

Sheri R. Colberg, Ph.D., FACSM



Dr. Sheri Colberg, an exercise physiologist with a doctorate from U.C. Berkeley, is currently Professor of Exercise Science at Old Dominion University, Adjunct Professor of Internal Medicine at Eastern Virginia Medical School (both in Norfolk, VA) and a funded clinical researcher. She is the Executive Director of the Lifelong Exercise Institute (www.lifelongexercise.com). A frequent lecturer on exercise, fitness, healthy lifestyles, diabetes, and disease prevention/management for professional and lay audiences, she has authored over 160 articles addressing diabetes, health, fitness, sports nutrition, and disease prevention, along with eight books, and many book chapters.

Available For: Media Interviews, Public Speaking, Consulting, Columns, Articles, & more

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Areas of Expertise: Exercise, Physical Activity, Physical Fitness, Diabetes, Athletics & Sports, Nutrition, Healthy Lifestyles, Disease Prevention, Obesity, Weight Loss and Weight Maintenance, Effective and Safe Exercise Programming, Aging, and Youth

Qualifications:

- * Author of eight books: *The Diabetic Athlete: Prescriptions for Exercise and Sports* (2001); *Diabetes-Free Kids: A Take Charge Plan for Preventing and Treating Type 2 Diabetes in Children* (2005); *The 7 Step Diabetes Fitness Plan: Living Well and Being Fit, No Matter Your Weight* (2006); *The Science of Staying Young* (2007); *50 Secrets of the World's Longest Living People with Diabetes* (2007); *Matt Hoover's Guide to Life, Love, and Losing Weight* (2008); *Diabetic Athlete's Handbook: Your Guide to Peak Performance* (2008); and *Diabetes? No Problema!: The Latino's Guide to Living Well with Diabetes* (2009)—many of these books have been translated into multiple languages.
- * Frequent invited lecturer on exercise, fitness, diabetes, diabetes prevention, obesity, nutrition, diabetic athletes, and aging successfully

- * Columnist for and/or Member of Advisory Board of *Diabetes Health*, Quality Health (www.qualityhealth.com), Insulite Laboratories (www.insulitelabs.com), and dLife—For Your Diabetes Life (www.dlife.com)
- * Chair and leader author of the position stand, “Exercise and Type 2 Diabetes,” by the American College of Sports Medicine and the American Diabetes Association (2010)
- * Bi-weekly contributor to Diabetes In Control Newsletter (www.diabetesincontrol.com)
- * American Diabetes Association Representative on the coordinating committee for the first-ever National Physical Activity Plan (accessed at www.physicalactivityplan.org) launched in May 2010
- * Member of the American Diabetes Association’s Prevention Committee (2009-2011)
- * Member of the American College of Sports Medicine’s Pronouncements Committee (2008-2010)
- * American Diabetes Association funded researcher (2001-2011), as well as receiving research grants from the Commonwealth of Virginia Alzheimer’s and Related Diseases Award Fund, Lifescan, Inc., ODU, and others (over \$1.7 million in funding)
- * Reviewer for *Diabetes Care*, *Diabetes, Medicine & Science in Sports & Exercise*, and many, many other reputable scientific journals
- * Fellow of the American College of Sports Medicine (FACSM)
- * Professional Member of the American Diabetes Association
- * Board of Directors Member of the Diabetes Exercise & Sports Association
- * Member of Phi Kappa Phi, ODU Chapter