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| BIOGRAPHICAL SKETCH Provide the following information for the Senior/key personnel and other significant contributors in the order listed on Form Page 2. Follow this format for each person.  **DO NOT EXCEED FOUR PAGES.** | | | | |
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| NAME Pescatello, Linda, Shannon | | POSITION TITLE  Board of Trustees Distinguished Professor of Kinesiology, University of Connecticut | | |
| eRA COMMONS USER NAME (credential, e.g., agency login)  LINDAPESCATELLO | |
| EDUCATION/TRAINING *(Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable.)* | | | | |
| INSTITUTION AND LOCATION | DEGREE  *(if applicable)* | | MM/YY | FIELD OF STUDY |
| University of Connecticut, Storrs, CT | BS | | 05/1977 | Biological Sciences |
|  |  | |  |  |
| University of Connecticut, Storrs, CT | MA | | 05/1981 | Exercise Science |
|  |  | |  |  |
| University of Connecticut, Storrs, CT | PhD | | 05/1986 | Exercise Science |

**A. Personal Statement**

I am a tenured Distinguished Professor within the Department of Kinesiology at the University of Connecticut (UConn). I also an affiliate at UConn in the Departments of Allied Health Sciences, Nutritional Sciences, and Physiology and Neurobiology; and a PI in the Institute for Collaboration on Health, Intervention, and Policy at UConn. I have over 35 years of experience in designing and executing large, demanding acute (i.e., short-term or immediate) and chronic (i.e., long-term or training) endurance and resistance exercise interventions targeting adults with hypertension. I have also formed *P3-EX, LLC*. As the entrepreneurial lead of *P3-EX, LLC*, I have invented the - *P3-EX* - *P*rioritize *P*ersonalize *P*rescribe *Ex*ercisealgorithm– a one of its kind clinical decision support tool that health care providers can use to design tailored exercise prescriptions for their patients with multiple CVD risk factors. . Our goal is to build the *P3-EX* algorithm into a mobile application platform installable from Apple’s and Android’s Google Play App Stores.

Due to my important contributions to sport medicine and exercise science, as I was appointed: 1) writing chair of the American College of Sports Medicine (ACSM) new Pronouncement on exercise and hypertension; 2) senior editor of *ACSM’s Guidelines for Exercise Testing and Prescription Ninth Edition*, the international standard for anyone performing exercise testing and training programs; 3) an expert panel and writing team member of a recent update to ACSM's exercise preparticipation health screening recommendations; 4) advisory committee member of the Department of Health and Human Services 2018 Physical Activity Guidelines for Americans Scientific Report; and 5) member of the working groups of the European Association of Preventive Cardiology (EAPC) and the Council of Hypertension of the European Society of Cardiology (ESC) Position Statement on Exercise and Hypertension. In 2011 I received the ACSM’s prestigious Citation Award. As PI or Co-Invest on numerous UConn, American Heart Association, National Dairy Council, NIH, and Unites States Department of Agriculture-funded grants, I have laid the foundation for the proposed project by acquiring extensive experience designing, conducting, and managing large, complex multicenter acute and chronic exercise interventions investigating the response of health-related phenotypes, particularly ambulatory blood pressure, among clinical populations across the lifespan.

**B. Positions and Honors**

**Positions and Employment**

1981-1986 Manager, Cardiac Rehabilitation, New Britain General Hospital

1986-1996 Director, Department of Health Promotion, New Britain General Hospital

1996-1998 Assistant Professor, University of Hartford, Division of Health Professions

1996-2013 Research Scientist, New Britain General Hospital, Department of Health Promotion

1998-2002 Assistant Professor and Director, Center for Health Promotion, Department of Allied Health Sciences, College of Agriculture and Natural Resources, University of Connecticut

1998-2006 Affiliate Appointments, Kinesiology, Nutritional Sciences, and Physiology and Neurobiology, University of Connecticut

2002-2006 Associate Professor and Director, Center for Health Promotion, Department of Allied Health Sciences, College of Agriculture and Natural Resources, University of Connecticut

2006-2013 Professor, Department of Kinesiology, Neag School of Education, University of Connecticut

2006- Affiliate Appointments, Allied Health Sciences, Nutritional Sciences, and Physiology and Neurobiology, University of Connecticut

2013-2014 Board of Trustees Distinguished Professor, Department of Kinesiology, Neag School of Education, University of Connecticut

2013-2019 Affiliate Appointment, Department of Community Medicine and Health Care, University of Connecticut School of Medicine

2014- Board of Trustees Distinguished Professor, Department of Kinesiology, College of Agriculture, Health and Natural Resources, University of Connecticut

**Honors**

1991 Fellow, American College of Sports Medicine

1998 Honor Award, New England American College of Sports Medicine

1999 Outstanding Sports/Leisure Professional Award, School of Education Alumni Society, University of Connecticut

1999, 2002 Teaching Excellence Award, School of Allied Health, University of Connecticut

2001, 2003 Dean’s Research Award, School of Allied Health, University of Connecticut

2011 Citation Award, American College of Sports Medicine

2011 Fellow, American Heart Association

2012 ACSM’s Distinguished Leader

2013 Appointed Distinguished Professor, Board of Trustees, University of Connecticut

2015 Elected Member, Connecticut Academy of Science and Engineering

2016 Appointed Advisory Committee Member, 2018 Physical Activity Guidelines for Americans

2017 Member, The Working Groups of the European Association of Preventive Cardiology (EAPC) and the Council of Hypertension of the European Society of Cardiology (ESC) Position Statement on Exercise and Hypertension

2018University of Connecticut Faculty Excellence in Teaching Award on the Graduate Level

2019 UConn-AAUP Excellence Award in Teaching Innovation

2019 Elected Active Fellow in the National Academy of Kinesiology

**C. Selected Peer-reviewed Publications (Selected from 182 peer-reviewed publications)**

**Most relevant**

1. **Pescatello LS**, **Guidry MA**, Blanchard BE, Kerr A, Taylor AW, Maresh CM, Rodriguez N, Thompson PD. Exercise intensity alters postexercise hypotension. *J Hypertens*. 2004;22:1881-8. PMID: 15361758.

2. Blanchard BE, Tsongalis GJ, **Guidry MA**, Labelle LA, Poulin M, Taylor AL, Maresh CM, Devaney J, Thompson PD, **Pescatello LS**. RAAS polymorphisms alter the acute blood pressure response to dynamic exercise. *Eur J Appl Physiol*. 2006;97:26-33. PMID: 16468060.

3. **Pescatello LS** (ed), Arena R, Riebe DW, Thompson PD (assoc. eds.) *ACSM’s guidelines for exercise testing and prescription*. 9th ed. Baltimore, ML: Lippincott Williams & Wilkins; 2013 ISBN 978-1-60913-605-5.

4. Riebe D, Franklin B, Thompson PD, Garber CE, Whitefield GP, Magal M, **Pescatello LS**. Updating the American College of Sports Medicine’s recommendations for exercise preparticipation health screening. *Med Sci Sports Exerc.* 2015 Nov;47:2473-9. doi: 10.1249/MSS.0000000000000664. PMID: 26473759.

5. **Wu Y**,MacDonald HV, **Pescatello LS**. Evaluating exercise prescription and instructional methods used in tai chi studies aimed at improving balance in older adults: A systematic review. *J Am Geriatr Soc*. 2016. doi: 10.1111/jgs.14242 [doi].

6. **Panza GA**, Taylor BA, Thompson PD, White CM, **Pescatello LS**. Physical activity intensity and subjective well-being in healthy adults. *J Health Psychol* 2017;35: 291-299. doi: 10.1177/1359105317691589. PMID: 28810402.

7. **Panza GA**, Taylor BA, MacDonald HV, Johnson BT, Zaleski AL, Livingston J, Thompson PD, **Pescatello LS**. Can exercise improve cognitive symptoms of Alzheimer's disease? *J Am Geriatr Soc*. 2018, 66(3), pp.487-495. doi: 10.1111/jgs.15241. PMID: 29363108.

8. Jakicic JM,Powell KE, Campbell WW, DiPietro L, Pate RR, **Pescatello LS**, Collins KA, Bloodgood B, and Piercy K, for the 2018 Physical Activity Guidelines Advisory Committee. Physical activity and the prevention of weight gain: A systematic review. On Behalf of the 2018 Physical Activity Guidelines Advisory Committee. *Med Sci Sports Exerc* 2019 Jun;51(6):1262-1269. doi: 10.1249/MSS.0000000000001938. PMID: 31095083.

9. McTiernan A, Bloodgood B, Buchner DM, Friedenreich C, George S, Hua AKW, Katzmarzyk PT, Macko RF, **LS Pescatello**, Powell KE, Tennant B and Vaux-Bjerke A, for the 2018 Physical Activity Guidelines Advisory Committee. State of evidence on physical activity in cancer prevention and survivorship: review from the PAGAC report. On Behalf of the 2018 Physical Activity Guidelines Advisory Committee. *Med Sci Sports Exerc* 2019 Jun;51(6):1252-1261. doi: 10.1249/MSS.0000000000001937. PMID: 31095082.

10. **Pescatello LS**, Bloodgood B, Buchner D, Campbell W, Dietz S, DiPietro L, George S, Jakicic JM, Kraus WE, McTiernan A, Pate RR, Piercy K, Powell KE and Macko RF, for the 2018 Physical Activity Guidelines Advisory Committee. Physical activity to prevent and treat hypertension. On Behalf of the 2018 Physical Activity Guidelines Advisory Committee. *Med Sci Sports Exerc* 2019 Jun;51(6):1314-1323. doi: 10.1249/MSS.0000000000001943. PMID: 31095088.

11. *2018 Physical Activity Guidelines Advisory Committee Scientific Report*. Washington DC: U.S. Department of Health and Human Services, 2018.McTiernan A, Pate RR, Piercy K, Powell KE and Macko RF, for the 2018 Physical Activity Guidelines Advisory Committee. Physical activity to prevent and treat hypertension. On Behalf of the 2018 Physical Activity Guidelines Advisory Committee. *Med Sci Sports Exerc* 2019 Jun;51(6):1314-1323. doi: 10.1249/MSS.0000000000001943. PMID: 31095088.

12. **Wu Y**, Johnson BT, Acabchuk RL, Chen S, Lewis HK, Livingston J, Park CL, **Pescatello LS**. Yoga as antihypertensive therapy: A systematic review and meta-analysis. *Mayo Clinic Proc* 94(3):432-446, 2019. doi: 10.1016/j.mayocp.2018.09.023. Epub 2019 Feb 18. PMID: 30792067.

**Additional recent publications of importance to the field (in chronological order)**

1. Eicher JD, Maresh CM, Tsongalis GJ, Thompson PD, **Pescatello LS**. The additive blood pressure lowering effects of intensity on postexercise hypotension. *AHJ*. 2010;160:513-520. PMID: 20826261.

2. Corso LM, MacDonald HV, Johnson BT, Farinatti P, Livingston J, Zaleski AL, Blanchard A, **Pescatello LS**. Is concurrent training efficacious antihypertensive therapy? A meta-analysis. *Med Sci Sports Exerc.* 2016;48(12):2398-2406. PMID: 27471784.

3. MacDonald HV, Johnson BT, Huedo-Medina TB, Livingston J, Forsyth K, Kraemer WJ, Farinatti PT, **Pescatello LS**. Dynamic resistance training as stand-alone antihypertensive lifestyle therapy: A meta-analysis. *JAHA.* 2016 Sep 28;5(10):pii:e003231. doi: 0.1161/JAHA.116.003231. PMID: 27680663.

4. **Pescatello LS**. Exercise measures up to medication as antihypertensive therapy: Its value has long been underestimated. *Br J Sports Med* 2018 Dec 19. pii: bjsports-2018-100359. doi: 10.1136/bjsports-2018-100359. [Epub ahead of print] PMID: 30567705.

5. Zaleski AL, Taylor BA, Park C, Santos LP, Panza GA, Kramarz M, McCormick K, Thompson PD, Fernandez A, Chen M-H, Blissmer B, Deluca K, **Pescatello LS**. Using the immediate blood pressure benefits of exercise to improve exercise adherence. *J Hypertens* 2019 Sep;37(9):1877-1888. doi: 10.1097/HJH.0000000000002115. PMID: 31058797.

6. Suls J, Davidson K, Falzon L, Mogavero J, Ruiz J, **Pescatello** **LS** and EA Hennessy. Health behavior change in cardiovascular disease prevention and management: Meta-Review of behavior change techniques expected to affect self-regulation processes. *Health Psychol Rev* 2019 Nov 29:1-23. doi: 10.1080/17437199.2019.1691622. [Epub ahead of print]. PMID: 31707938.

Please See a Complete List of Published Work in My Bibliography: <http://www.ncbi.nlm.nih.gov/pubmed/?term=Pescatello>

**D. Research Support**

**Ongoing Research Support**

United States Department of Agriculture Pescatello (PI) 04/01/2014-09/30/2020

(SAES, HATCH) University of Connecticut

The Influence of Nutrition, Exercise, and Other Lifestyle Habits for Firefighter Cardiovascular Health during Heavy Physical Exertion

To determine the effectiveness of a job-specific, physical fitness testing and training and health promotion program offered on-duty to improve the physical and mental health of firefighters

University of Connecticut Pescatello, Puhl, & Taylor (Co-PIs) 03/01/2016-8/31/2020

Weight Stigma in Women who are Obese: Assessing How an Acute Exposure to Stigma Negatively Impacts Cardiovascular Health

To compare the effects of an acute obesity stigma exposure to control on a variety of cardiovascular health indicators among obese women with normal blood pressure and hypertension

5U24AG052175 Davidson (PI) 01/01/2017-05/31/2020

Columbia University Science of Behavior Change Resource and Coordinating Center

In CHIP Healthy Habits Systematic Review Project

To identify the mechanisms making behavior change efforts successful to lead to more effective interventions.

Role: Co-Investigator

Grant-in-Aid #17GRNT33661247

American Heart Association Taylor (PI) 07/01/2017-12/31/2020

Near Infrared Spectroscopy (NIRS) to Diagnose Statin-Associated Muscle Symptoms

To test the efficacy of skeletal muscle NIRS to diagnose statin-associated muscle symptoms

Role: Co-Investigator

POCI-01-0145-FEDER-030646 Alves (PI) 07/01/2018-06/30/2021

Operational Programme “Competitiveness and Internationalization” from the European Regional Development Fund and Portuguese Foundation for Science and Technology (Portugal)

The Hypotensive Effects of Home-Based Isometric Handgrip Training in Older Adults with Pre-Hypertension and Hypertension (HOLDAGE)

To compare the antihypertensive effects of home-based isometric handgrip to aerobic exercise training among older adults with high blood pressure

Role: Co-Investigator

University of Connecticut Pescatello (PI) 09/01/2018-Ongoing

A Mobile Application for Exercise Prescription for Adults with Multiple Cardiovascular Disease Risk Factors

To operationalize an evidence-based clinical decision support system to prescribe exercise for adults with multiple cardiovascular disease risk factors

National Institutes of Health Park & Pescatello (Co-Sponsors) 07/01/2019-06/30/2020

Ruth L. Kirschstein National Research Service Award (NSRA) Individual Predoctoral Fellowship to Sharon Lee

The Effects of Psychological Trauma and Cognitive Appraisals on Cardiovascular Stress Reactivity

To examine the effects of stress related to psychological trauma on blood pressure and heart rate variability as they impact cardiovascular health

Brain Imaging Research Center Pescatello & Wang (Co-PIs) 01/01/2019-12/31/2020

Institute for Collaboration onHealth, Intervention, and Policy

The Influence of Acute and Chronic Tai Chi on Blood Pressure and Brain Health among Older Adults with Hypertension.

To investigate the association between the cardiovascular and cognitive/neurobiological health benefits of Tai Chi.

University of Connecticut Bellur, Hennessy & Acabchuk (Co-PIs) 05/01/2020-4/30/2021

Institute for Collaboration onHealth, Intervention, and Policy

Evaluating UConn Student Well-Being in Response to the COVID-19 Pandemic

To examine multiple waves of time-sensitive data on UConn college students’ mental and physical well-being and student-generated ideas for service offerings during and after the COVID-19 Pandemic