural determinants.
 - **Ehlers, D.K.**, Banducci, S.E., Daugherty, A.M., Fanning, J., Awick, E.A., Porter, G.C., Burzynska, A., Shen, S., Kramer, A.F., & McAuley, E. (In Review). Effects of gait self-efficacy and lower-extremity physical function on dual-task performance in older adults.
 - **Ehlers, D.K.**, Huberty, J.L., Buman, M.P., de Vreede, G.J., Hooker, S.P., & Todd, M. (In Review). Ecological momentary assessment in behavioral research: An application of widely available, commercial technology.
 - Zuniga, K., Fanning, J., Awick, E.A., **Ehlers, D.K.**, Voss, M., Burzynska, A., Kramer, A.F., & McAuley, M. (In Review). Dietary inflammatory index is associated with reasoning and spatial visualization abilities independent of cardiorespiratory fitness in low active older adults.
 - Fanning, J., Awick, E.A., **Ehlers, D.K.**, Roberts, S.A., Porter, G.C., Motl, R., & McAuley, E. (In Review). Trajectories of change in physical function: A secondary analysis of a randomized controlled physical activity trial.
 - **Ehlers, D.K.**, Fanning, J., Awick, E.A., Kramer, A.F., & McAuley, E. (In Press). Contamination by an active control condition in a randomized exercise trial. *PLOS One*.
 - Fanning, F., Porter, G., Awick, E.A., **Ehlers, D.K.**, Roberts, S.A., Cooke, G., Burzynska, A.Z., Voss, M.W., Kramer, A.F., & McAuley, E. (In Press). Replacing sedentary time with sleep, light, or moderate-to-vigorous physical activity: Effects on self-regulation and executive functioning. *Journal of Behavioral Medicine*.
 - Awick, E.A., **Ehlers, D.**, Fanning, J., Phillips, S.M., Wójcicki, T., Motl, R., & McAuley, E. (In Press). Does a home-based DVD-delivered physical activity program increase self-esteem in older adults? A randomized controlled trial. *Psychosomatic Medicine*.
 - **Ehlers, D.K.**, Huberty, J.L., Buman, M.P., Hooker, S.P., Todd, M., & de Vreede, G.J. (2016). A novel, inexpensive use of smartphone technology for ecological momentary assessment in middle-aged women. *Journal of Physical Activity & Health*, 13(3), 262-68.
 - Roberts, S.A., Awick, E.A., Fanning, J., **Ehlers, D.**, Motl, R.W., McAuley, M. (2016). Long-term maintenance of physical function in older adults following a DVD-delivered exercise intervention. *Journal of Aging and Physical Activity*. doi: 10.1123/japa.2015-0284
 - Fanning, J., Mackenzie, M., Roberts, S., Crato, I., **Ehlers, D.**, & McAuley, E. (2016). Physical activity, mind wandering, affect, and sleep: An ecological momentary assessment. *Journal of Medical Internet Research mHealth and uHealth*, 4(3): e104. doi: 10.2196/mhealth.5855
 - Fanning, J., Awick, E.A., Wójcicki, T.R., Gothe, N., Roberts, S., **Ehlers, D.K.**, Motl, R., & McAuley, E. (2016). Effects of a DVD-delivered exercise intervention on maintenance of physical activity in older adults. *Journal of Physical Activity & Health*, 13(6), 594-598.
 - Fanning, J., Porter, G.C., Awick, E.A., Wójcicki, T., Gothe, N.P., Roberts, S.A., **Ehlers, D.K.**, Motl, R.W., & McAuley, E. (2016). Effects of a DVD-delivered exercise program on patterns of sedentary behavior in older adults: A randomized controlled trial. *Preventive Medicine Reports*, 3, 238-43.

- Oberlin, L., Verstynen, T.D., Burzynska, A.Z., Voss, M.W., Prakash, R.S., Chaddock-Heyman, L., Wong, C.N., Fanning, J., Awick, E., Gothe, N., Phillips, S.M., Mailey, E., **Ehlers, D.**, Olson, E.A., Wójcicki, T., McAuley, E., Kramer, A.F., & Erickson, K.I. (2016). White matter microstructure mediates the relationship between cardiorespiratory fitness and spatial working memory in older adults. *NeuroImage*, *131*, 91-101.
- Pellitteri, K., Huberty, J., **Ehlers D.**, & Bruening, M. (2016). Fit Minded College Edition: Can a magazine-based discussion group improve physical activity in female college freshmen? *Journal of Public Health Management and Practice*. doi: 10.1097/PHH.0000000000000257
- Huberty, J.L., **Ehlers, D.K.**, Kurka, J., Ainsworth, B.A., & Buman, M.P. (2015). Feasibility of three wearable sensors for 24 hour monitoring in middle-aged women. *BMC Women's Health*, *15*(55). doi: 10.1186/s12905-015-0212-3
- **Ehlers, D.K.**, Huberty, J.L., & de Vreede, G.J. (2015). Can an evidence-based book club intervention delivered via a tablet computer improve physical activity in middle-aged women? *Telemedicine and e-Health*, *21*(2). doi: 10.1089/tmj.2013.0360
- **Ehlers, D.K.**, & Huberty, J.L. (2014). Middle-aged women's preferred theory-based features in mobile physical activity applications. *Journal of Physical Activity & Health*, *11*(7), 1379-1385.
- **Ehlers, D.K.**, Huberty, J.L., Beseler, C. (2013). Changes in Community Readiness among key informants after Ready for Recess. *Health Education Research*, *28*(6), 943-53.
- **Ehlers, D.K.**, Huberty, J.L., & Beseler C. (2013). Is school community readiness related to physical activity before and after the Ready for Recess intervention? *Health Education Research*, *28*(2), 192-204.
- Huberty, J.L., **Ehlers, D.**, Coleman, J., Gao, Y., & Elavsky, S. (2013). Women Bound to Be Active: Differences in long-term physical activity between completers and non-completers of a book club intervention. *Journal of Physical Activity & Health*, *10*, 368-78.

INVITED PAPERS

- **Ehlers, D.**, Trinh, L., & McAuley, M. (In Press). The intersection of cancer and aging: Implications for physical activity and cardiorespiratory fitness effects on cognition. *Expert Review of Quality of Life in Cancer Care*. doi: 10.1080/23809000.2016.1241661

PEER-REVIEWED BOOK CHAPTERS

- **Ehlers, D.K.**, & Fanning, J. (In Preparation). Strategies for promoting physical activity for middle-aged and elderly adults. In: Anshel, M., Petrie, T. Gardner, F., Labbé, E., & Petruzzello, S. (eds). *Handbook of Sport and Exercise Psychology*. Washington DC: American Psychological Association.
- McAuley, E., Awick, E., Aguinaga, S., & **Ehlers, D.** (In Preparation). Physical activity interventions: Effects on well-being outcomes. In: Diener, E., Oishi, S., & Tay, L. (eds.). *The Handbook of Well-being*.
- Dinkel, D., **Ehlers, D.**, & Huberty, J.L. (2014). Adherence to exercise: Helping your clients stay active. In: *ACSM's Resources for the Personal Trainer* (4th ed). p. 223-243. Philadelphia: Lippincott Williams & Wilkins.

GRANTS

Funded:

- **Ehlers, D.K.** (2017). Does aerobic physical activity mitigate cancer-related cognitive impairments across the cancer control continuum? Travel, lodging, course tuition – Massachusetts General Hospital Workshop on Research Methods in Supportive Oncology (funded by NCI R25 CA181000), January 22-27, 2017, Boston, MA.

- **Ehlers, D.K.** (2016). Physical Activity and Cognitive Function Dose-Response after Breast Cancer. \$107,500 – American Cancer Society (ACS) Postdoctoral Fellowship Program.
- **Ehlers, D.K.** (2016). Relationships among Cognitive Function, Lifestyle, and Exercise after Cancer Treatment (ReFLECT). National Institutes of Health Loan Repayment Program, funded by National Cancer Institute.
- **Ehlers, D.K.** (2013). Novel exploration of temporal relationships between self-worth and physical activity in middle-aged women. \$2,000 – ASU Graduate and Professional Student Association Research Grant.
- **Sylofski, D.K.** (2011). Fit Minded: Feasibility of an internet book club to improve women's physical activity. \$1,500 – UNMC College of Public Health Sparks Public Health Research Student Award.

Major Grant Writing Involvement (includes writing portions of research strategies; reading/editing drafts; drafting supplementary documents, such as budget justifications, protection of human subjects, data and safety monitoring plans, and letters of support):

- **Funded:**
 - Huberty, J.L. (2013). Can text-message referral to evidence-based websites improve physical activity in pregnant women? ASU School of Nutrition & Health Promotion Piper Initiative, \$49,000.
 - Huberty, J.L. (2011). Can an internet-based book club improve physical activity and self-worth in women? University Committee on Research, \$4,500.
- **Submitted – Not Funded:**
 - Huberty, J.L., & Elavsky, S. (2012). I am worth it: Using a sedentary pursuit (book club) to improve physical activity. NIH/NHLBI R01 – Submitted June 2012.
 - Huberty, J.L. (2012). Using an iPad to increase physical activity in women: A Fit Minded approach. \$275,000 – NIH/NCI R21 – Submitted February 2012.
 - Huberty, J.L. (2011). Increasing physical activity and self-worth in middle aged women: A Fit Minded Approach. \$275,000 – NIH/NCI R21 – Submitted February 2011 (28th percentile); Resubmission Oct 2011 (20th percentile).

DATA-BASED PRESENTATIONS

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- **Ehlers, D.K.**, Fanning, J., Awick, E.A., Aguiñaga, S., Cosman, J.D., Severson, J., Kramer, A.F., & McAuley, E. (In Review). Replacing sedentary time with physical activity: Effects on cancer-related cognitive impairment. Paper/Poster Society of Behavioral Medicine, San Diego, CA, March 2017.
 - **Ehlers, D.K.**, Fanning, J., Awick, E.A., Daugherty, A.M., Burzynska, A., Chaddock-Heyman, L., Kramer, A.F., & McAuley, E. (In Review). Reductions in loneliness through exercise training in older adults: Psychosocial and neural determinants. Paper/Poster Society of Behavioral Medicine, San Diego, CA, March 2017.
 - Awick, E.A., Fanning J., **Ehlers, D.K.**, Aguiñaga, S., Daugherty, A.M., Kramer, A.F., & McAuley, E. (In Review). Physical activity, distress and quality of life in older adults: A panel model. Paper/Poster Society of Behavioral Medicine, San Diego, CA, March 2017.
 - Ainsworth, M.C., Pekmezi, D., Bowles, H.R., McAuley, E., Courneya, K.S., Rogers, L.Q., & **Ehlers, D.K.** (In Review). Feasibility and acceptability of a smartphone application for measuring time use (Life in a Day) in breast cancer survivors. Paper/Poster Society of Behavioral Medicine, San Diego, CA, March 2017.

- Baniqued, P.A., Gallen, C.L., Voss, M.W., Wong, C.N., Cooke, G.E., Burzynska, A.Z., Duffy, K., Fanning, J., **Ehlers, D.**, Awick, E., McAuley, E., Kramer, A.F., & D'Esposito, M. (Accepted). Brain network predictors of training-related gains in older adults after exercise intervention. Society for Neuroscience, San Diego, CA, November 2016.
- **Ehlers, D.K.**, Cosman, J.D., Gibbons, T., Severson, J., Kramer, A.F., & McAuley E. (2016). Does regular physical activity predict cognitive function in breast cancer survivors? Poster Session International Cognition and Cancer Taskforce Biennial Meeting, Amsterdam, Netherlands, March 2016.
- **Ehlers, D.K.**, Fanning, J., Gothe, N., Awick, E., Cooke, G., Burzynska, A., Wong, C., Kramer, A.F., & McAuley, E. (2016). Does baseline executive function predict change in lower-body strength in older adults enrolled in an exercise trial? Paper presented as part of the symposium *Aging well: Optimizing physical function and cognitive health* (Resnick, B., Ehlers, D., Aguiñaga, S., Rejeski, W.J.). Symposium Society of Behavioral Medicine, Washington, D.C., April 2016.
- **Ehlers, D.K.**, Banducci, S.E., Fanning, J., Awick, E.A., Porter, G.C., Kramer, A.F., & McAuley, E. (2016). Effects of gait self-efficacy on complex task performance in older adults: The role of physical mobility. Poster Session Society of Behavioral Medicine, Washington, D.C., April 2016.
- Waring, M.E., Huberty, J.L., Bickmore, T., & **Ehlers, D.K. (discussant)**. (2016). *Technology-delivered behavioral interventions for childbearing women: Challenges, triumphs, and lessons learned*. Symposium Society of Behavioral Medicine, Washington, D.C., April 2016.
- Porter, G.C., Fanning, J., Awick, E.A., Roberts, S., **Ehlers, D.K.**, Motl, R., & McAuley, E. (2016). Sedentary breaks, not sedentary time, are associated with body mass index. Poster Session Society of Behavioral Medicine, Washington, D.C., April 2016.
- Roberts, S., Fanning, J., Awick, E.A., Porter, G.C., **Ehlers, D.K.**, Wójcicki, T., Motl, R., & McAuley E. (2016). Long-term effects on physical function in older adults following a DVD-delivered exercise intervention. Paper Session Society of Behavioral Medicine, Washington, D.C., April 2016.
- **Ehlers, D.**, Huberty, J., Buman, M., Hooker, S., Todd, M., & de Vreede, G.J. (2015). Acute relationships between daily self-efficacy, physical activity, and self-worth in middle-aged women. Paper Session International Society of Behavioral Nutrition and Physical Activity, Edinburgh, Scotland, June 2015.
- **Ehlers, D.**, Fanning, J., Awick, E., Roberts, S., & McAuley, E. (2015). Effects of an exercise program on older adults' participation in exercise outside of scheduled sessions: Influence of exercise program mode. Poster Session International Society of Behavioral Nutrition and Physical Activity, Edinburgh, Scotland, June 2015.
- Mackenzie, M.J., Fanning, J.F., Roberts, S.R., **Ehlers, D.**, Crato, I., & McAuley, E. (2015). Physical Activity, Affect Regulation, and Mind Wandering: an Ecological Momentary Assessment. Mind & Life Summer Research Institute, Garrison, NY, June 2015.
- **Ehlers, D.K.**, Huberty, J.L., Buman, M.P., de Vreede, G.J., Todd, M., & Hooker, S. (2015). Feasibility of employing widely available technology for ecological momentary assessment. Paper presented as part of the symposium *Advancements in applying ecological momentary assessment to physical activity and dietary research* (**Ehlers, D.K. (chair)**, Fanning, J., Dunton, G.F., & Schembre, S.). Society of Behavioral Medicine, San Antonio, TX, April 2015.
- **Ehlers, D.K.**, Huberty, J.L., Buman, M.P., Todd, M., Hooker, S., & de Vreede, G.J. (2015). Temporal relationships between self-worth and physical activity in middle-aged women. Paper Session Society of Behavioral Medicine, San Antonio, TX, April 2015.
- **Ehlers, D.**, Huberty, J., Buman, M., Hooker, S., de Vreede, G.J., & Todd, M. (2015). Is physical activity type related to immediate perceptions of self-worth in middle-aged women? Poster Session Society of Behavioral Medicine, San Antonio, TX, April 2015.

- **Ehlers, D.K.**, Banducci, S., Kramer, A.F., & McAuley, E. (2015). Can increased mobility predict complex task performance in older adults? Poster Session Society of Behavioral Medicine, San Antonio, TX, April 2015.
- Fanning, J., Mackenzie, M., Roberts, S., **Ehlers, D.**, & McAuley, E. (2015). Physical Activity and Attention: A Momentary Assessment (PANAMA): Methods. Paper presented as part of the symposium *Advancements in applying ecological momentary assessment to physical activity and dietary research* (**Ehlers, D.K. (chair)**, Fanning, J., Dunton, G.F., & Schembre, S.). Society of Behavioral Medicine, San Antonio, TX, April 2015.
- Fanning, J., **Ehlers, D.**, Mackenzie, M., Roberts, S., Buman, M., Huberty, J., & McAuley, E. (2015). Ecological momentary assessment in physical activity research: A comparison of two methodologies. Poster Session Chittenden Symposium on Mobility, Technology, and the Future of Health, University of Illinois at Urbana-Champaign, January 2015.
- Huberty, J., **Ehlers, D.**, Pellitteri, K., & Rowedder, L. (2014). Fit Minded Peer Mentors: Feasibility of a peer mentor facilitated book club for improving physical activity and self-worth in women. Poster Session International Society of Behavioral Nutrition and Physical Activity, San Diego, CA, May 2014.
- Huberty, J., **Ehlers, D.**, Kurka, J., Ainsworth, B., & Buman, M. (2014). Feasibility of 24-hour monitoring of sleep, sedentary, and active behaviors with objective sensors in middle-aged women. Poster Session International Society of Behavioral Nutrition and Physical Activity, San Diego, CA, May 2014.
- Pellitteri, K., Huberty J., Ehlers, D., & Bruening, M. (2014). Fit Minded College Edition. Poster Session International Society of Behavioral Nutrition and Physical Activity, San Diego, CA, May 2014.
- **Ehlers, D.**, Huberty, J., Todd, M., Buman, M., Hooker, S., & de Vreede, G.J. (2014). Feasibility of a simple, inexpensive ecological momentary assessment (EMA) to examine relationships between self-worth and physical activity (PA). Poster Session Society of Behavioral Medicine, Philadelphia, PA, April 2014.
- Huberty, J.L., Gao, Y. Vener, J., **Ehlers, D.**, & Dudney, A. (2014). An instrument to examine women's ability to acquire social support for physical activity. Poster Session Society of Behavioral Medicine, Philadelphia, PA, April 2014.
- **Ehlers, D.**, Huberty, J., de Vreede, G.J., & Dinkel, D. (2013). Can a tablet-based book club improve physical activity (PA) and self-worth (SW) in women? Paper Session Society of Behavioral Medicine, San Francisco, CA, March 2013.
- **Ehlers, D.**, & Huberty, J. (2013). Women's preferred features in mobile physical activity (PA) applications. Poster Session Society of Behavioral Medicine, San Francisco, CA, March 2013.
- **Ehlers, D.**, Huberty, J., & Beseler, C. (2013). Changes in Community Readiness among key informants after Ready for Recess. Poster Session Society of Behavioral Medicine, San Francisco, CA, March 2013.
- Hanigan, E., Weddle, A., **Ehlers, D.**, & Huberty, J. (2013). Translating research to the community: Can a community-based book club increase physical activity among women long-term? Poster Session Society of Behavioral Medicine, San Francisco, CA, March 2013.
- **Ehlers, D.**, Weddle, A., & Huberty, J. (2012). Translating research to the community: A pilot study to determine if a community-based book club can increase physical activity among women. Poster Session Society of Behavioral Medicine, New Orleans, LA, April 2012.
- **Ehlers, D.**, Beseler, C., & Huberty, J. (2012). School leadership's readiness for change after the Ready for Recess Intervention in 17 Midwest elementary schools. Paper Session Active Living Research, San Diego, CA, March 2012.

- **Ehlers, D.**, Huberty, J., & Beseler, C. (2011). Is school community readiness related to physical activity before and after the Ready for Recess intervention? Poster Session University of Nebraska Medical Center Student Research Conference, November 2011.
- **Sylofski, D.**, Beseler, C., Siahpush, M., & Huberty, J. (2011). Physical activity participation and readiness for change in nine school communities after the Ready for Recess invention. Paper Session Society of Behavioral Medicine, Washington DC, April 2011.
- **Sylofski, D.**, Huberty, J., & Gao, Y. (2011). Women Bound to be Active: Effect of a book club intervention on women's physical activity and self-worth at one-year follow-up. Poster Session Society of Behavioral Medicine, Washington DC, April 2011.

INVITED PRESENTATIONS

- **Ehlers, D.** (2015). Physical activity: Influences on psychosocial and cognitive determinants of quality of life. University of Nebraska Medical Center Grand Rounds, November 2015.
- **Ehlers, D.** (2013). Changes in community readiness among key school stakeholders after *Ready for Recess*. Arizona State University School of Nutrition & Health Promotion Fall Seminar Series, October 2013.
- **Sylofski, D.**, & Huberty, J. (2011). Physical activity behavior change: A community based approach. University of Nebraska at Omaha Center for Collaboration Science 5th Annual Research Seminar, March 2011.
- **Sylofski, D.**, & Fuhrmeister, E. (2010). Using the community readiness model to assess the school community's readiness level. Iowa State University Nutrition and Wellness Research Center, April 2010.

TEACHING EXPERIENCE

University of Illinois

- CHLH/KIN 540: Health Behavior Theory – Graduate (Fall 2014/2015)
 - Content focused on the major theories used to explain health behavioral outcomes and design behavioral interventions at both the individual and environmental levels. Responsibilities included developing and presenting lectures; developing and grading assignments, exams, and presentations; mentoring students.

University of Nebraska – Omaha

- PE 8140: Physical Activity Measurement – Graduate (Fall 2011)
 - Taught class in conjunction with graduate mentor. Responsibilities included developing and presenting lectures; developing and grading lab assignments, quizzes, exams, and presentations. Content focused on understanding and applying common objective and self-report tools for physical activity measurement, measurement issues in specific populations, and tool reliability and validity.

University of Nebraska – Lincoln

- FITN: Physical Fitness I – Undergraduate (Spring 2007/2008)
 - Responsibilities included developing and presenting lectures; developing and grading assignments, quizzes, and exams; mentoring students in development of personal exercise programs.
- FITN 103N: Aerobic Dance, FITN 100N: Aerobic Swimming, FITN 107E: Cycling I, FITN 102D: Aerobics I, FITN 120J: Lifeguard Training (Fall 2006 – Spring 2008)
 - Responsibilities included developing course manual and handouts; developing and grading quizzes; developing and facilitating group-based workouts.
 - Responsibilities for Lifeguard Training included administering the American Red Cross certification course for Lifeguarding and CPR for the Professional Rescuer

Guest Lectures

- EXW 436: Community Health – Undergraduate
 - School health – March 31, 2014
- EDAD 8460: Educational Administration and Supervision of Schools – Graduate
 - Physical activity programming for principals – March 6, 2012 and July 18, 2011
- HED 8706/4700: Women’s Health – Graduate/Undergraduate
 - Current topics in physical activity for women – February 20, 2012
 - Physical activity in women – February 14, 2011
- PE 8905/3900: Motivation for Physical Activity – Undergraduate
 - Community Readiness Model – February 6, 2012
- PE 8130: Physical Activity in Diverse Populations – Graduate
 - Internet-based interventions to improve physical activity participation – April 6, 2011
- PE 8140: Physical Activity Measurement – Graduate
 - Physical activity measurement across the lifespan: Females – March 24, 2010

SERVICE**Professional Level:****Peer Reviewer**

- Archives of Gerontology and Geriatrics
- BMC Pregnancy and Childbirth
- BMC Public Health
- Computers in Human Behavior
- Hawaii International Conference on System Sciences
- Health Education Research
- Medicine & Science in Sports & Exercise
- International Journal of Behavioral Nutrition and Physical Activity
- Journal of Medical Internet Research
- Journal of Physical Activity & Health
- Journal of Psychosocial Oncology
- Physiology & Behavior
- Telemedicine & eHealth

Society of Behavioral Medicine

- *Quality of Life topic area*, Abstract Reviewer (2017)
- *Women’s Health Special Interest Group Award Panel*, Abstract Reviewer (2016)

National Intramural-Recreational Sports Association (NIRSA)

- *Board of Directors*, National Student Representative (April 2007 – June 2008)
- *Aquatics Institute Committee* (April 2008 – April 2010)
- *Nominations and Elections Committee* (April 2007 – April 2010)
- *Governance Commission Student Leaders* (April 2008 – April 2009)
- *National Conference Volunteer* (April 2006 – April 2009)

University Level:**Arizona State University**

- *Samantha Sorteberg, Barrett Honor’s Program, Undergraduate Honors Thesis*, Committee Member (Fall 2015 – Spring 2016)
- *Building Health Lifestyles Conference Planning Committee* (Spring 2013 – Spring 2014)
- *Exercise & Wellness Graduate Club* (Spring 2013 – Spring 2014)

University of Nebraska at Omaha Department of Health, Physical Education, & Recreation

- *Assistant Professor for Physical Activity in Health Promotion Search Committee* (November 2011 – December 2012)

University of Florida

- *Healthy Gators 2010 Wellness Coalition* (September 2008 – June 2009)
- *Midnight Fun Run, Chair* (December 2008 – May 2009)
- *Department of Recreational Sports Risk Management Committee* (November 2008 – June 2009)
- *Department of Recreational Sports Mentor Program Work Team* (January 2009 – June 2009)

University of Nebraska – Lincoln

- *Assistant Director for Fitness and Wellness Search Committee* (January 2007 – May 2007)
- *Campus Recreation Advisory Council, Secretary* (April 2005 – April 2006)

Community Level:

- *Activate Omaha, Adams Park renovations, SOPARC data collection* (April 2010 – July 2010)
- *River City Roundup, Physical Activity Facilitator* (September 2009)
- *Nebraska Barons Wheelchair Softball Invitational, Tournament Director* (August 2007)

PROFESSIONAL MEMBERSHIPS

- Society of Behavioral Medicine (SBM) (since 2010)
- International Society of Behavioral Nutrition & Physical Activity (ISBNPA) (since 2014)
- American Society of Clinical Oncology (since 2015)

AWARDS

- SBM Student Special Interest Group Research Award (2013)
- University of Nebraska at Omaha Student Research Fair, Best Graduate Poster (2013)
- John and Elizabeth Ainsworth Student Travel Award (2013)
- William N. Wasson Student Leadership and Academic Award (2008)