

Curriculum Vitae

Nanna L. Meyer

Colorado Springs CO 80917

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EDUCATION

Institution	Years Attended	Degree	Date
University of Utah Exercise Physiology	1996-2003	Ph.D.	Aug, 2003
Dissertation: Female Winter Sport Athletes: Nutrition Issues during the Preparation for the 2002 Olympic Winter Games in Salt Lake City			
Arizona State University Exercise Physiology	1992-1994	M.S.	Dec, 1994
Thesis: Oxygen Uptake Kinetics in Trained and Untrained Subjects			
University of Wyoming Exercise Physiology	1989-1992	B.S.	Dec, 1992

Additional Education/Preparation

Grain School Workshop & Certificate (1/2013)	Native Seed Search, Tucson AZ
Ultrasound for Body Composition Training (3/2013)	Graz, Austria (KF University)
Dual Energy X-Ray Absorptiometry (DXA) Operator Training (GE) (January, 2009)	GE Healthcare
Level I Anthropometry Certification (Oct, 2008)	International Society for Kinanthropometry
Board Certification for Sports Dietitians (CSSD) (June, 2007/2012)	American Dietetic Association
Registered Dietitian (May, 2005-present)	American Dietetic Association
Examiner Level II, USA (April, 1996)	US Ski Coaches Association
Examiner, Level IV (Jan, 1997)	Swiss Ski Instructor Association
ACSM Health and Fitness Instructor (July, 1992-present)	American College of Sports Medicine
CPR Certification (Dec, 1992-present)	American Heart Association

PROFESSIONAL EXPERIENCE

Professional Experience (Clinical)

Institution Employment	Position	Date of
Healthy Campus Advisor	Advisor to Vice Chancellor	June, 2014
Healthy Campus Nutritionist University of Colorado	Registered Dietitian	June, 2014
Climate Change Research Expedition University of Colorado, Boulder and Swiss Federal Research Institute, Swiss Camp, Greenland Ice Cap	Field Assistant and Nutrition Scientist	May, 2014
Olympic Winter Games 2014	Sport Dietitian United States Olympic Team	February, 2014
CU Boulder Athletics University of Colorado, Boulder	Sport Dietitian Coordination of Sport Nutrition Services through Anschutz Health and Wellness Center	Fall 2013 to present
American Distance Project International Distance Running Team, Colorado Springs, CO	Sport Dietitian Coordination of Sport Nutrition Services	Fall 2013 to present
Olympic Summer Games 2012	Sport Dietitian United States Olympic Team	July – August 2012
United States Olympic Committee 1 Olympic Plaza Colorado Springs, CO 80914	Senior Sports Dietitian	2009 to present
US Speed Skating 5662 S 4800 W Kearns UT 84118	Sports Dietitian	1999 to present
Olympic Winter Games 2010 Vancouver, CA	Chef and Team Sports Dietitian US Speed Skating	February, 2010
BMC Racing Team	Sports Dietitian	2010 - 2011

37 Walnut St Suite 100
Wellesley MA

USA Cycling
1 Olympic Plaza
Colorado Springs, CO 80909

Sports Dietitian

2007-2009

The Orthopedic Specialty Hospital
Intermountain Healthcare
5848 South Fashion Blvd.
Murray, UT 84107

Sports Dietitian

1999-2008

University of Utah
Division of Nutrition
250 S 1850 E
Salt Lake City UT 84112

Director
Sports Dietetics
Curriculum

2006-2008

University of Utah
Division of Nutrition
250 S 1850 E
Salt Lake City UT 84112

Sports Dietitian
University of Utah
Collegiate Athletics

2004-2007

Olympic Winter Games 2006
Torino, Italy

Chef and
Team Sports Dietitian

2006

University of Utah
Division of Nutrition
250 S 1850 E
Salt Lake City UT 84112

Nutrition Clinic Director

2004-2005

Olympic Winter Games 2002
Salt Lake City, UT

Chef and
Team Sports Dietitian
Doping Control Officer

2002

Swiss Snow Sports Association
Hühnerhubelstrasse 95
3123 Belp
Switzerland

Clinician,
Examiner

1996-2000

Swiss Snow Demo Team

Member

1996-2000

Swiss National Ski Team
Haus des Skisportes
Worbstrasse 52
3074 Muri b. Bern

Conditioning and
Assistant Coach
Sports Dietitian

1996-1998

Switzerland

Swiss Olympic	1998 Nagano Olympic Food Service	1998
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Professional Experience (Teaching)

Institution Employment	Position	Date of
University of Colorado 1420 Austin Bluffs Parkway Colorado Springs CO 80918	Associate Professor Assistant Professor Coordinator Sport Nutrition Graduate Program	2013 to present 2008 to 2013 2008 - 2012
University of Salzburg in Austria Department Sport Science (IFFB) Rifer Schlossallee 49 5400 Hallein-Rif Austria	Visiting Professor	2002-2010
University of Utah Division of Nutrition 250 S 1850 E Salt Lake City UT 84112	Adjunct Assistant Professor	2003-2008

Professional Experience (Research)

Institution Employment	Position	Date of
United States Olympic Committee 1 Olympic Plaza Colorado Springs, CO 80914	Research Lead Sport Nutrition	2011 to present
University of Colorado 1420 Austin Bluffs Parkway Colorado Springs CO 80933	Associate Professor Assistant Professor	2013 to present 2008 to 2012
The Orthopedic Specialty Hospital Intermountain Healthcare 5848 South Fashion Blvd. Murray, UT 84107 University of Utah Department of Exercise and Sport Science	Research Associate	2003-2008
Arizona State University Department of Exercise and Sport Science	Research Assistant	1992 – 1994

Exercise and Sport Research Institute

University of Utah
Department of Exercise and Sport Science
250 S 1850 E
Salt Lake City UT 84112

Research Assistant

1994-1995
1996-2003

REFEREED PUBLICATIONS (Journal impact factors range from 2 – 4.7)

Meyer, N.L., Sundgot-Borgen, J., Lohman, T.G., Ackland, T.R., Stewart, A.D., Maughan, R.J., Smith, S. and Müller, W. (2013). Body composition for health and performance: a survey of body composition assessment practice carried out by the Ad Hoc Research Working Group on Body Composition, Health and Performance under the auspices of the IOC Medical Commission. British Journal of Sports Medicine. 47(16):1044-53.

Müller, W., Horn, M., Fürhapter-Rieger, A., Kainz, P., Kröpfl, J.M., Ackland, T.R., Lohman, T.G., Maughan, R.J., **Meyer, N.L.**, Sundgot-Borgen, J., Stewart, A.D., and Ahammer, H. (2013). Body composition in sport: interobserver reliability of a novel ultrasound measure of subcutaneous fat tissue. British Journal of Sports Medicine. 47(16):1036-43.

Löberbauer-Purer, E., **Meyer, N.L.**, Ring-Dimitrou, S., Haudum J., Kässmann H., Müller, E. (2012). Can alternating lower body negative and positive pressure during exercise alter regional body fat distribution? European Journal of Applied Physiology. 112(5):1861-71.

Mettler S. and **Meyer N.L.** (2009). Food pyramids in sport nutrition. SCAN Pulse, 29(1):12-18.

Steinmuller P.L., **Meyer N.L.**, Kruskall L.J., Manore, M.M., Rodriguez N.R., Macedonio M., Bird R.L., Berning, J.R. and ADA Quality Management Committee. (2009). American Dietetic Association: Standards of Practice and Standards of Professional Performance for Registered Dietitians (Generalist, Specialty, Advanced) in Sports Dietetics. Journal of the American Dietetic Association. 109(3):544-552e30.

LeBond, J and **Meyer, N.L.** (2009). Buffering agents and high-intensity exercise: an update. SCAN Pulse. 28(1):1-5.

Meyer, N.L. and Parker-Simmons, S. (2006). In preparation for Torino, 2006: Dietary needs of winter sport athletes. SCAN Pulse. 25(1):1-5.

Meyer, N.L., Shaw, J.M., Manore, M. M., Subudhi, A.W., Askew, E.W., Shultz, B.B., and Walker, J.A. (2004). Bone mineral density in female Olympic winter sport athletes. Medicine and Science in Sport and Exercise. 36:1594-1601.

REFEREED PUBLISHED REVIEWS

Steinmuller PL, Kruskall LJ, Karpinski CA, Manore MM, Macedonio MA, **Meyer NL.** (2014).

Academy of nutrition and dietetics: revised 2014 standards of practice and standards of professional performance for registered dietitian nutritionists (competent, proficient, and expert) in sports nutrition and dietetics. *J Acad Nutr Diet.* Apr;114(4):631-41.e43.

Mountjoy, M., Sundgot-Borgen, J., Burke L., Carter S., Constantini N., Lebrun C., **Meyer N.L.**, Sherman R., Steffen K., Budgett R., Ljungqvist A (2014). The IOC Consensus Statement: Beyond the Female Athlete Triad - Relative Energy Deficiency in Sport. *British Journal of Sports Medicine*, Apr;48(7):491-7.

Burke, L., **Meyer, N.L.**, and Pearce, J. (2013). National nutritional programs for the 2012 London Olympic Games: a systematic approach by three different countries. In: Limits of Human Endurance. *Nestle Nutrition Institute Workshop Series*, 76:103-20.

Maughan, R. and **Meyer, N.L.** (2013). Hydration during intense exercise training. In: Limits of Human Endurance. *Nestle Nutrition Institute Workshop Series*, 76:25-37.

Sundgot-Borgen, J., **Meyer, N.L.**, Lohman, T, Ackland, T.R., Maughan, R.J., Stewart, A.D, Mueller, W. (2013). How to minimize risks for athletes in weight-sensitive sports. Review and position statement on behalf of the Ad Hoc Research Working Group on Body Composition, Health and Performance, under the auspices of the I.O.C. Medical Commission. *British Journal of Sports Medicine*. Nov;47(16):1012-22.

Harris M. and **Meyer, N.L.** Gluten-free diets for athletes and active people. (2012). *ACSM's Health and Fitness Journal*, 17(1):22-26.

Meyer N.L., Manore M.M., Berning J. (2012). Fueling for fitness: food and fluid recommendations for before, during and after exercise. *ACSM's Health and Fitness Journal*. 16(3):7-12.

Ackland, T., Lohman, T., Sundgot-Borgen, S., Maughan, R., **Meyer, N.L.**, Stewart, A., and Mueller, W. (2012). Current status of body composition in sport. *Sports Medicine*.42(3):227-249.

Meyer N.L., Manore M.M., Helle C. (2011). Nutrition for winter sports. *Journal of Sport Sciences*: 29 Suppl 1:S127-36.

Beals K and **Meyer, N.L.** (2007). The Female Athlete Triad: An Update. In: *Clinics in Sports Medicine*. Bonci, L. and Miller, M. (Ed.), 26(1): pp.69-89. Philadelphia: Saunders Comp.

PUBLICATIONS SUBMITTED FOR REVIEW

Meyer N.L. Marathon Running in a Neo-Runner: Nutrition Intervention and Race Preparation. *ACSM Health and Fitness Journal*, submitted for review (972013), accepted.

Pelly, F., **Meyer, N.L.**, Pearce, J., and Burke, L. Evaluation of food provision and nutrition support at the London 2012 Olympic Games: The opinion of sports nutrition experts. International Journal of Sports Nutrition and Exercise Metabolism. Submitted 11/13. Accepted.

Hohenbichler, G., **Meyer, N.L.**, Konrad, M. and Mueller, E. Evaluation des Ernährungswissens von Salzburger NachwuchssportlerInnen anhand des „The Adolescent Sport Nutrition Knowledge Questionnaire“. Ernährungsumschau. Resubmitted 6/13. Accepted.

BOOK CHAPTERS

Meyer, N.L. and Edwards, S. Nutrition for Athletes with an Amputation. (2014). In Sport Nutrition for Athletes with Disabilities. Elizabeth Broad, Ed. Taylor and Francis. Boca Raton, FL.

Sundgot-Borgen, J., Garthe, I., and **Meyer, N.L.** (2013). Energy Needs and Weight Managements for Gymnasts. In IOC Handbook for Sports Medicine and Sport Science: Gymnastics. Blackwell Science, Oxford, UK.

Meyer, N.L. (2013). Sport-specific nutrition: practical issues; winter sports. In Nutrition in Sport. The Encyclopedia of Sports Medicine, an IOC Medical Commission Publication, Blackwell Science, Oxford, UK.

Meyer, N.L. Female Athletes. In: Sport and Exercise Nutrition. 2011. 1st Eds. Lanham-New, S.A., Stear, S.J., Shirreffs, S.M., and Collins A.L. pp:322-327. Wiley-Blackwell, West Sussex, UK.

Meyer, N.L. and Manore, M.M. (2010). Evaluation of dietary adequacy in athletes. In: Nutritional Assessment in Athletes. 2nd Eds. Driskell, J.A. and Wolinsky, I. pp: 51-70. CRC Press; Boca Raton, LA.

Batista, F. and **Meyer, N.L.** (2008). Nutrition, Exercise and Health in Girls and Women, In: Nutrition, Exercise, and Health. Teixeira, P.J., Bettencourt-Sardinha, L., Barrata, T. (Eds). pp: 315-378. Lisbon, Portugal: Lidel.

Lee, A., **Meyer, N.L.**, Sudi, K. (2006). Zur Ess- und Untergewichtsproblematik bei SportlerInnen. In Medizin und Gesundheit im Frauenleistungssport. pp.19-32. Allgemeiner Sportverband Österreichs.

Meyer, N.L. (2005). Eating disorders and the female athlete triad in winter sport athletes. In Schriftenreihe der ASH (Arbeitsgemeinschaft Schneesport an Hochschulen e.V. Cwalina (Ed.)). pp. 79-93. Band 16.

Meyer, N. L. and Parker-Simmons, S. (2007). Winter Sports. In: Practical Sports Nutrition. L. Burke (Ed.), pp: 335-358. Champaign, IL: Human Kinetics.

BOOK CHAPTERS SUBMITTED FOR REVIEW

Meyer, N.L. Low energy availability and menstrual dysfunction in an Olympic speed skater. In: Applied Sport Science and Medicine: Case Studies from Practice. 1st Eds. Whyte, G., Lane, A., Godfrey, R. And Loosemore, M. submitted 6/2010; under review.

BOOKS

Manore, M.M., **Meyer, N.L.**, Thompson, J. (2009). Sport Nutrition for Health and Performance, 2nd Ed. Champaign, IL: Human Kinetics

PROFESSIONAL REPORTS

Pelly F., **Meyer, N.L.**, Parker-Simmons, S, Korzun, A, Kendig A., and Helle C. Report on the Sochi 2014 Olympic Games Menu, prepared by The Olympic Games Menu Working Party PINES (Professionals in Nutrition for Exercise and Sport) (2013).

Pelly, F., Burke, L., Pearce, J., **Meyer, N.L.**, Parker-Simmons, S. and Mirchin J. Report on the London 2012 Olympic/Paralympic Games Menu, Prepared by Professionals in Nutrition for Exercise and Sport (PINES) International Sports Nutrition and Catering Working Group (2011).

Parker-Simmons, S., **Meyer, N.M.**, Pelly, F., Korzun A., Hornstein, R., Garthe I. Report on the Vancouver 2010 Olympic Games Menu, prepared by The Olympic Games Menu Working Party PINES (Professionals in Nutrition for Exercise and Sport) (2009).

Berning, J., Manore, M.M., and **Meyer, N.M.** (2009). Nutrition and athletic performance: before, during and after exercise. Adapting the joint position statement into practical guidelines. Gatorade Sport Science Institute.

Meyer, N.L. and Parker-Simmons, S. (2007). The role of adequate nutrition for performance and health for female cross-country skiers. (2nd Edition). Oberhofen: Switzerland: International Ski Federation.

Burke, L. M. and **Meyer, N.L.** A call to sports dietitians: Interview with Nanna Meyer. (2005). International Journal of Sports Nutrition and Exercise Metabolism, 15(4): 458-460.

NON-REFEREED PUBLICATIONS (since 8/2008)

Preparing to win the gold. Sports RDs discuss the nutrition needs of Olympic athletes. Today's Dietitian, April 2012.

London Calling: Sports dietitians are helping prepare world-class athletes for Olympics. Food & Nutrition, May 5, 2012.

How many calories do Olympic athletes need? It Depends. Retrieved from <http://www.npr.org> on July 25, 2012.

Meyer, N.L. Fuel up and train hard. Racing Blade, Fall 2011. Retrieved from <http://content.yudu.com/A1un0e/RacingBladeFall11/resources/25.htm> on January 28, 2012.

Feeding Winter Olympians: Insights from US Speed Skating Team Sports Dietitian. Power Bar, 2/2010. Retrieved from <http://www.powerbar.com/articles/382/us-speed-skating-team-dietitians-insights-on-feeding-winter-olympians.aspx> on September 11, 2011.

What one Olympic Athlete Eats. US News. 2/2010. Retrieved from <http://health.usnews.com/health-news/diet-fitness/diet/articles/2010/01/29/what-one-olympic-athlete-eats-hint-its-healthy-and-its-a-lot> on September 11, 2011.

The Winter Olympic Nutrition Plan: What the Athletes Eat. US News, 2/2010. Retrieved from <http://health.usnews.com/health-news/diet-fitness/diet/articles/2010/01/29/the-winter-olympic-nutrition-plan-what-the-athletes-eat> on September 11, 2011.

Wish you were headed to the Olympics: How to train for 9 Winter Sports. US News, 2/2010. Retrieved from <http://health.usnews.com/health-news/diet-fitness/slideshows/wish-you-were-headed-for-the-olympics-how-to-train-for-9-winter-sports> on September 11, 2011.

Meyer, N.L. Eat with Intensity. Outside Magazine, July, 2009.

Meyer, N.L. Build power, not bulk. Outside Magazine, August, 2009.

Selection of UTube Videos

<http://www.youtube.com/watch?v=Q5lTEqbJ0y8>

<http://www.youtube.com/watch?v=S6AfPrQxXBE>

<http://www.youtube.com/watch?v=hVoXjjfaie4>

Selection of Vimeo videos

<http://vimeo.com/85737800>

PRESENTATIONS AT MEETINGS AND SEMINARS

Conference Papers and Posters

Kirihennidige, N. and **Meyer N.L.** The Flying Carrot: Food Literacy in the Pikes Peak Region. Presented at the Colorado Academy for Nutrition and Dietetics Annual Meeting, March, 2014. Winner of Future of the Field Award, Denver, CO.

Guzman M and **Meyer N.** The Flying Carrot: The development of a novel program for fostering food awareness in the Pikes Peak community. Presented at the Society for Nutrition Education pre-conference, 2013, Portland, OR.

Hammond, R., Harris, M.M., Elder, C. and **Meyer N.L.** Low bone mass in cyclists: a clinical outcomes study. Poster presented at the 2014 American College of Sports Medicine Annual Meeting in Indianapolis, IN.

Resulted in Abstract Published: Hammond, R., Harris, M.M., Elder, C. and **Meyer N.L.** Low bone mass in cyclists: a clinical outcomes study. *Medicine and Science in Sports and Exercise*, S 578, 45(5).

Rubenstein N.A., Harris, M.M., Larson-Meyer, D.E., Needham C.E., **Meyer, N.L.** Seasonal Vitamin D Status, Body Composition and Performance: A Retrospective Analysis in Winter Sport Athletes. Poster presented at the American College of Sports Medicine Annual Meeting in Indianapolis, IN.

Resulted in Abstract Published: Rubenstein N.A., Harris, M.M., Larson-Meyer, D.E., Needham C.E., **Meyer, N.L.** Seasonal Vitamin D Status, Body Composition and Performance: A Retrospective Analysis in Winter Sport Athletes. *Medicine and Science in Sports and Exercise*, S578, 45(5).

Meyer, N.L., Sundgot-Borgen, J., Lohman, T.G., Ackland, T.R., Maughan, R.J., Stewart, A.D., Smith, S., Müller, W. Body composition for health and performance: A survey by the working group of the IOC. Poster presented at the American College of Sports Medicine Annual Meeting in San Francisco, CA.

Resulted in Abstract Published: **Meyer, N.L.**, Sundgot-Borgen, J., Lohman, T.G., Ackland, T.R., Maughan, R.J., Stewart, A.D., Smith, S., Müller, W. (2012). Body composition for health and performance: A survey by the working group of the IOC. *Medicine and Science in Sports and Exercise*, 44(5).

Kark, S., Ochoa, E.A., Harris, M.M., DiMarco, N.M., **Meyer, N.L.** The Female Athlete Triad: Preliminary data from a multi-site study on triad and race. Thematic poster presented at the American College of Sports Medicine Annual Meeting in San Francisco, CA.

Resulted in Abstract Published: Kark, S., Ochoa, E.A., Harris, M.M., DiMarco, N.M., **Meyer, N.L.** 2012. The Female Athlete Triad: Preliminary data from a multi-site study on triad and race. *Medicine and Science in Sports and Exercise*, 44(5).

Ping, K. and **Meyer, N.L.** Education to empower athletes to eat for performance and health. Poster presented at the American College of Sports Medicine Annual Meeting in San Francisco, CA.

Resulted in Abstract Published: Ping, K. and **Meyer, N.L.** (2012). Education to empower athletes to eat for performance and health. *Medicine and Science in Sports and Exercise*, 44(5).

Ah-Yo, C., Behrens, T.K., **Meyer, N.L.**, Bradley J. Comparative effects of physical activity recommendations on energy expenditure and energy intake. Poster presented at the American College of Sports Medicine Annual Meeting in Denver, CO.

Resulted in Abstract Published: Ah-Yo, C., Behrens, T.K., **Meyer, N.L.**, Bradley J. (2011). Comparative effects of physical activity recommendations on energy expenditure and energy intake. Medicine and Science in Sports and Exercise, 43(5), S322-323.

Garneau-Fournier, J., **Meyer, N.L.**, Subudhi, A., Berning, J. Low energy availability and the female athlete triad in endurance athletes versus controls. Thematic poster presented at the American College of Sports Medicine Annual Meeting in Denver, CO.

Resulted in Abstract Published: Garneau-Fournier, J., **Meyer, N.L.**, Subudhi, A., Berning, J. (2011). Low energy availability and the female athlete triad in endurance athletes versus controls. Medicine and Science in Sports and Exercise: 43(5), S47.

Meyer, N.L. and Cooper, L. (6/2010). Low energy availability and menstrual dysfunction in an Olympic speed skater. Clinical case presented at the American College of Sports Medicine Meeting in Baltimore, MA.

Resulted in Abstract Published: **Meyer, N.L.** and Cooper, L. (6/2010). Low energy availability and menstrual dysfunction in an Olympic speed skater. Medicine and Science in Sports and Exercise: 42(5): S141.

Meyer, N.L., Haudum J., Spence K., Hayman M., Needham C. (10/2009). The Development of the Exercise and Nutrition Curriculum for High Schools. Poster to be presented at the American Dietetic Association Annual Food and Nutrition Conference, Denver, CO.

Resulted in Abstract Published: **Meyer, N.L.**, Haudum, J., Spence, K., Hayman, M., Needham, C. The development of the exercise and nutrition curriculum for high schools. (2009). American Dietetic Association, 109 (9), A-87.

Dvorak, T., Jordan, K.C., Dolan, S.H., Wing-Gaia, S., Manore, M., and **Meyer, N.L.** (2008). The adolescent sport nutrition knowledge questionnaire: Validity and Reliability. Medicine and Science in Sports and Exercise, 40, S217.

Spence K.R., Jordan K.C., Doetsch H., Hayman M., Dolan S., Wing-Gaia S., Beals K., **Meyer N.L.** (2008). The Female Athlete Triad: Prevalence and Risk Factors in Athletes and Normally Active Adolescents. Medicine and Science in Sports and Exercise, 40, S217.

Wing-Gaia S.L., **Meyer N.L.**, Walker J.A., Askew E.W., Shultz B.B., Eisenman, P.A. (2007). Identifying predictors of high-risk supplement use in adolescent male athletes. Medicine and Science in Sports and Exercise, 39, S361.

Doetsch, H.E., **Meyer, N.L.**, Askew, E.W., Dolan, S.H., and Beals, K.A. (2007). Menstrual disturbances in adolescent athletes without disordered eating. Medicine and Science in Sports and Exercise, 39, S382.

Lee, A., **Meyer, N.L.**, Krulatz, A., and Burtschert, M. (2006). Energy and macronutrient intake in female winter Universiade athletes. 10th Annual Congress Proceedings European College of Sports Science, Lausanne, Switzerland: S394.

Lee, A., **Meyer, N.L.**, Krulatz, A. (2006). Triad prevalence in female Austrian University sport students. Medicine and Science in Sport and Exercise, 38(5), S465.

DeLoach, J., **Meyer, N.L.**, A. E. Askew, and J. Walker (7/2005). Energy, macronutrient, fluid and dietary supplement intake in Olympic level winter sport athletes. 9th Annual Congress Proceedings European College of Sports Science, Belgrade, Czech Republic.

Meyer, N.L., Shaw, J.M., and Manore, M.M. (5/2004). Bone mineral density in elite male winter sport athletes. Poster presented at the American College of Sports Medicine annual conference, Indianapolis, I, USA.

Resulted in Abstract Published: **Meyer, N.L.**, Shaw, J.M., and Manore, M.M. (2004). Bone mineral density in elite male winter sport athletes. Medicine and Science in Sport and Exercise, 36(5), S13.

Meyer, N.L., Manore, M.M., Estes, H., and Shaw, J.M. The Female Athlete Triad in winter sport athletes (3/2004). Presented at the 3rd International Congress on Science and Skiing, Aspen, Colorado, USA.

Resulted in Abstract Published: **Meyer, N.L.**, Manore, M.M., and Estes, H. The female athlete triad in winter sport athletes. In: The 3rd ICSS Proceedings. (Ed) D. Bacharach and J. Seifert. Snowmass at Aspen, CO., Mar. 2004, p51-52.

Meyer, N.L., Manore, M.M., Shaw, J.M., Subudhi, A.W., Askew, E.W., Shultz, B.B., and Walker, J.A. (7/2003). Dietary intake, iron status, and supplement use in female winter sport athletes during the preparation for the 2002 Olympic Winter Games. Presented at the 8th Annual Congress European College of Sports Science, Salzburg, Austria.

Resulted in Abstract Published: **Meyer, N.L.**, Manore, M.M., Shaw, J.M., Subudhi, A.W., Askew, E.W., Shultz, B.B., and Walker, J.A. (2003). Dietary intake, iron status, and supplement use in female winter sport athletes during the preparation for the 2002 Olympic Winter Games. 8th Annual Congress Proceedings European College of Sports Science, Salzburg, Austria: S183.

Meyer, N.L., Shaw, J.M., Manore, M. M., Subudhi, A.W., Askew, E.W., Shultz, B.B., and Walker, J.A. (5/2003). Bone mineral density in female Olympic winter sport athletes. Poster presented at the American College of Sports Medicine annual conference, San Francisco, CA, USA.

Resulted in Abstract Published: **Meyer, N.L.**, Shaw, J.M., Manore, M. M., Subudhi, A.W., Askew, E.W., Shultz, B.B., and Walker, J.A. (2003). Bone mineral density in female Olympic winter sport athletes. Medicine and Science in Sport and Exercise, 35(5), S364.

Meyer, N.L., Hanssen, T.M., Doody, S.L., Walker, J.A., Subudhi, A. W., Shaw, J.M., and Manore, M. M. (5/2002). Menstrual function, energy balance, and eating behavior in female high-school soccer players. Poster presented at the American College of Sports Medicine annual conference, St. Louis, MI.

Resulted in Abstract Published: **Meyer, N.L.**, Hanssen, T.M., Doody, S.L., Walker, J.A., Subudhi, A.W., Shaw, J.M., and Manore, M.M. (2002). Menstrual function, energy balance, and eating behavior in female high-school soccer players. Medicine and Science in Sport and Exercise, 34(5), S23.

Subudhi, A.W., **Meyer, N.L.**, and Smith, L.L. (2002). Cytokine and redox status of elite speed skaters. Medicine and Science in Sport and Exercise, 34(5), S79.

Von Duvillard, S.P., Hofmann, P., Schwabberger, G., Pokan, R., **Meyer, N.L.**, and Rausch W. (2001). Metabolic changes resulting from a series of consecutive supra-maximal laboratory tests in competitive alpine ski racers. In Science and Skiing. E.Müller, H.Schwameder, C. Raschner, S. Lindinger, E. Kornexl (Ed.), 2nd International Congress on Science and Skiing: (pp. 469-479). Hamburg: VERLAG DR. KOVAC.

Hofmann, P., von Duvillard, S.P., **Meyer, N.L.**, Schwabberger, G., Traninger, H., Leitner, C., Pokan, R. (2001). EMG, power and electrolyte changes resulting from a series of consecutive supra-maximal laboratory tests in competitive alpine ski racers. In Science and Skiing. E.Müller, H.Schwameder, C. Raschner, S. Lindinger, E. Kornexl (Ed.), 2nd International Congress on Science and Skiing: (pp. 458-468). Hamburg: VERLAG DR. KOVAC.

Meyer, N.L., Johnson, S.C., Askew, E.W., von Duvillard, S.P., Hofmann, P., Kipp, R.W. and Manore, M.M. (1/2000). Nutritional issues in alpine ski racers during the preparatory phase. Presented during the 2nd International Congress on Skiing and Science in St. Christoph, Austria.

Resulted in Paper Published: **Meyer, N.L.**, Johnson, S.C., Askew, E.W., von Duvillard, S.P., Hofmann, P., Kipp, R.W. and Manore, M.M. (2001). Nutritional issues in alpine ski racers during the preparatory phase. In Science and Skiing. E.Müller, H.Schwameder, C. Raschner, S. Lindinger, E. Kornexl (Ed.), 2nd International Congress on Science and Skiing: pp.620-632. Hamburg: VERLAG DR. KOVAC.

Meyer, N.L., Johnson, S.C., Askew, E.W., Lutkemeier, M.L., Bainbridge, C., Shultz, B.B., and Manore, M.M (5/1999). Energy and nutrient intake of elite female alpine ski racers during the preparatory phase. Poster presented at the American College of Sports Medicine annual conference, Seattle, WA.

Resulted in Abstract Published: **Meyer, N.L.**, Johnson, S.C., Askew, E.W., Lutkemeier, M.L., Bainbridge, C., Shultz, B.B., and Manore, M.M (1999). Energy and nutrient intake of elite

female alpine ski racers during the preparatory phase. Medicine Science in Sports and Exercise.31(5):S100.

Meyer, N.L., Wilson, T.E., Johnson, S.C., LaMonte, M.J. (1996). Metabolic effects of external modifications to the health rider® exercise device. Medicine Science in Sports and Exercise.28(5), S207.

Johnson, S.C., LaMonte, M.J., **Meyer, N.L.**, Wilson, T.E. (1996). Metabolic response to exercise on the health rider® exercise device. Medicine Science in Sports and Exercise, 28(5):S206.

Meyer, N.L., Skinner, J.S., Manore, M.M., Seijer, J., and Bozma, A. (5/1995). Oxygen uptake kinetics and substrate utilization in trained and untrained subjects. Presented at the American College of Sports Medicine annual conference, Minneapolis, MI.

Resulted in Abstract Published: **Meyer, N.L.**, Skinner, J.S., Manore, M.M., Seijer, J., and Bozma, A. (1995). Oxygen uptake kinetics and substrate utilization in trained and untrained subjects. Medicine Science in Sports and Exercise, 27(5), S100.

Keller, C.S., Thomas, K.T., and **Meyer, N.L.** (1994). Incidence of obesity, android fat distribution, and physical activity in women. Circulation,90(4),1875.

Invited Presentations at Meetings and Seminars

Meyer, N.L. Good food, healthy lifestyles, and sustainability: Is there a connection? Presented at the Lillian Smith Fountain Conference on Healthy Lifestyles, Fort Collins, CO (6/2014).

Meyer, N.L. Sustainable food systems and healthy lifestyles: an introduction. Presented at the Annual Meeting of the American College of Sports Medicine, Orlando, FL (5/2014).

Meyer, N.L. Environmental impacts of dietary choices. Presented at the 3rd International Sport and Exercise Nutrition Conference, Newcastle, UK (12/13).

Meyer, N.L. Active lifestyles, good food and environmental sustainability: Is there a connection? Presented at the 3rd International Sport and Exercise Nutrition Conference, Newcastle, UK (12/13).

Meyer, N.L. The Female Athlete Triad: Special Populations. Presented at the International Olympic Committee Female Athlete Triad Consensus Conference, Lausanne, Switzerland (11/13).

Meyer, N.L. Nutrition issues and recommendations for altitude. Presented at the International Altitude Symposium, Colorado Springs, CO, USA (10/13).

Meyer, N. Clinical issues in endurance athletes: from gut to bone. Presented at the Powerbar Sport Nutrition Conference in New York City, NY, Nov 2013.

Meyer, N.L. Healthy diets and environmental sustainability: is there a conflict? Presented at the 2nd International Sports and Exercise Nutrition Conference (12/12).

Meyer, N.L. Nutrition for winter sports. Presented at the Norwegian Olympic Committee 11/12.

Meyer, N.L. Athletes, Low Energy Availability and Triad Disorders: Why do they succeed? Or do they? Presented at the Norwegian Olympic Committee 11/12.

Burke, L., **Meyer, N.L.**, Pearce, J. Open discussion panel: Preparing for the 2012 Olympics. Success and failures of nutritional interventions. (8/2012). Presented at the 14th International Sport Nutrition Conference in Oxford, UK.

Burke, L., **Meyer, N.L.**, Pearce, J. Workshop on practical limitations to successfully manipulate performance during the Olympic Games. (8/2012). Presented at the 14th International Sport Nutrition Conference in Oxford, UK.

Burke, L., **Meyer, N.L.**, Pearce, J. (8/2012). Nutritional interventions prior to the 2012 Olympics. Presented at the 76th Nestle Nutrition Institute Workshop in Oxford, UK.

Meyer, N.L. Working with active women: the science and practice of proper fueling. (4/2012). Annual National Strength and Conditioning Association Conference, Las Vegas, NV.

Meyer, N.L. Bone health as it relates to sport, exercise and nutrition. (3/2012). Rocky Mountain Chapter – American College of Sports Medicine Meeting, Colorado Springs, CO.

Kruskal, L.J., Clark, K., Rodriguez N., and **Meyer, N.L.** Energy balance and weight loss confusion panel discussion. (3/2012). Presented at the Annual ACSM Health and Fitness Conference, Las Vegas, NV.

Meyer, N.L. Nutrition and top performance before, during, and after exercise: making it simple for your clients. (3/2012). Presented at the Annual ACSM Health and Fitness Conference, Las Vegas, NV.

Bracko, M.R., Schoenfeld, B, and **Meyer, N.L.** High performance conditioning. (3/2012). Hot topics forum presented at the Annual ACSM Health and Fitness Conference, Las Vegas, NV.

Clark, K, Applegate, E., Rodriguez N., and **Meyer, N.L.** Nutrition concepts for the health and fitness professional and athletic trainer. (3/2012). Workshop presented at the Annual ACSM Health and Fitness Conference, Las Vegas, NV.

Meyer, N.L. and Manore, M. Assessment of the Female Athlete Triad. (9/2011). Workshop presented at the Sport Nutrition Conference/PINES Conference in Colorado Springs, CO.

Meyer, N.L. Chaired thematic poster session on Menstrual Dysfunction in Active Women (6/2011) at the Annual Meeting of the American College of Sports Medicine (ACSM), Denver, CO.

Meyer, N.L. (6/2011). Energy Availability: I don't have my period. Isn't this a sign of good training and not a problem? Special Event Session: Energy Balance: Where Nutrition Meets Exercise and Medicine. Presented at the Annual Meeting of the American College of Sports Medicine (ACSM), Denver, CO.

Meyer, N.L. (5/2011). Talking to Athletes about Weight Management. Presented at the annual Professional Skating Association (PSA) meeting. Dallas, TX.

Meyer, N.L. (11/2010). IOC Body Composition Survey for Health and Performance: Preliminary Findings and Perspectives. Presented at US Figure Skating Nutrition Summit at United States Olympic Training Center, Colorado Springs, CO.

Meyer, N.L. (11/2010). Workshop leader "Recap from Science to Practice in Endurance Sports" at the 8th International Sport Nutrition Conference, Australian Institute for Sport, Canberra, Australia.

Meyer, N.L. (10/2010). Sustainable Food for Health and Performance: from Youth, to Students and Athletes. Presented at Southern Colorado Sustainability Conference, Colorado Springs, CO.

Meyer, N.L. (10/2010). Body Composition, Weight and Fat Loss in Sports. Presented as part of the Ad Hoc International Olympic Committee Medical Commission Meeting, Graz, Austria.

Meyer, N.L. (10/2010). Nutrition for Winter Sports. Presented as part of the International Olympic Committee Sports Nutrition Consensus Conference, Lausanne, Switzerland.

Meyer, N.L. (10/2010). Special Population Groups: The Female Athlete Triad presented at SCAN Workshop "Nutrition and Athletic Performance", United States Olympic Training Center, Colorado Springs, CO.

Meyer, N.L. (5/2010). Performance Nutrition: An Update on Basic Principles. National Strength and Conditioning Coaches Symposium, Presented to coaches, Colorado Springs, Colorado.

Meyer, N.L. (3/2010). Cardiac Nutrition. Med School 101. Presented at the Julie Penrose Health Education & Research Center, Colorado Springs, CO.

Meyer, N.L. (3/2010). Assessment of Female Athletes, Presented at SCAN Pre-Symposium Workshop, San Diego, California.

Meyer, N.L. (1/2010). Optimizing Nutrition for Elite Cycling Performance, Presented to BMC Professional Cycling Team, Los Angeles, California.

Meyer, N.L. (1/2010). Weight Management in Athletes, presented at 4th International Congress of Applied Sports Nutrition, Zurich, Switzerland.

Meyer, N.L. (1/2010). Crash course in Sports Nutrition, presented at 4th International Congress of Applied Sport Nutrition, Zurich, Switzerland.

Meyer, N.L. (12/2009). Nutrition for Female Rowers, presented for US Rowing, Princeton University Boathouse, Princeton, NJ.

Meyer, N.L. (10/2009). Weight Management in Cyclists, presented for Carmichael Training Systems Webinar, Colorado Springs, CO.

Meyer, N.L. (10/2009). Special Topics: Female Athlete Triad presented at SCAN Workshop “Nutrition and Athletic Performance”, United States Olympic Training Center, Colorado Springs, CO.

Meyer, N.L. (10/2009). Working with Endurance Athletes presented at SCAN Workshop “Nutrition and Athletic Performance”, United States Olympic Training Center, Colorado Springs, CO.

Meyer, N.L. (7/2009). Supplement Use in the Teen Athlete: Benefits versus Risks. Controversies and Challenges in The Adolescent Athlete presented at 34th National Primary Care Nurse Practitioner Symposium, Copper Mountain, CO.

Meyer, N.L. (5/2009). The Ten Most Frequently Asked Questions in Sport Nutrition: Can I make a career in sport nutrition? If yes, how should I do it? Presented at the 1st Conference of Professionals in Nutrition for Exercise and Sport (PINES) in Seattle, WA.

Meyer, N.L. 12/2008. Dietary and Sport Supplements: Are the Risks worth the Benefits? Presented for the Southern Colorado Dietetics Association in Colorado Springs, CO.

Meyer, N.L. (5/2008). Working with Active Women: Nutrition, Exercise, and Healthy Issues (young adult women and female athletes. Tutorial lecture at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.

Meyer, N. L. (2/2008). From Science to Sport Nutrition Recipes. Invited lecture at the 3rd International Conference on Applied Sports Nutrition. Zurich, Switzerland.

Meyer, N.L. (9/2007). Weight Management in Female Athletes. Invited presentation and workshop through the Austrian Government Sport Organization in Vienna, Austria.

Meyer, N.L. (4/2007). Food Service for the Olympics. Invited lecture at SCAN’s Annual Conference. Austin, TX.

Meyer, N.L. (7/2006). The Female Athlete Triad: An Update; Bone Health. Invited Symposium presented at European College of Sport Science Symposium, Lausanne Switzerland.

Resulted in abstract published: Meyer, N.L., Manore, M.M., Sundgot-Borgen, J. Female Athlete Triad: Bone Health Spectrum. 10th Annual Congress Proceedings European College of Sports Science, Lausanne, Switzerland, 2006: S183.

Meyer, N.L. (4/2005). Sports Nutrition: A 2005 Update. Presented at the Utah Dietetic Association Annual Meeting, Salt Lake City, Utah.

Meyer, N.L. (10/2006). Hot topic: Food for Olympians, highlights from Torino 2006. Invited lecture at Nutrition for Fitness & Sport Conference. University of Arizona Health Sciences Center, Tucson, AZ.

Meyer, N.L. (10/2006). Dietary Supplements: Are the Risks worth the Benefits? Invited lecture at Nutrition for Fitness & Sport Conference. University of Arizona Health Sciences Center, Tucson, AZ.

Meyer, N.L. (7/29-7/30, 2006). Physiology and Nutrition for the Female Cross Country Skier. Invited Seminar at the Japan Institute for Sport and Ski Association of Japan, Tokyo, Japan.

Meyer, N.L. (6/2006). Chair of Session: Prevalence, Medical Issues, and Treatment Approaches of Athletes with Bulimia Nervosa and Related Disorders. American College of Sports Medicine Annual Meeting, Denver, Colorado.

Meyer, N.L. (4/2006). Food, Fuel, and Supplements for Young Athletes. Presented at the Annual Frappier Acceleration Sports Training Facility Conference, Minneapolis, MN.

Meyer, N.L. (3/2006). Ernährung für Training und Wettkampf im Langlaufsport. Presented at the 1st International Congress for Cross-Country Skiing for Fitness and Performance, Saalfelden, Austria.

Meyer, N.L. (4/2006). Essstörungen und Female Athlete Triad im Langlaufsport. Presented at the 1st International Congress for Cross-Country Skiing for Fitness and Performance, Saalfelden, Austria.

Meyer, N.L. (5/9-5/11/2005). Performance Nutrition Endorsement Class and Breakout Session. Embrace Change Conference, Utah State Office of Education Annual Conference, St. George, Utah.

Meyer, N.L. (10/2005). A Tour of the Female Athlete Triad: a 10-year Update. Presented at the Annual American Dietetic Association FNCE meeting, St. Louis, Missouri.

Meyer, N.L. (11/2004). Nutrition for Physical Activity. From Leisure Time to Peak Performance. Presented at the 2nd International Symposium for Nutrition, Physical Activity, and Health. Univesidade Lusofona de Humanidades e Tecnologias, Lisbon, Portugal.

Meyer, N.L. (11/2004). Ernährung der Frau im Sport. Presented at the Symposium: Sport im Wechsel der Zeit aus leistungsmedizinischer Sicht. Arbeitsgemeinschaft für theoretische und klinische Leistungsmedizin der Universitätslehrer Österreichs. Salzburg, Austria.

Meyer, N.L. (3/2004). Dietary Supplements: Think again. Frappier Acceleration Sports Training Annual Facility Conference. Salt Lake City, UT, USA.

Meyer, N.L. (10/2003). Working with Active People: Principles and Application of Sports Dietetics. Presented at the Annual Intermountain Health Care Dietitian Conference. Cottonwood Hospital, Murray, UT, USA.

Meyer, N.L. (8/2003). Recovery Nutrition. Presented at The Orthopedic Specialty Hospital's Annual Coaches Conference.

Meyer, N.L., Subudhi, A.W., Walker, J.A., Shaw, J.M., Askew, E.W., and Manore, M.M. (5/2002). Winter Sport Athletes: Nutrition Issues during Preparation for the 2002 Olympic Winter Games. Invited presentation at the National Meeting of the American College of Sports Medicine and World Congress, St. Louis, MI.

Meyer, N.L. (8/2002). Nutritional Supplementation and Ergogenic Aids: Current trends lead us back to real foods. The Orthopedic Specialty Hospital's Athletic Trainer Annual Conference.

Meyer, N.L. (7/2001). The Female Athlete: Energy Drain: Effects on Performance and Health. Presented at the International Federation of Skiing (FIS); FIS Seminar, Midway, UT.

Meyer, N.L. (2000). The Female Athlete. Presented for OXIS Health Products, Portland OR.

Meyer, N.L. (9/2000). Training nutrition for young athletes. Presented to the Salt Lake Community Olympic Development Program (CODP), Deer Valley, UT.

Meyer, N.L. (8/2000). Training nutrition for high-school athletes. Presented at The Orthopedic Specialty Hospital's annual coaches' conference, Salt Lake City, UT.

Meyer, N.L. (5/2000). Snow sports in Switzerland. Keynote speaker at the National Academy of the Professional Ski Instructor Association of America, Snowbird, UT.

GRANTS AND SCHOLARSHIPS

Meyer N.L. and Harris, M. Inter-tester reliability of ultrasound and anthropometry in athletes. International Olympic Committee Grant. Funded at 11,245.20, 12/2013.

Meyer, N.L. Primary Investigator. Pikes Peak Community Foundation. Food, Nutrition, Health, Wellness and Fitness Grant. **Funded** yearly at 20,000; contract to be renegotiated yearly; 11/2013.

Meyer, N.L. Primary Investigator. United States Olympic Committee. Senior Sports Dietitian. Funded, yearly, 74,000.00; contract to be renegotiated yearly; 11/2013.

Meyer, N.L. Green Action Fund. Good for You and the Planet. Funded 16,500.00. 12/2012.

Lewis, R. and **Meyer, N.L.** Intelligent distributed informatics: artificial intelligence for an integrated Performance Enhancement Team Approach. Funded, 118,000.00; 5/2012.

Meyer, N.L. Primary Investigator. United States Olympic Committee. Sports Nutrition Leadership. **Funded** yearly, 91,000.00; contract to be renegotiated yearly; 2/2012.

Meyer, N.L. Primary Investigator. Pikes Peak Community Foundation. Food, Nutrition, Health, Wellness and Fitness Grant. **Funded** at 37,600; contract to be renegotiated yearly; 6/2012.

Meyer, N.L. Primary Investigator. Pikes Peak Community Foundation. Food, Nutrition, Health, Wellness and Fitness Grant. **Funded** yearly, 20,000; contract to be renegotiated yearly; start date 6/2011.

Meyer, N.L. Primary Investigator. United States Olympic Committee. Sports Nutrition Leadership. **Funded** yearly, 57,500.00; contract to be renegotiated yearly; start date 1/2011.

Ping, K and **Meyer, N.L.** Co-Investigator. Education to Empower Female Collegiate Athletes to Eat for Performance and Health. National Collegiate Athletic Association (NCAA), (Submitted 7484.00, May 1st, 2010; denied).

Meyer, N.L. Primary Investigator. Effect of a Jumping Program on Bone Mass in Cyclists. UCCS Committee on Research and Creative Works (CRCW), (Funded \$ 7,482.00, March 15, 2010).

Meyer, N.L. Primary Investigator. Influence of Race on Female Athlete Triad in Active Women. Innovation in Scholarship for Inclusive Excellence (ISIE) UCCS (Funded \$ 1000, Feb, 2010).

Meyer, N.L. Primary Investigator. Influence of Race on Female Athlete Triad in Active Women. Innovation in Scholarship for Inclusive Excellence (ISIE) UCCS (Funded \$ 500, Nov, 2009).

Meyer, N.L. Teaching Enhancement Grant; Vancouver Olympics; UCCS Faculty Awards Committee, (Submitted \$ 500.00-, Oct 10, 2009; denied).

Meyer, N.L. Primary Investigator. From Garden to Kitchen at UCCS: Experiential Learning to Promote Healthy Lifestyles. The Medical Education and Research Institute of Colorado (MERIC) (Submitted \$ 113,518, April 10, 2009; denied).

Meyer, N.L. Primary Investigator. Influence of Race on Female Athlete Triad in Active Women. Campus Research and Creative Works (CRCW) UCCS (Submitted \$ 7,494, March, 2009; denied).

Meyer, N.L. Primary Investigator. Influence of Race on Female Athlete Triad in Active Women. Innovation in Scholarship for Inclusive Excellence (ISIE) UCCS (Funded \$ 1000, Feb, 2009).

Meyer, N.L. Co-Investigator (PI: Rory Lewis). PIRE – Security Intelligent Semantic Information Ontology for FIFA Network. National Science Foundation (Submitted \$2,921,131, Feb, 2009, denied).

Meyer, N.L. Primary Investigator. Influence of Race on Female Athlete Triad in Active and Athletic Women. National Eating Disorder Association (Submitted \$10,000, Dec, 2008; denied).

Meyer, N.L. Co-Investigator (PI: Rory Lewis). Semantic Web Ontology Infrastructure for US Olympic Sport Science and Education Network. National Science Foundation (Submitted \$100,000, Sept, 2008; denied).

Meyer, N.L. (7/2008). Better Eating and Safer Training for Youth (B.E.S.T. YOUTH). Private Family Endowment Fund (funded \$10,000, July, 2008).

Meyer, N.L. (5/2007). Development of the Exercise and Nutrition Curriculum for high schools. General Mills Foundation Champion Grant (Funded \$ 5,000, June 2007-June 2008).

Meyer, N.L. (5/2007). Better Eating and Safer Training for Youth (B.E.S.T. YOUTH). Dairy Council Utah Chapter (funded \$5,000, 5/2007-5/2008).

Meyer, N.L. (5/2007). Development of the Exercise and Nutrition Curriculum for high schools, Dairy Council Nevada Chapter (funded \$5,000, 5/2007-5/2008)

Meyer, N.L. (9/2004). Development of an on-line assessment system for the B.E.S.T. Study (Better Eating and Safer Training). Deseret Foundation (funded \$10,000 9/2004-9/2005).

Meyer, N.L. (4/2004). Development of on-line sports nutrition course; College of Health; Division of Nutrition at the University of Utah, Salt Lake City (funded \$ 5,000 4/2004-4/2005).

Meyer N.L. Winter Sport Athletes: Nutrition Issues during the Preparation for the 2002 Winter Olympics in Salt Lake City, USA. (3/2001). International Olympic Committee (Pfizer Olympic Research; (funded \$ 30,000 3/2001-5/2003).

COURSES TAUGHT

University of Colorado at Colorado Springs (Assistant Professor, 2008-present)

Beth-El College of Nursing and Health Sciences

HSCI 4910/6140 Food, Culture, Community and Health (Interim, Fall 2011; Interim Summer 2012; Interim, Fall 2013)

HSCI 3920 Community Nutrition (Spring 2009; 2010; 2011)

HSCI 6100 Clinical Sports Nutrition and Research (Fall, 2010, Fall 2011, Fall 2012, Fall 2013)

HSCI 4060/5060 Advanced Sport Nutrition and Metabolism (Spring 2009; Fall, 2009; Fall 2010; Fall 2011; Fall 2013)

HSCI 4910/6140 Food, Culture, Community and Health (Interim, Fall 2010)

HSCI 4820/5820 Nutrition, Exercise and Health in Women (Spring 2010)

NUTR 3330 Sport Nutrition (Fall, 2008, 2009)

Sport Nutrition Graduate Program Coordinator

Curriculum approved (Feb, 2009-2012)

University of Utah (Adjunct Faculty 2003-2008)

Division of Nutrition

Online Courses developed for University of Utah, Division of Nutrition (2003)

NUTR 532 Sport Nutrition

NUTR 532 Sport Nutrition (Spring 2004-Spring 2008; including online)

NUTR 632 Advanced Sport Nutrition and Metabolism (Spring, 2008)

University of Utah Sports Dietetics Graduate Curriculum Coordinator (Feb, 2004-2008)

University of Salzburg (Visiting Professor, 2002-2010)

Department of Sport Sciences

Nutrition, Exercise, and Health (yearly)

Nutrition for Sport Performance (yearly)

International Olympic Committee, Sport Nutrition Diploma

Digital Lecture developed for Online Post-Graduate Course (2007)

Nutrition for Winter Sports: Skiing, Boarding, Skating

RECOGNITIONS

University of Colorado, Campus Sustainability Award 5/2014

UCCS Office of Sustainability; Sustainability Award 5/2013

American College of Sports Medicine (ACSM) Fellow 5/2012

SCAN Excellence in Practice Award 1/2012
Sports, Cardiovascular and Wellness Nutrition

Preceptor of the Year Award 4/2007
Division of Nutrition University of Utah

Salt Lake City, UT

Outstanding Doctoral Student Award 4/2003
Department of Exercise and Sport Science
University of Utah, Salt Lake City, UT

3rd prize Scientific Award for oral presentation 1/2000
Nutrition Issues in Alpine Skiers during the Preparatory Phase
2nd International Congress on Skiing and Science
St. Christoph, Austria

SERVICE

University Service

Committees

Food Service & Healthy Campus Committee	2013-present
Interdisciplinary Sport Taskforce	2012-present
Sustainability Strategic Planning Taskforce	2011-2012
Taskforce for the Center on Innovations in Wellness Committee	2011-present
Beth-El College Strategic Planning Committee	2009-2012
Health Sciences External Opportunities Taskforce Committee	2009-2010
Health Sciences Graduate Committee	2009-present
Health Sciences Faculty Search Committee	2009/2011/2012
Sustainability Council	2009-2010
Beth-El College Faculty Organization	2008-present
Health Sciences Curriculum Committee	2008-present
University Sustainability Committee	2008-present
Women's Faculty Assembly Committee	2008-2010

Others

UCCS Peak Sport Nutrition Clinic Director	2010
UCCS University Athletics Sports Dietitian	2008-2012
UCCS Campus Garden and Greenhouse Project	2008-present

UCCS Presentations

Meyer, N.L. (8/2013). Good food for you and the planet. Presented at Sustainable Me (Freshman Seminar), University of Colorado, Colorado Springs.

Meyer, N.L. (11/2011). Introduction to Sport Nutrition as a Professional Field presented to Food for Thought Course at University of Colorado at Colorado Springs, CO.

Meyer, N.L. (8/2010). Longevity in Older Adults presented in Health Promotion at University of Colorado at Colorado Springs, CO.

Meyer, N.L. (2/2010-2/2011). Introduction to Sport Nutrition as a Professional Field presented to Ethics in Sport at University of Colorado at Colorado Springs, CO (recurring).

Meyer, N.L. (1/2010). Food for Olympians. Presentation in collaboration with Sport Nutrition Graduate Students, University of Colorado, Colorado Springs, CO.

Meyer, N.L. (12/2009). Doping and Dietary Supplements in Sport presented to Forensic Science Students, University of Colorado, Colorado Spring, CO.
Meyer, N.L. (2/2009). Introduction to Sport Nutrition as a Professional Field presented to Ethics in Sport at University of Colorado at Colorado Springs, CO.
Meyer, N.L. (2/2009). Nutrition for Collegiate Volleyball Players presented to University of Colorado at Colorado Springs, CO Female Volleyball Team.
Meyer, N.L. (4/2009). Nutrition for Collegiate Soccer Players presented to University of Colorado at Colorado Springs, Co Female Soccer Team.
Meyer, N.L. (8/2008). Healthy Snacks for Freshmen presented to Freshmen Seminar, University of Colorado at Colorado Springs, CO.

Thesis Chair

Rubinstein, N. (completed 12/12) Vitamin D Status in Elite Winter Sport Athletes
Viner, B. (completed 8/13) Energy Availability, Nutrient Intakes and Bone Mass in Elite Cyclists
Hammond, R. (completed 12/12) Effect of a Clinical Intervention on Bone Mass in Elite Cyclists
Gavand, K. (completed 8/12) Effect of a Jumping Program on Bone Mass in Elite Cyclists
Taggart, J. (moved away) Validity and reliability of a Female Athlete Triad screening tool
Garneau-Fournier, J. (completed; 12/2010) Influence of Race on the Female Athlete Triad

Community Service

Community Presentations since 8/2008

Meyer, N.L. (9/2011) Good Soil, Healthy Food, Fit Body. Cool Science Festival, Colorado Springs, CO.
Meyer, N.L. (9/2011) Nutrition and the Environment. Cool Science Festival, Colorado Springs, CO.
Meyer, N.L. (9/2009) The Low Carbon Lifestyle presented at Conservation Hardware for Local Food Week, Colorado Springs, CO.
Meyer, N.L. (8/2009) Nutrition for Female Runners presented at Boulder Running Company, Colorado Springs, CO.
Meyer, N.L. (6/2009) Nutrition for Young Cyclists presented at USA Cycling Development Camp, Colorado Springs, CO.
Meyer, N.L. (3/2009) Nutrition for Female Cyclists presented at a Women's Cycling Camp in Moab, UT.
Meyer, N.L. (9/2009) The Low Carbon Lifestyle at Conservation Hardware presented as part of Local Food Week, Colorado Springs, CO.

Professional Service

Professional Organizations

IOC, Female Athlete Triad Consensus Committee	2013-present
Female Athlete Triad Coalition	2011-present
Ad Hoc Research Working Group of the IOC Medical Commission for	2010-2012

Body Composition for Health and Performance	
IOC Sports Nutrition Consensus Panel Member	2010
USOC Sport Nutrition Lead	2011-2012
USOC Sports Dietetics Virtual Team	2008-2010
USOC Sport Nutrition Network	2008-2010
Professionals in Nutrition for Exercise and Sport (PINES)	2008-2013
President (now past-president)	
American College of Sports Medicine	1992-present
Member of Rocky Mountain Regional Chapter	
European College of Sport Science	2003-2008
American Dietetic Association	2002-present
Sports, Cardiovascular, and Wellness Nutritionists (SCAN)	2002-present
Sports Dietetics-USA	2005-present
Leadership team	
Workgroup member of ADA's Standards of Practice	2007-present
Sports Dietetics Committee (SOP/SOPP)	
Slow Food USA	2007-present
Steering Committee Slow Food Colorado Springs, CO	
Member: Swiss Ski Technical Commission, Switzerland	1998-2000
Examiner: Swiss Snow Education Team, Switzerland	1996-2001
Member: Swiss Snow Demonstration Team, Switzerland	1996-2000
Examiner: US Ski Coaches Association, USA	1995-1999
Member: Swiss Academic Ski Team	1991-1993
Member: World University Games in Japan, 1991 and Poland, 1993	
Member: University of Wyoming Ski Team	1989-1992
Member: NCAA; All American Skier	
Member: Swiss National Ski Team	1983-1989
Europe Cup und World Cup Team	

Reviewing and Editing

Reviewer	
Nutrition Care Manual (Nutrition and Sport Performance)	
American Dietetic Association	8/2009
Reviewer	
National Strength and Conditioning Association	5/2009
Chapters on Fluid and Hydration as well as Micronutrients	
Associate Editor and Editor	
International Journal of Sports Nutrition and Exercise Metabolism	2013-present
Editorial Board Member	
International Journal of Sports Nutrition and Exercise Metabolism	2007-2013
Reviewer	
ADA/ACSM Position Paper on Nutrition for Athletic Performance	2007

Published in 2009

Workgroup Member ADA's Evidence-based Analysis Project on Nutrition for Athletic Performance	2006
Sports Editor & Editor of Research Digest for Sports Dietetics-USA Sports and Cardiovascular Wellness Nutritionists' SCAN <i>Pulse</i>	2005-2008 2007-2011
Editorial Board Member ACSM's Health and Fitness Journal	2005-present 2009-present

Ongoing reviewer responsibilities

Reviewer for the International Sports Medicine Journal, International Journal of Sports Nutrition and Exercise Metabolism, Journal of Sports Sciences, Scandinavian Journal of Medicine and Science in Sport, Medicine and Science in Sports and Exercise.

Grant Reviewer

Reviewed "Impact of dietary gluten on inflammatory responses, intestinal permeability and physical performance in non-celiacs", Canadian Foundation for Dietetics Research (May 2013).

Reviewed "Dietary Nitrates in Sport" for Swiss Federal Council of Sports (Dec, 2012).

Reviewer & Committee Member of Ingenuity Grants, Pikes Peak Community Foundation (2011-present)

Reviewer & Committee Member of the Gail Butterfield Travel Award (2011-present)

Reviewed "Meta-Analyses in Sport Nutrition" for Swiss Federal Council of Sports (Dec, 2009).

Reviewed "Influence of Energy and Calcium Availability on Bone Turnover in Female Adolescent Athletes" for Thrasher Research Foundation (November, 2008).

Consulting

Consultant: CU Boulder Football and Basketball Athletics 2013-present

Consultant: American Distance Project 2013-present

Consultant: Oklahoma City Thunder, Professional Basketball Team 2010

Consultant: Athletic Republic 1999 to 2007

Consultant and Specialist for Treatment of Eating Disorders
Youth Village/Alpine Academy: eating disorder consultant 2005

Consultant: HealthTech Corporation, Golden, Colorado 2002

Consultant: OXIS Health Products, Portland, Oregon 2001-2002

Consultant and author of quarterly column for Skiing Magazine 2006

Swiss Olympic Consultant for Meal Service Nagano 1998

Swiss Paraplegic Association, Nottwil, Switzerland 1999-2000

Bundes Ski Akademie, St. Christoph, Austria 1999-2000

Professional References:

Timothy Lohman, PhD

Professor Emeritus

University of Arizona

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Tucson AZ 85745
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Email: timloh@cox.net

Melinda M. Manore, PhD, RD, CSSD

Professor (Nutrition/Exercise), School of Biological & Population Sciences
Milam 103; Office 170D
2520 SW Campus Way
College PHHS, Oregon State University, Corvallis, OR 97331
Phone: 541-737-8701
Email: Melinda.manore@oregonstate.edu

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