

Elizabeth Foley

120 Convocation Way Office 403 Tallahassee, FL 32303 • (786) 514-4586 • foleyeli@gmail.com • ef15c@my.fsu.edu

EDUCATION **Florida State University** Tallahassee, FL
August 2015-present

Doctor of Philosophy
Nutrition and Food Science
Current Student

University of Miami Coral Gables, FL
August 2011-May 2014
August 2014-May 2015

Master of Science in Education
Nutrition for Health and Human Performance
Bachelor of Science in Education
Major: Exercise Physiology
Minor: Public Relations

RESEARCH EXPERIENCE

Center for Advancing Exercise and Nutrition Research on Aging Lab Assistant *August 2015- Present Tallahassee, FL*

- **Clinical Trials**
 - “Dried Plums Prevent Inflammation and Improve Bone Health in Osteopenic Men
 - “Tart Cherry Improves Cardiovascular Risk Factors in Men and Women Associated with Metabolic Syndrome”
 - “The Health Promoting Role of Pear in Men and Women with Metabolic Syndrome”
 - “Regular Apple Consumption Improves Cardiovascular Risk Factors and Glycemic Control in Prediabetics and Type 2 Diabetics”
 - “Health Benefits of Egg Consumption for Pre-Diabetes and Type 2 Diabetes”

Max Orovitz Exercise Physiology Lab - Lab Assistant *January 2014-February 2015 Coral Gables, FL*

- Edited papers to be reviewed for publication and searched for grants for future studies
- Assisted in various studies that involve interaction with clients, patients, data entry, and functionality testing
- **Clinical Trials**
 - “The Development of a Computerized Testing System to Evaluate Executive Function”
 - “Power Training in Schizophrenic Subjects”
 - “Dorsi Flexion Functionality”
 - “The comparative effect of a specially-designed yoga program and power training on physical and functional performance in older adults with Parkinson's disease”
 - “Modifications in Performance Variables for Division I Athletes in Response to a Six-Week Power Yoga Training Program”

Guardrails – Exercise Specialist Intern *August 2013-February 2015 Coral Gables, FL*

- Encouraged clients to live a healthier lifestyle and engaged clients in a series of health tests
- Recruited subjects who allowed results to be used for study
- Built relationships with clients and organizations interested in using testing
- Promoted program by tabling at health events and creating social media posts

TEACHING EXPERIENCE

Florida State University - Teaching Assistant

- **Applied Exercise Physiology APK3110** *Fall 2015-Spring 2016 Tallahassee, FL*
 - Lab instructor
 - Responsible for developing quizzes, giving lectures on the lab topic, and teaching students how to use lab equipment
 - Substitute to lecture class when professor is unavailable and reviewed former tests with students
 - Develop tests for main class
- **Functional Anatomy and Physiology I Lab PET3322L** *Summer 2016-Present Tallahassee, FL*
 - Lab instructor
 - Responsible for developing quizzes and tests, and giving lectures on the lab topic
- **Science of Nutrition HUN1201** *Summer 2017*
 - Responsible for grading

OTHER EXPERIENCE

TransAmerica Health and Wellness Blogger *April 2018-Present Tallahassee, FL*

- Write articles for the Wealth+Health Blog that break down scientific discoveries about nutrition, exercise, and health in layman's terms

Delta Delta Delta Alumnae Adviser- Alpha Eta Chapter *March 2016-November 2016 Tallahassee, FL*

- Advise the Florida State University college chapter on how to handle disciplinary actions, philanthropic endeavors, and scholastic goals
- Work closely with 250 college students on how to better improve both their fraternity and collegiate experience

Center for Advancing Exercise and Nutrition Research on Aging- Development and Media Student Chair *January 2016-Present Tallahassee, FL*

- Manage the Facebook page and website
- Promote studies and update the center's research publications and findings
- Procure funding through fundraising events and efforts
- Manage budgeting for marketing and fundraising events

University of Miami Medical Wellness Center - Fitness Attendant *January-May 2015 Miami, FL*

- Give tours to prospective members highlighting the various benefits of membership at the UM Medical Wellness Center and keep equipment clean, organized, and in good repair

University of Miami - Dining Nutrition Intern *January-May 2015 Coral Gables, FL*

- Educate and provide nutrition advice to students as needed
- Create nutrition pamphlets and write articles for *Student Health 101* newsletter

Strength and Conditioning Intern *June-August 2014 Coral Gables, FL*

- Men's Basketball, Women's Basketball and Women's Soccer
- Assisted in training activities, corrected athlete's strength movement

Translation Health in Nutrition and Kinesiology Volunteer *December-March 2014 Coral Gables, FL*

- Provide children with key concepts regarding health, nutrition, and exercise
- Assisted in writing labs for the program
- Supervised group exercise plans

PUBLICATIONS

Neda S. Akhavan, Lauren Ormsbee, Sarah A. Johnson, Kelli S. George, Elizabeth M. Foley, Marcus L. Elam, Zahra Ezzat-Zadeh, Lynn B. Pantan, Bahram H. Arjmandi, "Functionality in Middle-Aged and Older Overweight and Obese Individuals with Knee Osteoarthritis." 2018. *Healthcare, In review.*

Shirin Pourafshar, Neda S. Akhavan, Kelli S. George, Elizabeth M. Foley, Sarah A. Johnson, Behnam Keshavarz, Negin Navaei, Anis Davoudi, Elizabeth A. Clark, Bahram H. Arjmandi, "Egg Consumption May Improve Factors Associated with Glycemic Control and Insulin Sensitivity in Middle-Aged/Older Adults with Pre- and Type II-Diabetes." 2018. *Royal Society of Chemistry, In Review.*

Acknowledgment in the paper "An EMG Comparative Analysis of Quadriceps during Isoinertial Strength Training using Nonlinear Wavelets" by Nicholas J. Napoli, Anthony R. Mixco, Joseph F. Signorile

ABSTRACTS

Elizabeth M. Foley, Jenna L. Browne, Neda S. Akhavan, Kelli S. George, Joseph Muñoz, Shalom C. Siebert, and Bahram H. Arjmandi, "Relationship Between Inflammation, Oxidative Damage, Weight, and Severity of Knee Osteoarthritis." Boston, MA. ASN 2018

Neda S. Akhavan, Elizabeth M. Foley, Kelli S. George, Shirin Pourafshar, Negin Navaei, Joseph Munoz, Sarah A. Johnson, Bahram H. Arjmandi, "A Higher Protein Intake May Positively Affect Body Composition in Overweight/Obese Middle-Aged and Older Individuals with Pre-and Type-2 Diabetes." Boston, MA. ASN 2018

Joseph Muñoz, Neda S. Akhavan, Shirin Pourafshar², Negin Navaei, Kelli S. George, Elizabeth M. Foley, Sarah A. Johnson, Bahram H. Arjmandi, "The Relationship Between Fat Intake on Bone Health in Overweight and Obese Middle-Aged Individuals with Pre-or Type-2 Diabetes." Boston, MA. ASN 2018

Kelli S. George, Neda S. Akhavan, Shirin Pourafshar, Elizabeth M. Foley, Sarah A. Johnson, Negin Navaei, Joseph Munoz, Bahram H. Arjmandi, "Dietary fiber intake in pre-and type 2 diabetics positively influences risk factors for diabetes and cardiovascular disease." Boston, MA. ASN 2018

Elizabeth M. Foley, Shirin Pourashar, Negin Navaei, Neda S. Akhavan, Kelli S. George, Elizabeth E. Kenny, Bahram H. Arjmandi, "The Effects of Ipriflavone, Isoflavone, and 17 β -Estradiol on Body Composition in Hamster Models of Ovariectomy." Chigago, IL. EB 2017

Elizabeth M. Foley, Neda Ahkhavan, Shirin Pourafshar, Negin Nevaei, Elizabeth A. Clark, Kelli George, Bahram Arjmandi, "Ovariectomized Rats with a Healed Fracture Have an Increased Propensity to Subsequent Fracture." Atlanta, GA. ASMBR 2016

Kelli George, Neda Akhavan, Shirin Pourafshar, Negin Navaei, Elizabeth M. Foley, Elizabeth Clark, Bahram H. Arjmandi. "Association of Magnesium with Blood and Urinary Bone Biomarkers in Osteopenic Postmenopausal Women." Atlanta, GA. ASBMR 2016

Sarah A. Johnson, Negin Navaei, Shirin Pourafshar, Neda S. Akhavan, Marcus L. Elam, Elizabeth M. Foley, Elizabeth A. Clark, Mark E. Payton, Bahram H. Arjmandi "Fresh pear consumption may improve blood pressure in middle-aged men and women with metabolic syndrome: a randomized, placebo-controlled, crossover clinical trial." San Diego, CA. Experimental Biology 2016

Negin Navaei, Sarah A. Johnson, Shirin Pourafshar, Neda Akhavan, Marcus Ela, Elizabeth M. Foley, Elizabeth A Clark, Bahram H. Arjmandi, "Higher Fruit and Vegetable Consumption May Be Associated with Improved Lipid Profiles in Individuals with Metabolic Syndrome." San Diego, CA. Experimental Biology 2016

ACHIEVEMENTS

Gamma Sigma Alpha Honor Society
Kappa Omicron Nu Honor Society

ACTIVITIES

Delta Delta Delta Sorority, Alpha Chi Chapter
Center for Advancing Nutrition and Exercise Research on Aging Student Member
American Society of Nutrition Student Member
American Association for the Advancement of Science Student Member
Brazilian Jiu Jitsu

SKILLS

Blood and urine collection and analysis
CITI Certified
Subject recruitment