

Jessica Susan Gorzelitz, PhD, MS

Assistant Professor of Health Promotion
 Department of Health and Human Physiology &
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EDUCATION

- PhD** University of Wisconsin – Madison, Madison, WI 2016 – 2020
 Department of Kinesiology
 Emphasis in Physical Activity Epidemiology, Minor in Biostatistics
 Certificate in Fundamentals of Clinical Trials
 Dissertation: *Physical activity and endometrial cancer survivorship: Home-based resistance exercise and lifetime self-reported moderate and vigorous physical activity.*
- MS** University of Wisconsin – Madison, Madison, WI 2014 – 2016
 Department of Population Health
 Emphasis in Epidemiology
 Thesis: *Discordance of physical activity reporting: Interviewer-administered questionnaire verses waist accelerometry in adults.*
- BS** University of Wisconsin – Madison, Madison, WI 2008 – 2013
 Department of Kinesiology
 Major: Kinesiology-Exercise and Movement Science
 Certificate in Global Health

PROFESSIONAL EXPERIENCE

- Assistant Professor of Health Promotion* 2022-Present
 Department of Health and Human Physiology
 College of Liberal Arts and Sciences
 Department of Obstetrics and Gynecology, 0% effort appointment
 University of Iowa, Iowa City, IA
- Full Member* 2023-Present
 Holden Comprehensive Cancer Center
 University of Iowa Hospitals and Clinics
 University of Iowa, Iowa City, IA
- Associate Member* 2022-2023
 Holden Comprehensive Cancer Center
 University of Iowa Hospitals and Clinics
 University of Iowa, Iowa City, IA
- Member, Cancer Prevention and Control Research Network* 2022-Present
 Survivorship, Health Behaviors, and Rural Cancer Workgroups member
 University of Iowa, Iowa City, IA
- Postdoctoral Research Fellow* 2020 – 2022
 Cancer Prevention Fellowship Program
 Metabolic Epidemiology Branch

Division of Cancer Epidemiology and Genetics
 National Cancer Institute, National Institutes of Health
 Rockville, MD
 Preceptor: Dr. Charles E Matthews

<i>Graduate Research Assistant</i> University of Wisconsin – Madison Department of Kinesiology Physical Activity Epidemiology Laboratory Madison, WI Advisor: Dr. Lisa Cadmus-Bertram	2016 – 2020
<i>Project Assistant for the Survey of the Health of Wisconsin</i> University of Wisconsin – Madison Survey of the Health of Wisconsin (SHOW) Madison, WI Mentor: Dr. Paul Peppard	2014 – 2016

HONORS & AWARDS

<i>Monica Baskin Diversity Institute for Emerging Leaders (Competitively selected).</i> Society of Behavioral Medicine.	2024-2025
<i>Professional Development Award.</i> Cancer Prevention and Control Research Network.	2023
<i>ORBIT Institute Developing Behavioral Treatments to Improve Health Competitive Award (NCI R25CA244065 PI: Sylvie Naar).</i> Center for Translational Behavioral Science. Florida State University, Tallahassee FL.	2023
<i>2022 NCI Director's Award.</i> National Cancer Institute.	2023
<i>Physical Activity and Public Health Course Fellow (Competitively selected),</i> Arnold School of Public Health, University of South Carolina.	2022
<i>Transdisciplinary Research in Energetics in Cancer Training Workshop Fellow (Competitively selected).</i> TREC Training Workshop (NCI R25 CA203650, PI: Melinda Irwin). Yale School of Public Health.	2022
<i>Institutional Nominee for the early K99/R00 NCI Pathway to Independence Award for Outstanding Early-Stage Postdoctoral Researchers.</i> Top candidate and sole annual nominee for the Cancer Control Track. Division of Cancer Epidemiology and Genetics, National Cancer Institute.	2021-2022
<i>Sally J Phillips Outstanding Graduate Student Travel Award.</i> Department of Kinesiology, University of Wisconsin-Madison.	2020
<i>Marsh Center Travel Award.</i> Department of Kinesiology, University of Wisconsin-Madison.	2018, 2019, 2020
<i>Genevieve Brown Wright Fellowship.</i> School of Education, Department of Kinesiology, University of Wisconsin-Madison.	2019-2020
<i>Summer Research Experience Competitive Award (NCI R25E CA056452, PI: Shine Chang)</i> Cancer Prevention Research Training Program, The University of Texas at MD Anderson Cancer Center, Houston, TX.	2018

<i>Virginia Horne Henry Wisconsin Distinguished Graduate Fellowship</i> . School of Education, Department of Kinesiology, University of Wisconsin-Madison.	2018-2019
<i>Ruth B Glassow Memorial Scholarship</i> . School of Education, Department of Kinesiology, University of Wisconsin-Madison.	2018
<i>William and Virginia Marsh Endowed Graduate Fellowship</i> . School of Education, Department of Kinesiology, University of Wisconsin-Madison.	2017-2018
<i>Marie L Carnes Fellowship for Outstanding Female Doctoral Students in Kinesiology</i> . School of Education, Department of Kinesiology, University of Wisconsin-Madison.	2016-2017
<i>Outstanding New Population Health Student Scholarship</i> . Department of Population Health, University of Wisconsin-Madison.	2014
<i>Thermo Fisher Electron Scholarship</i> . School of Education, University of Wisconsin-Madison.	2008
<i>Agricultural and Life Sciences Scholarship</i> . School of Education, University of Wisconsin-Madison.	2008

PUBLICATIONS SUMMARY

Order	Publications		Presentations		Totals		
	Peer	Non	Conference	Invited	Pubs	Talks	All
1. First	9	2	23	0	11	23	34
2. Senior	0		2		0	2	2
3. Second	3	1	4		4	4	8
4. Mid	10		8		10	8	18
Count	22	3	37	0	25	37	62

*Citations (count): 298, h-index: 9

BIBLIOGRAPHY

Articles under Review

- Schmitz KH, Demanelis K, Crisafio M, Kennedy M, Schwartz A, Campbell A, **Gorzelitz J**, Wood K, Wilson CM, Scalies R, Vincent A. Access to cancer rehabilitation and exercise oncology according to geography, race, and socioeconomic status. (*Under review**).
- Wahlen MM, Schroeder MC, Bojorquez PY, Birken SA, Semprini JT, **Gorzelitz JS**, Seaman A, Sadri L, Broman K, Lizarraga, Charlton MC. A survey of cancer networks in the US: Goals, Composition, Resources, and Evaluation. (*Under review at JNCI*).
- Kennedy MA, Covington Wood K, Campbell A, Potiaumpai M, Wilson CM, Schwartz AL, **Gorzelitz J**, Caru M, Schmitz KH. Identification of core competencies for exercise oncology professionals: A Delphi study of US and Australian participants. (*Under review at Cancer*).
- Agnew M, Cadmus-Bertram L, **Gorzelitz J**, Ruzicka M, Kwekkeboom K, Andersen SW. "There is no expiration date": Identifying physical activity abilities, goals, and preferences for an intervention among adults living with advanced cancer in non-urban settings. (*Under review at Supportive Care in Cancer*).

5. Shailendra P, Baldock KL, Li SK, **Gorzelitz J**, Matthews CE, Trabert BT, Bennie JA, Boyle T. Weight training and risk of all-cause, cardiovascular disease and cancer mortality: A prospective cohort study among 216,339 older adults. (*Under revision at International Journal of Epidemiology*).

Articles in Refereed Journals

1. Summer V Harvey, Nicolas Wentzensen, Kimberly Bertrand, Amanda Black, Louise A Brinton, Chu Chen, Laura Costas, Luigino Dal Maso, Immacolata De Vivo, Mengmeng Du, Montserrat Garcia-Closas, Marc T Goodman, **Jessica Gorzelitz**, Lisa Johnson, James V Lacey, Linda Liao, Loren Lipworth, Jolanta Lissowska, Anthony B Miller, Kelli O'Connell, Tracy A O'Mara, Xiao Ou, Julie R Palmer, Alpa V Patel, Sonia Paytubi, Beatriz Pelegrina, Stacey Petruzella, Anna Prizment, Thomas Rohan, Sven Sandin, Veronica Wendy Setiawan, Rashmi Sinha, Britton Trabert, Penelope M Webb, Lynne R Wilkens, Wanghong Xu, Hannah P Yang, Wei Zheng, Megan A Clarke, Associations of life course obesity with endometrial cancer in the Epidemiology of Endometrial Cancer Consortium (E2C2), *International Journal of Epidemiology*, 2023;, dyad046,
2. Kung C-P, Skiba MB, Crosby EJ, **Gorzelitz J**, Kennedy MA, Kerr BA, Li YR, Nash S, Potiaumpai M, Kleckner AS, James DL, Coleman MF, Fairman CM, Galván GC, Garcia DO, Gordon MJ, His M, Hornbuckle LM, Kim S-Y, Kim T-H, Kumar A, Mahé M, McDonnell KK, Moore J, Oh S, Sun X, Irwin ML, "Key Takeaways for knowledge expansion of early career scientists conducting transdisciplinary research in energetics and cancer (TREC): A Report from the TREC Training Workshop 2022" (*In press JNCI Monographs*).
3. Kennedy MA, Potiaumpai M, Maitin-Shepard M, Wilson CM, Campbell A, Schwartz AL, **Gorzelitz J**, Caru M, Grimmatt C, Schmitz KH. Looking Back: A review of policy implications for exercise oncology. (*In press, JNCI spectrum*).
4. Watts EL, Matthews CE, Saint-Maurice P, **Gorzelitz J**, Freeman J, Doherty A, Papier K, Shiroma E, Jin D, McClain K, Fensom G, Moore SC. Level of accelerometer-measured physical activity and risks of hospitalization for 25 common health conditions in UK Adults. (*In press, JAMA Network Open*).
5. Brasky TM, Hade EM, Cohn DE, Newton AM, Petruzella S, O'Connell K, Wilkens LR, Friedenreich CM, Cook LS, Jordan SJ, Webb PM, Na R, Spurdle AB, Risch H, Lu L, Yu H, Ponte J, Du M, Goodman M, Prizment A, Liao LM, Trabert B, **Gorzelitz J**, Setiawan VW, Schouten LJ, van den Brandt PA, De Vivo I, Shu X, Lipworth-Elliot L, Wolk A, McCann S, Freudenheim JL, Sandin S, Palmer JR, Bertrand KA, Wentzensen N, Krogh V, Neuhaus ML. Dietary omega-3 fatty acids and endometrial cancer risk in the Epidemiology of Endometrial Cancer Consortium: An individual-participant meta-analysis of prospective studies. (*In press, Gynecologic Oncology*).
6. **Gorzelitz J**, Trabert B, Kahtki HA, Moore SC, Watts EL, Matthews CE. Joint and independent associations of weightlifting and aerobic activity with mortality in the Prostate, Lung, Colorectal, and Ovarian Cancer Screening Trial. *British Journal of Sports Medicine* Published Online First: 27 September 2022. doi: 10.1136/bjsports-2021-105315.
7. Watts EL, Matthews CE, Freeman JR, **Gorzelitz JS**, Hong HG, Liao LM, McClain KM, Saint-Maurice PF, Shiroma EJ, Moore SC. Association of Leisure Time Physical Activity Types and Risks of All-Cause, Cardiovascular, and Cancer Mortality Among Older Adults. *JAMA Netw*

Open. 2022 Aug 1;5(8):e2228510. doi: 10.1001/jamanetworkopen.2022.28510. PMID: 36001316; PMCID: PMC9403775.

8. **Gorzelitz J**, Bouji N, Stout NL. Program Barriers and Facilitators in Virtual Cancer Exercise Implementation: A Qualitative Analysis. *Translational Journal of the American College of Sports Medicine*. 2022 Jul 1;7(3):e000199.
9. **Gorzelitz JS**, Trentham Dietz A, Hampton JM, Spencer RJ, Costanzo E, Koltyn K, Gangnon RE, Newcomb PA, Cadmus-Bertram LA. Mortality risk and physical activity across the lifespan in endometrial cancer survivors. *Cancer Causes Control*. 2022 Jan 17. doi: 10.1007/s10552-021-01540-z. Epub ahead of print. PMID: 35040017.
10. **Gorzelitz JS**, Stoller S, Costanzo E, Gangnon R, Koltyn K, Dietz AT, Spencer RJ, Rash J, Cadmus-Bertram L. Improvements in strength and agility measures of functional fitness following a telehealth-delivered home-based exercise intervention in endometrial cancer survivors. *Supportive Care in Cancer*. 2021 Jul 25. doi: 10.1007/s00520-021-06415-2. Epub ahead of print. PMID: 34304292.
11. **Gorzelitz J**, Costanzo E, Gangnon R, Koltyn K, Dietz AT, Spencer RJ, Rash J, Cadmus-Bertram L. Feasibility and acceptability of home-based strength training in endometrial cancer survivors. *Journal of Cancer Survivorship*. 2021 Mar 6. doi: 10.1007/s11764-021-00990-3. Epub ahead of print. PMID: 33675013.
12. Parker NH, **Gorzelitz J**, Ngo-Huang A, Basen-Engquist K, Prakash L, Garg N, Fogelman D, Varadhachary G, Petzel MQB, Schadler K, Katz MHG. The Role of Home-Based Exercise in Maintaining Skeletal Muscle During Preoperative Pancreatic Cancer Treatment. *Integrated Cancer Therapies*. 2021 Jan-Dec;20:1534735420986615. PMID: 33870744; PMCID: PMC8056559.
13. **Gorzelitz J**, Farber C, Gangnon R, Cadmus-Bertram C. Accuracy of Wearable Trackers for Measuring Moderate- to Vigorous-Intensity Physical Activity: A Systematic Review and Meta-Analysis. *Journal for the Measurement of Physical Behaviour* 3.4 (2020): 346-357. DOI: 10.1123/jmpb.2019-0072.
14. Parker NH, Basen-Engquist K, Rubin ML, Li Y, Prakash L, Ngo-Huang A, **Gorzelitz J**, Ikoma N, Lee JE, Katz MH. Factors influencing exercise following pancreatic tumor resection. *Annals of Surgical Oncology*. 2020 Sep 4:1-1. PMID: 32886288.
15. **Gorzelitz JS**, Malecki KM, Cadmus-Bertram LA. Awareness of Physical Activity Guidelines Among Rural Women. *American Journal of Preventative Medicine*. 2020;59(1):143-145. PMID: 32564803; PMCID: PMC7338004.
16. **Gorzelitz J**, Costanzo ES, Spencer RJ, Rumble M, Rose SL, Cadmus-Bertram L. Longitudinal assessment of post-surgical physical activity in endometrial and ovarian cancer patients. *PloS one*. 2019 Oct 16;14(10):e0223791. PMID: 31618279; PMCID: PMC6795433.
17. Gudnadottir U, Cadmus-Bertram L, Spicer A, **Gorzelitz J**, Malecki K. The relationship between occupational physical activity and self-reported vs measured total physical activity. *Preventative Medicine Reports*. 2019 Jun 10;15:100908. doi: 10.1016/j.pmedr.2019.100908. PMID: 31297308; PMCID: PMC6598033.

18. Cadmus-Bertram LA, **Gorzelitz JS**, Dorn DC, Malecki KMC. Understanding the physical activity needs and interests of inactive and active rural women: a cross-sectional study of barriers, opportunities, and intervention preferences. *Journal of Behavioral Medicine*. 2020 Aug;43(4):638-647. doi: 10.1007/s10865-019-00070-z. Epub 2019 Jun 13. PMID: 31197537; PMCID: PMC7891881.
19. Dorn D, **Gorzelitz J**, Gangnon R, Bell D, Koltyn K, Cadmus-Bertram L. Automatic Identification of Physical Activity Type and Duration by Wearable Activity Trackers: A Validation Study. *JMIR Mhealth Uhealth*. 2019 May 23;7(5):e13547. doi: 10.2196/13547. PMID: 31124470; PMCID: PMC6552445.
20. **Gorzelitz J**, Peppard PE, Malecki K, Gennuso K, Nieto FJ, Cadmus-Bertram L. Predictors of discordance in self-report versus device-measured physical activity measurement. *Annals of Epidemiology*. 2018 Jul;28(7):427-431. doi: 10.1016/j.annepidem.2018.03.016. Epub 2018 Mar 30. PMID: 29681429; PMCID: PMC6500726.
21. Cadmus-Bertram L, Gangnon R, Wirkus EJ, Thraen-Borowski KM, **Gorzelitz-Liebhauser J**. Comment on Accuracy of Heart Rate Monitoring by Some Wrist-Worn Activity Trackers. *Annals of Internal Medicine*. 2017 Oct 17;167(8):607-608. doi: 10.7326/L17-0380. PMID: 29049770.
22. Cadmus-Bertram L, Gangnon R, Wirkus EJ, Thraen-Borowski KM, **Gorzelitz-Liebhauser J**. The Accuracy of Heart Rate Monitoring by Some Wrist-Worn Activity Trackers. *Annals of Internal Medicine*. 2017 Apr 18;166(8):610-612. doi: 10.7326/L16-0353. Epub 2017 Apr 11. PMID: 28395305; PMCID: PMC5564399.

Invited Book Chapters

1. **Gorzelitz J**. Applied physical activity epidemiology: Relationship of physical activity and exercise exposures with health outcomes. In Press: Exercise and Mental Health (Cisler, Crombie and Adams). Springer publisher, under book series Current Topics in Behavioral Neurosciences.

Public-Facing Communication

1. Murray AB, **Gorzelitz J**, Patterson JG, Moser RP. Beyond the binary—Importance of assessing sexual and gender minority status in population health. SBM Spring 2023 Outlook article. <https://www.sbm.org/publications/outlook/issues/spring-2023/beyond-the-binary-importance-of-assessing-sexual-and-gender-minority-status-in-population-health/full-article>
2. **Gorzelitz JS**, Heckman-Stoddard BM. Intensive Weight Loss Intervention and Cancer Risk in Adults with Type 2 Diabetes: Analysis of the Look AHEAD Randomized Clinical Trial. *PracticeUpdate website*. Available: <https://www.practiceupdate.com/content/weight-loss-intervention-and-cancer-risk-in-t2dm/105696/65/8/1>. Accessed September 10, 2020.
3. **Gorzelitz J**, Adams E, Waring ME. Quick stats: where to go when you need national or state numbers on demographics, disease burden, or behavioral risk factors. SBM Spring 2019 Outlook article. <https://www.sbm.org/publications/outlook/issues/spring-2019/quick-stats-national-state-numbers-demographics-disease-burden-behavioral-risk-factors/full-article>

Conference: Courses

1. **Co-presenter: Gorzelitz J.** “Introduction to Secondary Data Analysis: Enhancing your research skills during the Covid-19 pandemic”. Pre-conference course for the Society for Behavioral Medicine’s Annual Meeting (virtual format). April 12, 2021.

Conference: Presentations

1. **Gorzelitz JS**, Brick RS, Deng L, Mollica M, Stout NL, Stoller S, Williams CP. Sociodemographic and clinical characteristics associated with utilization of rehabilitation services in breast cancer survivors. Poster Presentation. American Society of Clinical Oncology (ASCO)– Quality Care Symposium. Boston, MA. (2023 October 26).
https://ascopubs.org/doi/10.1200/OP.2023.19.11_suppl.286
2. Steinke L, Farkas N, **Gorzelitz JS**, Litton E, Mellen KM, Moon C, Zhang M, Schroeder MC, Carr LJ. Testing the efficacy of a lifestyle behavioral counseling on physical activity, diet, and sleep activities in young and middle-aged cancer survivors. Poster presentation at: Midwest American College of Sports Medicine Annual Meeting. Indianapolis, IN. (2023 October 17).
3. Farkas, N., Steinke, L., **Gorzelitz, J.**, Litton, E., Mellen, K., Moon, C., Schroeder, M., Zhang, M., Carr, LJ. The Efficacy of Lifestyle Behavioral Counseling on Physical Activity, Diet, and Sleep Activities in Young and Middle Age Cancer Survivors. Poster presentation at: Midwest American College of Sports Medicine Annual Meeting. Indianapolis, IN. (2023 October 17).
4. Unke M, **Gorzelitz J**, Carr L, Whitaker KM. Knowledge of Relative Energy Deficiency in Sports (RED-S) among coaches of high school female runners. Poster presentation at: Midwest American College of Sports Medicine Annual Meeting; (2023 October 14); Indianapolis, IN.
5. **Gorzelitz J**, Adeagbo M, Dungan-Seaver S, Goodheart MJ, Lutgendorf S. Endometrial cancer survivors’ attitudes, knowledge, barriers, interests, and preferences surrounding home-based exercise programs. Poster Presentation. Heartland Association of Gynecologic Oncology Annual Meeting. Minneapolis, MN. (2023 September 22).
6. Babcock A, Litton E, Lutgendorf S, Goodheart M, **Gorzelitz J**. Evaluating Changes in Muscle Strength and Aerobic Endurance in Endometrial Cancer Survivors Following a Telehealth Exercise Program. Poster Presentation. Holden Comprehensive Cancer Center Annual Research Retreat. Iowa City, IA. (2023 June 14).
7. Dungan-Seaver S, Adeagbo M, Lutgendorf S, Goodheart M, **Gorzelitz J**. Qualitative Analysis of Barriers, Facilitators, Attitudes, and Preferences Surrounding Exercise in Endometrial Cancer Survivors. Poster Presentation. Holden Comprehensive Cancer Center Annual Research Retreat. Iowa City, IA. (2023 June 14).
8. Schmitz, K.H., Potiumpai, M., Kennedy, M.A., **Gorzelitz J.**, Betof-Warner, A. (2023, May 30 – June 2). Dissemination and implementation in exercise oncology. Conference presentation. ACSM 2023 Annual Conference, Denver, CO. (2023 May 30 – June 2).
9. Boyer, W.R., Laddu, D., **Gorzelitz, J.**, Booker, R. Associations between physical function, muscular strengthening activity and all-cause mortality among those with cardiovascular disease. American Heart Association: EPI/Lifestyle Conference, Boston, MA. (2023 February

28-March 3).

10. **Gorzelitz J**, Trabert B, Anderson G, Crandall CJ, Gass M, Pfeiffer RM, Wactawski-Wende J, Xu X, Michels KA. Circulating androgen and estrogen metabolites associated with urogenital menopausal symptoms in the Women's Health Initiative Observational Study. Poster presentation. Society for Epidemiologic Research Annual Meeting, Chicago, IL. (2022 June 14-17).
11. Watts EL, Matthews CE, Freeman J, **Gorzelitz J**, Hong H, Liao L, McClain K, Saint-Maurice P, Shiroma E, Moore SC. Leisure time PA types and risks of all-cause, cardiovascular and cancer mortality. Poster presentation. Society for Epidemiologic Research Annual Meeting, Chicago, IL. (2022 June 14-17).
12. **Gorzelitz J**. Home-Based Strength Training (HBEST) in Endometrial Cancer Survivors. Symposium title: The Physical Activity SIG Presents Rapidly Adapting Physical Activity Interventions to Reach Priority Populations during COVID-19 and beyond. Annual Meeting for the Society of Behavioral Medicine (SBM), Baltimore, MD. (2022 April 8).
13. **Gorzelitz J**, Matthews CE, Trabert B. The impact of muscle-strengthening exercise on mortality risk in a large screening trial. Society for Epidemiologic Research Annual Meeting. (Virtual format due to Covid-19) (2021 June 24).
14. **Gorzelitz J**, Costanzo E, Gangnon R, Spencer R, Trentham-Dietz A, Cadmus-Bertram L. Improvements in functional fitness following a home-based exercise intervention: The HBEST study outcomes. Society of Behavioral Medicine Annual Meeting. (Virtual format due to Covid-19) (2021 April 13).
15. **Gorzelitz J**, Tevarrwerk A, Sesto M, Gangnon R, Kellum D, Cadmus-Bertram L. Changes in accelerometer-measured physical activity following a sedentary intervention in breast cancer survivors (Plan to Stand). Poster presentation. Society of Behavioral Medicine Annual Meeting, San Francisco, CA. (2020 April 1-4) (Conference cancelled due to public health concerns from Covid-19).
16. **Gorzelitz J**, Trentham-Dietz, Hampton J, Spencer R, Newcomb PA, Cadmus-Bertram L. The relationship between moderate to vigorous physical activity and mortality in endometrial cancer survivors. Poster presentation. Society of Behavioral Medicine Annual Meeting, San Francisco, CA. (2020 April 1-4) (Conference cancelled due to public health concerns from Covid-19).
17. **Gorzelitz J**, Trentham-Dietz, Hampton J, Spencer R, Newcomb PA, Cadmus-Bertram L. The relationship between moderate to vigorous physical activity and mortality in endometrial cancer survivors. Poster presentation. UW Carbone Cancer Center Annual Research Retreat. Madison, WI. (2020 March 4).
18. **Gorzelitz J**, Tevarrwerk A, Sesto M, Gangnon R, Kellum D, Cadmus-Bertram L. Changes in accelerometer-measured physical activity following a sedentary intervention in breast cancer survivors (Plan to Stand). Poster presentation. UW Carbone Cancer Center Annual Research Retreat. Madison, WI. (2020 March 4).
19. **Gorzelitz J**, Costanzo E, Gangnon R, Spencer R, Trentham-Dietz A, Cadmus-Bertram L. Feasibility and acceptability of home-based resistance exercise in endometrial cancer survivors. Poster presentation. UW Carbone Cancer Center Annual Research Retreat. Madison, WI.

(2020 March 4).

20. **Gorzelitz J**, Parker NH, Ngo-Huang A, Petzel MQB, Prakash L, Garg N, Schadler K, Fogelman D, Tzeng CW, Kim MP, Lee JE, Varadhachary G, Basen-Engquist K, Katz MHG. Exercise is Associated with Skeletal Muscle Preservation During Preoperative Treatment of Pancreatic Cancer. Interactive poster session, MD Anderson Cancer Survivorship Symposium. (2019 November 15).
21. **Gorzelitz J**. Spencer R. Gangnon R. Cadmus-Bertram L. Feasibility trial of home-based strength training in endometrial cancer survivors. Poster presentation. Women's Health and Health Equity Research Symposium. Madison, WI. (2019 October 3).
22. **Gorzelitz J**. Spencer R. Gangnon R. Cadmus-Bertram L. Feasibility trial of home-based strength training in endometrial cancer survivors. Poster presentation. UW Carbone Cancer Center Annual Research Retreat. Madison, WI. (2019 April 4).
23. **Gorzelitz J**, Parker NH, Ngo-Huang A, Petzel MQB, Prakash L, Garg N, Schadler K, Fogelman D, Tzeng CW, Kim MP, Lee JE, Varadhachary G, Basen-Engquist K, Katz MHG. The role of home-based exercise in maintaining muscle quality during preoperative pancreatic cancer treatment. Poster presentation. American Society of Prevention Oncology Annual Meeting, Tampa, FL. (2019 March 12).
24. **Gorzelitz J**, Malecki KC, Cadmus-Bertram L. Awareness of Physical Activity Guidelines in Rural Wisconsin Women. Poster presentation. Society of Behavioral Medicine Annual Meeting, Washington, DC. (2019 March 9).
25. Cadmus-Bertram LA. **Gorzelitz J**. Malecki KC. Mead K. Physical Activity Barriers, Attitudes, and Intervention Preferences in Rural Women. Poster presentation. American Public Health Association Annual Meeting, San Diego, CA. (2018 November 13).
26. **Gorzelitz J**. Use it or lose it! The role of skeletal muscle mass in patients receiving preoperative therapy for pancreatic cancer. Oral and poster presentation. Cancer Prevention Research Training Program Summer Research Exposition, Houston, TX. (2018 August 7).
27. Dorn D. Gangnon R. **Gorzelitz J**. Bell D. Koltyn K. Cadmus-Bertram L. Validation of Automatic Activity Detection on Wearable Activity Trackers. Poster presentation. American College of Sports Medicine Annual Meeting, Minneapolis, MN. (2018 May 31).
28. Cadmus-Bertram LA. **Gorzelitz J**. Mixed-methods Assessment of Physical Activity Beliefs, Attitude, and Needs among Rural Wisconsin women. Oral presentation. Wisconsin Public Health Association Annual Conference, Green Bay, WI. (2018 May 23).
29. Cadmus-Bertram L. **Gorzelitz J**. Perceptions of Physical Activity Barriers and Needs among rural Wisconsin women: Mixed methods study. Oral presentation. Survey of the Health of Wisconsin Scientific meeting, Madison, WI. (2018 May 7).
30. **Gorzelitz J**. Costanzo E. Spencer R. Rumble M. Rose S. Cadmus-Bertram L. Post-surgical physical activity assessment of endometrial and ovarian cancer patients. Poster presentation. Society of Behavioral Medicine Annual Meeting, New Orleans, LA. (2018 April 13).

31. **Gorzelitz J.** Costanzo E. Spencer J. Rumble M. Rose S. Cadmus-Bertram L. Longitudinal physical activity assessment in post-surgical gynecologic cancer patients. Poster presentation. UW Carbone Cancer Center Annual Research Retreat, Madison, WI. (2018 April 5).
32. **Gorzelitz J.** Cadmus-Bertram L. Malecki K. Mead K. Perceptions and Attitudes on Physical Activity in Rural Wisconsin Women. Poster presentation. Department of Population Health Science Exposition, Madison, WI. (2018 March 19).
33. **Gorzelitz J.** Perceptions of Physical Activity in Rural Women Survey. Oral presentation. Department of Kinesiology seminar, Madison, WI. (2018 March 2).
34. Malecki K. Gudnadottir U. **Gorzelitz J.** Spicer A. Cadmus-Bertram L. Do High Levels of Occupational Physical Activity Increase the Likelihood of Meeting Physical Activity Guidelines? Data from the Survey of Health of Wisconsin. Poster presentation. Active Living Research Conference, Banff, Canada. (2018 February 11-14).
35. **Gorzelitz-Liebhauser J.** Costanzo E. Spencer J. Cadmus-Bertram L. Physical Activity Assessment in Post-Surgical Gynecologic Cancer Survivors. UW-Madison Department of Kinesiology Seminar, Madison, WI. (2017 April 7).
36. Spencer R. **Gorzelitz-Liebhauser J.** Costanzo E. Cadmus-Bertram L. A Prospective, Longitudinal Study to Identify Levels of Physical Activity in Post-Operative Gynecologic Oncology Patients. Poster presentation. Society for Gynecological Oncology, National Harbor, MD. (2017 March 12).
37. **Gorzelitz J.** Malecki K. Gennuso K. Peppard P. McWilliams C. Strath S. Collecting Accelerometer Data in a Population-Based Household Examination Survey: Findings from the Survey of the Health of Wisconsin. Poster presentation: Population Health Sciences Poster Session, University of Wisconsin-Madison (2015 March 23).

INVITED TALKS

Evidence-based exercise recommendations for cancer survivors. Iowa Cancer Affiliate Networks Educational Series. November 15, 2023.

Rurality, cancer and exercise in Iowa. Iowa Cancer Consortium Rural Working Group Meeting. October 19, 2023.

Physical Activity and Cancer Survivorship: Year 1 Research Updates. Iowa Area American Cancer Society's Meet a Researcher Event. September 7, 2023.

Distance-based exercise programs for improving cancer survivorship. Iowa Cancer Consortium Rural Working Group Meeting. April 20, 2023.

Strength in survivorship through exercise. Above and Beyond Cancer's Educational Series Workshop. March 1, 2023.

Methods and measurement of exercise in cancer survivors. Cancer biology seminar series. University of Iowa. January 30, 2023.

Using physical activity and exercise in cancer survivorship to improve population health. Holden Comprehensive Cancer Center Grand Rounds. University of Iowa. January 20, 2023.

Importance of health promotion in gynecologic cancer survivorship. Division of Gynecologic Surgery. Mayo Clinic. November 29, 2022.

Ask me anything about K grants. Panelist and presenter. Webinar sponsored by the Women's Health, Population Health Science, and Health Equity Special Interest Groups. Society for Behavioral Medicine. October 27, 2022.

Exercise utility in preventing frailty for endometrial cancer survivors. Division of Gynecologic Oncology Didactics seminar series. University of Iowa. September 27, 2022.

From epidemiology to health promotion: Using aerobic and muscle strengthening exercise in cancer survivors. Presentation as part of the Division of Cancer Epidemiology and Genetics (DCEG) Young Investigator Panel, National Cancer Institute. July 8, 2022.

Opportunities for physical activity and exercise in healthy cancer survivorship. Presentation for the Department of Heme Malignancy Seminar, University of Iowa. April 27, 2022.

Health promotion via aerobic and muscle strengthening exercise in cancer survivors. Presentation at the Department of Health and Human Physiology at the University of Iowa, Iowa City, Iowa. January 10, 2022.

The need and benefits of strengthening exercises in cancer survivors. Presentation for the Active Living after Cancer (ALAC) Extension for Community Health Outcomes (ECHO) at University of Texas-Houston MD Anderson Cancer Center. July 9, 2018.

RESEARCH SUPPORT

Under review (pending)

US Department of Defense, Congressionally Directed Medical Research Program 2024-2026
 Influence of sex hormones on quality of life during pancreatic cancer treatment and survivorship (PI: Chan)
 Role: Co-Investigator
 Direct: \$199,999 (total cost \$310,999)

Gabrielle's Angels Foundation 2024-2027
 Efficacy of home-based aerobic and muscle strengthening exercise for improving fatigue symptoms in patients with hematologic malignancies (PI: Gorzelitz)
 Role: Principal Investigator
 Direct: \$202,500 (total cost \$225,000)

Holden Comprehensive Cancer Center, Breast Cancer Symposium 2024-2025
 Post breast cancer treatment changes in symptom burden and microbiome composition following a pilot home-based exercise program (PI: Gorzelitz)
 Role: Principal Investigator
 Direct: \$33,150

Funded Applications

National Institutes of Minority Health and Health Disparities Coleman Award (PI: Wilson) 2024-2025
 Factors Influencing Physical Activity among Underserved and Underrepresented Female Breast Cancer Survivors in the United States: A Cognitive Interview Study

Role: Collaborator
Direct: \$15,000

3R01CA254628-03S1 2023-2025
NCI R01 Diversity Supplement
An exploration of pathways for exercise referrals in rural cancer community settings.
Role: Supported Supplement Candidate (Charlton PI R01)
Direct: \$233,722 (total cost \$363,438)

1L30CA284498-01 (Gorzelitz) 2023-2025
Extramural Loan Repayment Program for Clinical Researchers (LRP-CR)
Feasibility, interests and attitudes surrounding home-based comprehensive exercise programs in
endometrial cancer survivors
Role: Principal Investigator
Two-year contract

University of Iowa, Holden Comprehensive Cancer Center, Diana Benz Memorial Fund Seed Grant
(PI: Shemirani) 2023-2024
The efficacy, challenges, and facilitators of implementation of a web-based, behavioral lifestyle
intervention to improve cancer-related fatigue and quality of life among people with cancer in
remission.
Role: Consultant
Direct: \$25,000

University of Iowa, Department of Health and Human Physiology 2023
Muscle strengthening exercise validation study
Role: Principal Investigator
Direct: \$5,000

Mayo Clinic, Theodore W. Munns, Ph.D., Career Development Award in Endometrial Cancer
Research Honoring Drs. Munns and Podratz (PI: Kumar) 2023-2026
Tele-health exercise intervention for rural endometrial cancer survivorship.
Role: Co-Investigator
Direct: \$300,000

University of Iowa, Holden Comprehensive Cancer Center, Cancer Epidemiology and Population
Health Program (PI: Gorzelitz) 2023-2024
Invited full proposal after competitive Letter of Intent selection round.
Instrument development, testing and refinement for exercise needs in lowan cancer survivors.
Role: Principal Investigator
Direct: \$25,000

Completed

University of Iowa American Cancer Society-Institutional Research Grant (PI: Gorzelitz) 2022-2023
Feasibility, interests, and attitudes surrounding home-based comprehensive exercise programs in
endometrial cancer survivors.
Role: Principal Investigator
Direct: \$40,000

NIH | NCI | DCEG Intramural Research Award (PI: Gorzelitz) 2021-2022
Development of a targeted circulating biomarker for population level physical activity with broad
application to cancer epidemiology.

Role: Principal Investigator
 Direct: \$50,000

NIH | NCI | DCP | OD | CFPF Trans-Fellowship Award (mPI: Gorzelitz) 2021-2022
 Rates and outcomes of post-surgical rehabilitation in breast cancer survivors.
 Role: Principal Investigator (multiple PI with Dr. Courtney Williams)
 Direct: \$15,000

Unfunded Applications

1 K99 CA2777593-01 (Gorzelitz) *Scored, not funded* 2023-2028
 K99/R00 Early Career Pathway to Independence Award
 Understanding and leveraging muscle strengthening exercise in older adult cancer survivors from observational epidemiologic data to behavioral interventions.
 Role: Principal Investigator
 Total award: \$1,027,048

Coalition of Rural States (CORES) Multi-Institutional Pilot Program 2022-2023
 Invited full application after competitive letter of intent selection.
 Program implementation barriers and facilitators for adapting Better Exercise Adherence after Treatment for Cancer (BEAT Cancer) in rural, racially, and ethnically diverse cancer survivors.
 Role: Principal Investigator, Iowa; Arkansas PI: Amick; New Mexico PI: Blair
 Direct: \$25,000 per site

1 F31 CA228248-01A1 (PI: Gorzelitz) 2019-2021
 NCI/NIH F31 Resubmission
 Feasibility and acceptability of a telehealth-based resistance training intervention for endometrial cancer survivors.
 Role: Principal Investigator

1 F31 CA228248-01 (PI: Gorzelitz) 2018-2020
 NCI/NIH F31 Original application
 Feasibility of home-based intervention using resistance training to improve lean mass in endometrial cancer survivors.

TEACHING AND MENTORING EXPERIENCE

Courses Taught at the University of Iowa

Term	Course#	Title	Ten-Day Enrollment	Final Enrollment
Fall 2023	HHP:4800:0001 HHP:6020:0001 HHP:6020:0002	Research Methods and Ethics	25	24
Fall 2023	URES:3994:1728	Undergraduate Research/Creative Projects	3	4
Spring 2023	HHP:3045:0001	Physical Activity Psychology	90	90
Spring 2023	URES:3994:9449	Undergraduate Research/Creative Projects	2	2
Spring 2023	HHP:6500:0001	Seminar in Health Promotion	9	9
Fall 2022	URES:3994:9449	Undergraduate Research/Creative Projects	1	1

Invited Guest Lectures

CPH1800 Social and Psychological Determinants of Health

September 2023

Distance-based exercise in adults with cancer for population health

University of Iowa, College of Public Health

EPID5560 Biomarkers in Epidemiology
Physical activity biomarkers and metabolites
 University of Iowa, College of Public Health

March 2023

Epidemiology Graduate Seminar Lecture
Physical activity and health promotion in cancer survivorship
 University of Iowa, College of Public Health

September 2022

CPH1800 Social and Psychological Determinants of Health
Physical activity and health promotion in cancer survivorship
 University of Iowa, College of Public Health

September 2022

HHP4800 Research Methods and Ethics
 Panelist – *Panel discussion with HHP Faculty: Asking the right questions in science*
 University of Iowa, Department of Health and Human Physiology

September 2022

HHP3045 Physical Activity Psychology
Exercise interventions for adults with cancer
 University of Iowa, Department of Health and Human Physiology

November 2022

Previous teaching experience at former institutions**Course Lecturer**

Epi 101—Exposures, Outcomes and Measures of Association
 NIH—Division of Cancer Epidemiology and Genetics

2021

Course Instructor

KINES 521 – Physical Activity and Health
 Department of Kinesiology, University of Wisconsin – Madison

2018

Teaching Assistant

KINES 361 – Motor Learning and Performance
 Department of Kinesiology, University of Wisconsin – Madison

2017

Teaching Assistant

ANAT 429 – Gross Anatomy
 Department of Pathology, University of Wisconsin – Madison

2011-2012

Supervised Mentoring**University of Iowa**

Andrea Babcock (MS thesis student-Health and Human Physiology).
 Role: Thesis chair
 Title: *Evaluating changes in muscle strength and aerobic endurance in endometrial cancer survivors following a home-based exercise program*

2022-Present

Sanne Croes (MS thesis student-Health and Human Physiology).
 Role: Thesis chair
 Title: TBD

2023-Present

Simon Dungan-Seaver (MPH—College of Public Health).

2022-2023

Role: Practicum preceptor

Title: *Engaging community partners to inform the creation of a novel needs assessment tool specific to lowan cancer survivors*

Ashley Freeman (MS thesis student-Health and Human Physiology). 2022-2023

Role: Committee member

Title: *Association between sex, cachexia status, and muscle wasting in pancreatic cancer: A retrospective study*

Lauren Steinke (MS thesis student-Health and Human Physiology). 2022-2023

Role: Committee member

Title: *Exploring the effect of a lifestyle survivorship program on psychosocial mechanisms of action and cancer-related health outcomes among adult cancer survivors*

Kenzie Unke (MS thesis student-Health and Human Physiology). 2022-Present

Role: Committee member

Title: *Knowledge of Relative Energy Deficiency in Sport (RED-S) among coaches of high school female runners*

Lisa VanWiel (PhD student-Health and Human Physiology). 2022-Present

Role: Committee member

Title: TBD

Ebenezer Aidoo (PhD student-Department of Communication Studies.) 2023-Present

Role: Comprehensive exam committee member

Title: *Flying to save lives: Evaluating the adoption and utilization of medical drone technology in Ghana*

Michelle Buckman (PhD student-Cancer Biology Program) 2023-Present

Role: Comprehensive exam committee member

Title: TBD

University of Wisconsin Madison 2016-2020

Stefanie Stoller (undergraduate practicum student). Manuscript: Improvements functional fitness following a telehealth delivered home-based exercise intervention in endometrial cancer survivors. PMID: 34304292.

Chloe Farber (undergraduate practicum student). Manuscript: Accuracy of Wearable Trackers for Measuring Moderate- to Vigorous-Intensity Physical Activity: A Systematic Review and Meta-Analysis. DOI: 10.1123/jmpb.2019-0072.

Diana Dorn (peer graduate student). Manuscript: Automatic identification of physical activity type and duration by wearable activity trackers: A validation study. PMID: 31124470; PMCID: PMC6552445.

PROFESSIONAL SERVICE

Editorial Board – Frontiers in Digital Health 2022

Editorial – Peer review

American Journal of Public Health (AJPH) 2018-2019

British Journal of Nutrition 2022

BMC Cancer	2021
Cancer Reports	2023
Cancer Epidemiology, Biomarkers and Prevention (CEBP)	2020
Current Oncology	2022
European Journal of Cancer Care (EJCC)	2021
Frontiers in Digital Health	2022
Frontiers in Psychology	2022
Human Molecular Genetics	2023
JAMA Internal Medicine	2022
JMIR Cancer	2022
Journal of Cancer Survivorship	2022
Journal of Gastrointestinal Cancer	2023
Journal of Physical Activity and Health (JPAH)	2018, 2019
Journal of Sport and Health Science	2023
Journal for the Measurement of Physical Behaviour (JMPB)	2022
Medicine & Science in Sports & Exercise (MSSE)	2018-2023
PLOS ONE	2021
Psychology & Health	2023
Sports Medicine	2023

Institutional

University of Iowa

Reviewer	Annual evaluations: Instructional track faculty	2022-
Member	Departmental Graduate Admissions Committee	2024-
Mentor	Behavioral-Biomedical Interface Training Program	2023
Member	Hiring committee, Faculty Support Specialist, Department of Health and Human Physiology	2023
Mentor	1stGen@Iowa Mentor Network	2023
Vice Chair	Holden Comprehensive Cancer Center's Emerging Leaders Council.	2023-2024
Member	Holden Comprehensive Cancer Center's Emerging Leaders Council.	2022-2025

National Cancer Institute

Co-Chair	Fellows Advisory Board – Cancer Prevention Fellowship Program	2021
Peer Mentor	Cancer Prevention Fellowship Program	2021-2022

Member	Cancer Health Disparities Fellows Working Group – Division of Cancer Epidemiology and Genetics	2021-2022
Editor	Division of Cancer Epidemiology and Genetics Fellows Editorial Board – NCI	2020-2022
Member	Division of Cancer Epidemiology and Genetics Cancer Survivorship Working Group – NCI	2020-2022
Member	Career Development Seminar Series – Cancer Prevention Fellowship Program	2020-2022
Member	Grants and Scientific Writing Committee – Cancer Prevention Fellowship Program	2020-2022
Member	Methods and Training Committee – Cancer Prevention Fellowship Program	2020-2022

University of Wisconsin-Madison

Member	Dean’s Graduate Student Advisory Board – School of Education, University of Wisconsin – Madison	2017-2020
Co-President	Cohesion Graduate Committee Student Organization – Department of Kinesiology, University of Wisconsin – Madison	2017-2020
Representative	American College of Sports Medicine Exercise is Medicine Campus Initiative – University of Wisconsin – Madison	2018-2020
Co-President	Population Health Sciences Student Organization – Department of Population Health, University of Wisconsin – Madison	2014-2016

Professional

Board Member	American Cancer Society – Iowa Board	2024-Present
Member	Planning Taskforce – Big Ten Academic Alliance Women in Medicine and Biomedical Research CommUNITYten Inaugural Conference	2024-2025
Selected member	Society of Behavioral Medicine—Scientific Education Council	2023-Present
Elected official	American Public Health Association--Physical Activity Section Councilor	2023-2026
Grant reviewer	Iowa Cancer Consortium—Survivorship supplemental funding	2023
Peer Mentor	TREC Workshop Peer Mentor	2023
Member	SER Membership and Nominations Committee	2023-2026
Member	NCI Cancer Cohort Consortium—Associate Member Council	2022-2025
Chair	Society of Behavioral Medicine—Population Health Special Interest Group (SIG)	2021-2024
Subcommittee Chair	Society of Behavioral Medicine—Women’s Health SIG—Writing Subcommittee	2020-2022

Abstract Reviewer	Society of Behavioral Medicine—Population Health Special Interest Group Annual Meeting	2022
Abstract Reviewer	Society for Epidemiologic Research—Annual Meeting	2022
Abstract Reviewer	American College of Sports Medicine—Annual Meeting	2021
Member	Moving Through Cancer Taskforce	2020-Present
Abstract Reviewer	Society of Behavioral Medicine—Physical Activity SIG Annual Meeting	2019-2023
Trainee Liaison	Society of Behavioral Medicine—Women’s Health SIG	2018-2019

TRAINING

Early Career Reviewer Program National Institute of Health, Center for Scientific Review	2023
Fall Institute for Teaching With Writing University of Iowa	2023
Write Winning Grant Proposals Grant Writers’ Seminars and Workshops, University of Iowa	2022
Management Bootcamp Office of Intramural Training and Education, NIH	2022
PI Crash Course Columbia University Mailman School of Public Health	2022
NIH Grant Writing Bootcamp Columbia University Mailman School of Public Health	2021
Causal Mediation Analysis Training Columbia University Mailman School of Public Health	2021
Grants and Grantsmanship Workshop Series Cancer Prevention Fellowship Program, Division of Cancer Prevention (DCP), NCI, NIH	2021
Scientific Communication Workshop Cancer Prevention Fellowship Program, Division of Cancer Prevention (DCP), NCI, NIH	2021
Crucial Conversations Workshop Office of Workforce Development and Planning, NIH	2021
Cancer Prevention Fellowship Program Leadership Series Cancer Prevention Fellowship Program, Division of Cancer Prevention (DCP), NCI, NIH	2020
Becoming a Responsible Scientist	2020

Office of Intramural Training and Education, NIH

Scientists Teaching Science 2020
Office of Intramural Training and Education, NIH

Workplace Dynamics Work Series 2021
Office of Intramural Training and Education, NIH

PROFESSIONAL ASSOCIATION MEMBERSHIPS – All current

American Association for Cancer Research	Since 2018
American Society for Clinical Oncology	Since 2023
American Society of Preventative Oncology	Since 2018
Society of Behavioral Medicine	Since 2017
Society for Epidemiologic Research	Since 2021
American College of Sports Medicine	Since 2016

MEDIA AND POPULAR PRESS

2022

HealthDay. Regular weightlifting could lengthen your life <https://consumer.healthday.com/9-28-regular-weight-lifting-could-lengthen-your-life-2658330217.html>

Today, NBC News. Regular weightlifting may extend your life, a new study suggests. <https://www.today.com/health/diet-fitness/regular-weightlifting-may-extend-life-new-study-suggests-rcna49642>

Time Magazine. Weightlifting may help you live longer, study says. <https://time.com/6217924/weightlifting-live-longer-study/>

BBC World News. <https://www.bbc.com/news/health-63048474>;
https://www.youtube.com/watch?v=mf1DYO_fCy0

British Press Association. Pump iron for longer life – study, <https://www.inkl.com/news/pump-iron-for-longer-life-study>

HealthLine Media. Adding weightlifting to cardiovascular exercise reduces risk of all-cause mortality, https://www.medicalnewstoday.com/articles/adding-weightlifting-to-cardiovascular-exercise-reduces-risk-of-all-cause-mortality?utm_source=ReadNext#Studying-the-effects-of-weightlifting-and-cardio

Everyday Health. Lifting weights linked with living longer, <https://www.everydayhealth.com/longevity/lifting-weights-linked-with-living-longer/>

Medium. Weightlifting vs. aerobic exercise: Which is best? The science is in: Do either, ideally both. <https://medium.com/in-fitness-and-in-health/weightlifting-vs-aerobic-exercise-which-is-best-2fbab8b3c4b>

FOX News. Regular weightlifting could add years to your life, study finds. <https://www.fox10phoenix.com/news/regular-weightlifting-could-add-years-to-your-life-study-finds>

Health.com. Combining strength training and cardio may help you live a longer, healthier life.
<https://www.health.com/combining-strength-training-cardio-longevity-6748178>

Verywell health. Running is good. But research says you should lift weights too.
<https://www.verywellhealth.com/weightlifting-and-longevity-study-6747575>

Medscape Medical News. Pumping iron improves longevity in older adults.
<https://www.medscape.com/viewarticle/982033>

Huffpost. Study shows lifting weights can help you live longer.
https://www.huffpost.com/entry/weightlifting-lower-risk-early-death_I_63459938e4b08e0e607d7966

CNN. Combining weight training with another activity could lower your risk of early death, study finds.
<https://www.cnn.com/2022/09/27/health/weight-exercise-benefits-lower-death-risk-wellness/index.html>

French TV Channel 5. Fonte et aquagym, c'est bon pour la santé! https://www.francetvinfo.fr/replay-radio/c-est-ma-sante/source-et-aquagym-c-est-bon-pour-la-sante_5356672.html

Healio.com. Combo of weightlifting, aerobics linked to 47% lower mortality risk.
<https://www.healio.com/news/primary-care/20221003/combo-of-weightlifting-aerobics-linked-to-47-lower-mortality-risk>

Psychology Today. Why Weightlifting plus cardio is a winning combo.
<https://www.psychologytoday.com/us/blog/the-athletes-way/202209/why-weightlifting-plus-cardio-is-winning-combo>

Scripps National Team. Health Benefits of Weightlifting. <https://youtu.be/bQ0moNF1qQM>

The Daily Iowan. UI study finds older people who weightlift live longer lives.
<https://dailyiowan.com/2022/10/18/university-of-iowa-study-finds-older-people-who-weightlift-live-longer-lives/>

Newsweek. Best Simple Exercises for Living a Long Life, According to Experts.
<https://www.newsweek.com/best-simple-exercises-living-long-life-experts-1757092>

Eat Move Think Podcast. Episode 144: Can Strength Training Help You Live Longer.
<https://www.eatmovethinkpodcast.com/podcast/ep144-strength-longevity?s=01>

Pilates for Real Bodies. Can Weightlifting Increase Longevity?
<https://www.youtube.com/watch?v=oQ3CHSY4T4U>

Nutrition Action, Center for Science in the Public Interest. 7 reasons to strengthen your muscles.
<https://www.cspinet.org/article/7-reasons-strengthen-your-muscles>

Iowa Magazine. Iowa Researcher Finds Weightlifting Can Extend Lifespans.
<https://magazine.foriowa.org/story.php?ed=true&storyid=2281#>

Above and Beyond Cancer's Educational Series. Strength in survivorship through exercise.
<https://www.youtube.com/watch?v=Tmj--0M91H4>