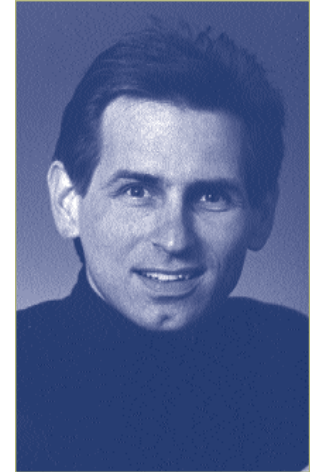




Medical Health & Fitness

ERIC PAUL DURAK
Curriculum Vitae



MARITAL STATUS

Married, two children

ADDRESS

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EDUCATION

Loma Linda University School of Public Health, 1991-92. Graduate study in Public Health, Epidemiology, Basic Sciences, and Medicine

University of Michigan, Ann Arbor. Physical Education: Kinesiology, 1984 -86. Specialization in Exercise Physiology

Eastern Michigan University, Physical Education, 1981-84. Emphasis in Anatomy & Physiology. Minor in Biological Sciences

Accredited Exercise and Fitness Professional - National Fitness Therapy Association. 1998-present

DEGREES RECEIVED

Master of Science. University of Michigan, August, 1986

Bachelor of Science. Eastern Michigan University, August, 1984

EMPLOYMENT/WORK HISTORY

October 2004 present WELLNESS SUPERVISOR - Department of Business Services, University of California, Santa Barbara. Work with UC Department of Facilities Management to implement Injury Reduction and Prevention Program (IRPP). This award-winning program uses wellness and safety to decrease number and severity of injuries of FM staff.

June 1992-present DIRECTOR - MEDICAL HEALTH AND FITNESS, Santa Barbara, CA. Self-employed as fitness and health consultant in the areas of independent medical research, publishing, writing, exercise therapy, public speaking, product development and sales (business file #74219). Consulting and business contracts include (1997-present):

- Clinic Resource Group, Littleton, CO (healthcare publications) - 2006
- McGraw Institute for Sports Sciences, Sidney, Australia (CEU course) - 2004 - present
- Strategic Partner - JET Enterprises Healthcare Division, Scottsdale, AZ - 2005- present
- New Sun Nutrition, Carpinteria, CA (medical research) - 2004 - 2005
- Faculty - Santa Barbara Business College Pharmacy Tech Program - 2003-2005
- Strategic Healthcare, LLC, Valencia, CA (consulting), 2001-02
- Balance Bar Company, Carpinteria, CA (research) - 1997-2000
- The Marsh, Minnetonka, MN (consulting) - 1997- present

Aug, 1987- Dec, 1990 EXERCISE PHYSIOLOGIST, RESEARCH ASSOCIATE, Sansum Medical Research Foundation, Santa Barbara, CA. Performed clinical and applied research studies in the following areas.
Diabetes Mellitus-Exercise effects on IDDM, NIDDM, GDM, and NOD mouse model,
Body Composition-Measurement of changes in bodycomposition during pregnancy, *Magnetic Resonance Imaging* and fat distribution in GDM.

- Sept, 1986-
July, 1987 EXERCISE SPECIALIST, Associate Testing Administrator, Sports Training Institute, New York, New York. Performed personal training and fitness testing. Developed exercise protocols in hypertension, diabetes, and pregnancy as part of research team at Sansum Medical Research.
- Sept, 1984-
April, 1986 GRADUATE TEACHING ASSISTANT/Adjunct Lecturer, The University of Michigan. Taught "Adult Lifestyle" co-ed courses in aerobic conditioning and resistance weight training
- Jan, 1985-
June, 1986 WOMEN'S TRACK AND FIELD COACH, Ann Arbor Huron High School. Coached two time state champion in shot put-ranked first in the nation in 1986, according to Track & Field News
- Sept, 1984-
June, 1994 FITNESS INSTRUCTOR/TRAINER, The University of Michigan-Advanced Fitness Training Center, Liberty Fitness, Downtown Racket Club, Sunami Fitness; Ann Arbor, Michigan. Santa Barbara Athletic Club. Private practice - 1983-2006

PROFESSIONAL AFFILIATIONS

- Member, Southwest Chapter, American College of Sports Medicine, 1988-present
- Member, The Somatics Society, 1988-present
- Member, The Athletics Congress/USA (#3204940333), 1992-present
- Member, Physician's Committee for Responsible Medicine, 1993-present
- Member, Cancer Victor's and Friends International, 1997-present
- Member, American Society of Exercise Physiologists, 1998-present
- Board member, Balance Bar Health Sciences Advisory Council, 1998-2000
- Board member, National Standards Advisory Committee - NFTA, 1998-present
- Panel member, National Cancer Survivor's Day Speaker's Bureau, 2004- present

ACADEMIC APPOINTMENTS

Member, Thesis committee for Steven Seligson (Choices in Health: A Television Series based upon an integrated model of health care). Institute of Integral Studies, San Francisco, CA. J. Brady, Thesis chair, Spring semester, 1998

Member, Master's project committee for Joseph Rocznik (quality of life survey for cancer survivors in the health club setting). Oakland University Dept. of Health Sciences, Rochester, MI. Dr. Brian Goslin, department chair. Spring 2001

Associate investigator, Wellness and Fitness Institute, Department of Physical Activities, University of California, Santa Barbara, CA (projects include Balance Bar research study, national cancer survey, 10 year health outcomes cancer survey), 1997 - present

Instructor - Pharmacy Technologist Program, Santa Barbara Business College, 2003-2005

RESEARCH GRANTS

1. Maternal and Fetal Fat Distribution & its Relationship to Glucose Tolerance. Cottage Hospital Foundation Grant. 1988-89. (L. Jovanovic principal investigator.)
2. Analysis of Body Composition: A New Direction. Cottage Hospital Foundation Grant 1990-91 (S. Wenz, principal investigator)
3. The use of exercise to prevent recurrent Gestational Diabetes. 1995 Sharp Hospital Foundation grant, (L. Cousins, principal investigator) San Diego, CA
4. The role of exercise in breast cancer. 1996 Breast Cancer Fund grant, San Francisco, CA
5. The glycemic response to BALANCE™ nutrition products. Bio Foods grant, 1999-2000
6. FRS and its use in advanced cancer patients. New Sun Nutrition grant, 2004-05

AWARDS & CITATIONS

1. ADA-California Affiliate: 1988 Outstanding Service Award-Patient Education
2. NSCA Challenge Scholarship Recipient -1990-91
3. Selma Andrews Scholarship - Loma Linda University School of Public Health, 1991
4. Trisphere Institute of Sports Medicine Award for Student Research -SW-ACSM annual meeting, 1991
5. Club Insider Newsletter - Voted top presenter at the 1996 IHRSA 15th annual convention selected by attendee ballot (Club Insider, pg. 2, May, 1996)

6. IHRSA Institute on Health and Exercise Award - Best Clinical Practice, The Cancer Well-fit Program. Awarded at the 1999 International Health, Racquet and Sports Club annual conference, San Diego, CA
7. University of California Safety Award - Dept. of Business Services IRPP - best reduction in TLD - Awarded at the second annual UCOP Risk Summit, San Francisco, CA March 18, 2006

RESEARCH PUBLICATIONS: (Refereed)

1. Lois Jovanovic, MD, Eric P. Durak, MSc, and Charles M. Peterson, MD: Randomized Trial of Diet Versus Diet Plus Cardiovascular Conditioning on Glucose Levels in Gestational Diabetes. ***American Journal of Obstetrics and Gynecology***. 161:415-419, August, 1989
2. Eric P. Durak, MSc Lois Jovanovic, MD, Charles M. Peterson, MD. Comparative Evaluation of Uterine Responses to Exercise on Five Aerobic Machines. ***American Journal of Obstetrics and Gynecology***. 162:754-756, 1990
3. Eric P. Durak, MSc, Lois Jovanovic, MD, Charles M. Peterson, MD. Randomized Crossover Study of the Effect of Resistance Training on Glycemic Control, Muscular Strength, and Cholesterol in Type I Diabetic Men. ***Diabetes Care***. 13;10:1039-1043, 1990
4. Eric P. Durak, MSc Lois Jovanovic, MD, Charles M. Peterson, MD, and Jeffrey B. Keller, BS. The Use of a Modified Weight Training Belt and its Effects on Acute Strength Levels in Untrained Men. ***International Journal of Sports Medicine***. 11;4:317 1990
5. Scott M. Wenz, MA, Eric P. Durak, MSc, John V. Crues, III., MD. A Comparison of Two Separate Determinations of Body Composition in Mice & Rats. ***International Journal of Sports Medicine***. 12;6:30, 1991
6. Eric P. Durak, MSc, Lois Jovanovic, MD, Charles M. Peterson, MD. The Use of Exercise to Prevent Gestational Diabetes Mellitus: A Case Report. ***Sports Medicine, Training, & Rehab Journal***. 3:230, 1992
7. Jeffrey B. Keller, BSc, Lois Jovanovic, MD, Bent Formby, PhD, DSc, Wendy C. Bevier, PhD, Eric P. Durak, MSc, Charles M. Peterson, MD. Voluntary Exercise Results in Improved Glycemia and Life Span in Non -Obese Diabetic (NOD) mice. ***Diabetes Research & Clinical Practice***. 22:29-35, 1993
8. Lois Jovanovic, MD, Eric P. Durak, MSc, John V. Crues, III, MD, Charles M. Peterson, MD. The Use of Magnetic Resonance Imaging to Predict Infant Birth Weight. ***Am. Journal of Perinatology***. 10;6:432-37, 1993
9. Andrew A. Shapiro, MA, Eric P. Durak, MSc. The Effects of the Balance™ Food Bar on Morning Glycemic Control in Type I and Type II Diabetes Mellitus. ***Sports Medicine, Training, & Rehabilitation Journal***. (abstract) 4:319-20, 1993
10. Eric P. Durak. Physical and Psychosocial Effects of an Out-Patient Exercise and Wellness Program on Cancer Patients. ***Sports Medicine, Training, & Rehabilitation*** (abstract). 6:236-7, 1995
11. Eric P. Durak, MSc, Paula C. Lilly, MA. The Application of a Total Conditioning Program with Cancer Patients: Effects on Strength and Endurance. ***Journal of Applied Sports Science Research*** (abstract). 9;4:278-79,1995
12. Eric P. Durak, MSc, Paula C. Lilly, MA. The Application of an Exercise and Wellness Program with Cancer Patients: A Preliminary Report. ***Journal of Strength and Conditioning Research***. 12;1:3-6, 1998
13. Eric P. Durak, MSc, Alison O. Wollitzer, PhD, Paula C. Lilly, MA. Preliminary Results of Exercise in Breast Cancer: A Two Year Follow-Up Survey. ***Alternative Therapies in Health and Medicine***. (abstract) 4:2:102-03, 1998. ***Journal of Rehabilitation Outcomes***. 3;4:53-60, 1999
14. Eric P. Durak, MSc, Paula C. Lilly, MA, Jennifer L. Hackworth, BS, . Physical and Psychosocial Responses to Exercise in Cancer Patients: A Two Year Follow-Up Survey with Prostate, Leukemia, and General Carcinoma. ***Journal of Exercise Physiology (online)*** 2;1:1-10, January, 1999. <http://143.110.4.151/users/tboone2/asep/toc.htm>

15. Susan M. Ceriale, Eric P. Durak, Scott M. Wenz, Marcus Elliott. Glycemic Response: Comparison of different nutritional bars and drinks. (abstract). ***Medicine and Science in Sports and Exercise***. 32;5:S225, 2000. ***Journal of Performance Enhancement Online***. vol.2 no.3. Jan. 2001. www.bodyresults.com/jpeindex.html
 16. Eric P. Durak MSc, Jaime Harris, Susan M. Ceriale, MA. The Effects of Exercise on Quality of Life Changes in CancerSurvivors: The Results of a National Survey. ***Journal of Exercise Physiology (online)*** 3;4:1-10, November, 2001. [[http:// 143.110.4.151/users/tboone2/asep/toc.htm](http://143.110.4.151/users/tboone2/asep/toc.htm)]
 17. Eric P. Durak, MSc, Alicia M. Walder, BS. A Decade of Health: A 10 Year Follow -Up Survey of Fitness, Nutrition, and Healthcare Outcomes in Community Cancer Survivors. (abstract). ***Sports Training, Medicine, and Rehabilitation Journal*** (in press, 2004)
 18. Eric P. Durak, MSc, Melanie Connel, BS. The Effects of Various Exercise Program on General Health and Delivery Outcomes During Three Trimesters of Pregnancy: A National Survey. ***Sports Training, Medicine, and Rehabilitation Journal*** (in press, 2004)
 19. Eric P. Durak, MSc. Alejandro Lucia, PhD. Improving the Quality of Life and Longevity in Cancer Survivors with an Enhanced Lifestyle Program: The “Decade of Health” Outcomes Trial. *Journal of Exercise Physiology*. Submitted Winter, 2005.
 20. Eric P. Durak, MSc, Julie Taguchi, MD. The Effects of Quercetin Flavanoid on Quality of Life indices in Advanced Cancer Patients: A double-blind randomized pilot study. *International Journal of Nutrition*. Submitted June, 2005
 21. Eric P. Durak, MSc, Mica L. Bell, BS. The Effects of an Antioxidant Nutrition Drink on Work Performance and Health Parameters in an Industrial Setting. *Journal of the American College of Nutrition*. Submitted, 2005
- REVIEWS: (Refereed)*
1. Exercise for Specific Populations: Diabetes Mellitus. Eric Durak. ***Sports Training, Medicine, and Rehabilitation Journal***. vol. 1:175, 1989
 2. Is Exercise Safe or Useful in Gestational Diabetes? Lois Jovanovic, MD, Eric Durak, MSc, Charles M. Peterson, MD. ***Diabetes Professional Journal***. pp. 25-27, Summer, 1989
 3. Weight Training Techniques: 4 Common But Potentially Dangerous Situations. Eric P. Durak, CSCS. ***National Strengthand Conditioning Association Journal***. 11;6:20-23, Dec. 1989/Jan. 1990
 4. A Natural Reduction in Hypertension. Eric P. Durak, MSc. ***The Somatics Journal***. 7;4:9-11, Spring, 1990
 5. Physical and Glycemic Responses of Gestational Diabetic Women to a Moderately Intense Exercise Program. Eric Durak, Lois Jovanovic, and Charles M. Peterson. ***The Diabetes Educator***. 16;4:309-312, 1990
 6. Exercise Programs the Acute Blood Glucose Response. Eric P. Durak, MSc, Lois Jovanovic, MD, Charles M.Peterson, MD. ***Diabetes Professional Journal***. . Pg. 4-8, Winter, 1991
 7. Glycosylated Hemoglobin and Self-Monitored Blood Glucose: Useful Markers for Improved Control of Diabetes in Physical Conditioning. Eric P. Durak, MSc, and Bernd Ruhland, MD. ***Sports Training, Medicine, & Rehabilitation Journal***. vol. 2, 27-30, 1991
 8. Monitoring Blood Glucose Levels During an Ultra Endurance Bike Event. Eric P. Durak, MSc, Christopher Powers, MSc, RPT. ***Diabetes Professional Journal***. pp. 14-19, Fall, 1990
 9. Conditioning Specialists: Opportunities on the Horizon. ***Personal Trainer Journal***. 3;1:5-6, 1993
 10. Exercise Physiology and the Art of Perception. ***The Professionalization of Exercise Physiology Journal*** online. 2:6:1-4, June, 1999
 11. Cancer and Exercise: Improving Strength, Quality of Life, and Survival Odds. Eric Durak, Paula Lilly. ***Strength and Conditioning Journal***. 21;6:25-27, December, 1999

12. The Use of Exercise in the Cancer Recovery Process: A Health and Sports Medicine Review. **ACSM's Health and Fitness Journal**. 5;1:6-10, Feb, 2001
13. The Exercise Physiologist as an Entrepreneur - Reflections and Experiences in the world of Business. **The Professionalization of Exercise Physiology Journal**. 2:2:1-4, 2000
14. Exercise and Stress Reduction Programming: Improving the Odds of Survival in Cancer Patients. Oncology Issues Supplement: **Oncology Symptom Management 2000**. Published by the Association of Community Cancer Centers. pg. 28-31, May, 2000.
15. How Exercise Physiologists can maneuver into a solid health care niche with bariatric patients. *Professionalization of Exercise Physiology Journal*. 7;71-5, July, 2004. found at: <http://www.css.edu/users/tboone2/asep/ExercisePhysiologyBariatricHealthcareNiche.html>
16. Industrial Wellness and the Exercise Physiologist. ASEP Newsletter. Vol. 10 no. 9, Oct. 2006. www.asep.org

BOOKS AND MONOGRAPHS

1. Life with Diabetes Series. **Exercise Programming in Diabetes**. Eric P. Durak, MS, Martha M. Funnell, MS, RN, CDE. University of Michigan Diabetes Research and Training Center © 1989
2. **Pre and Post Natal Exercise Program**. Sports Training Institute © 1990
3. Fitness Risk Management/National Health Club Association Fitness Instructor Manuals. Chapter 6 - **Special Populations & Fitness chapters**: Aerobics instructors, strength coaches, and personal fitness trainers. June, 1992
4. **Standards of Practice Guidelines** for Clinical Exercise Physiologists. Eric P. Durak, MSc, Philip G.A. Leake, MA, 1993. Published through Medical Health and Fitness, © 1993
5. **FIT √ CHECK©** Developing a Personal Exercise Program. Semester course book for Santa Barbara City College Adult Education, Winter, 1993
6. **The Ins and Outs of Medical Insurance Billing** - A Resource Guide for the Fitness and Health Professional. Eric P. Durak, MSc, Andrew A. Shapiro, MA. Medical Health and Fitness, 2nd ed. ISBN 1-930207-06-9, 1996
7. **Practical Exercise and Conditioning**. New Directions in Health and Wellness Series. Hume Publishing Group, Atlanta, GA, 1994
8. Clinical Exercise and Health Series - **Exercise and Diabetes**. Medical Health and Fitness Publications, Second edition. ISBN 1-930207-03-4, 1996
9. Clinical Exercise and Health Series - **Exercise and Pregnancy**. Medical Health and Fitness Publications, Second edition. ISBN 1-930207-04-2, 1996
10. Clinical Exercise and Health Series - **Hypertension, Exercise, and Health**. Medical Health and Fitness Publications, Second edition. ISBN 1-930207-05-0, 1996
11. Clinical Exercise and Health Series - **Cancer Wellness, Exercise, and Rehab**. Medical Health and Fitness Publications, 1st edition. ISBN 1-930207-02-6, 1997
12. **The Health Professional's Guide to Diabetes and Exercise**: Clinical Education Series (Chapter 8, Reimbursement Issues, pg. 309-12). ADA publications, Alexandria, VA, October ,1995
13. **Fitness Therapy**: The Science and Practice of Therapeutic Exercise. Eric P. Durak, MSc, et al. International Sports Sciences Association Santa Barbara, Third Edition, 1999
14. **Cancer: Supportive Care** . Chapter 21 - *Rehabilitative Exercises*. Francine Manuel, RPT, Ernest Rosenbaum, MD, Jack LaLanne, Isadora Rosenbaum, MA, Eric Durak, MSc, Gary Abrams, MD. Pg. 229-259, Sommerville House Publishing, Kansas City, MO, 1998

15. **The Cancer Well-fit Program Manual**. . Eric P. Durak, MSc. First edition. ISBN 1-930207-01-8, © Medical Health and Fitness, 1999
16. **Exercise Medicine**. Eric P. Durak, MSc. Medical Health & Fitness Publications, ISBN 1-930207-07-7, 2001.
17. **The Cancer Wellness Manual**. Eric P. Durak, MSc. Medical Health and Fitness Publications. ISBN 1-930207-08-5, © Medical Health & Fitness - 2001.
18. **The Handbook of Exercise and Diabetes. American Diabetes Association Publications**. Eric P. Durak, MSc, and Emily Hill, PA-C. (Chapter 40, Medical Reimbursement and Managed Care Issues. pg. 673-78 , 2001
19. **Supportive Cancer Care** . Chapter 32 - *Rehabilitative and Fitness Exercises*. Francine Manuel, RPT, Ernest Rosenbaum, MD, Jack LaLanne, Eric Durak, MSc, Isadora Rosenbaum, MA, Kathleen Dzubur, MA, Gary Abrams, MD. Pg. 283-316, Sourcebooks Publishing, Naperville, IL, 2001
20. Exercise Physiology and Health Care – Where Does the Exercise Physiologist fit into our current Health Care System? chapter 63 in: *American Society of Exercise Physiologists Manual*. ASEP Publications, Duluth, MN, 2004.
21. The Cancer Wellness Well@Home Education Series. Produced for Clinic Resource Group, Denver, CO. ISBN #1-930207-20-4. Published through Medical Health and Fitness, 2006.
22. 98 Miles High: The Ride of a Lifetime Chasing an Obscure Cycling Record. Eric Durak. Medical Health and Fitness Publications, ISBN # 978-1-930207-16-6. Santa Barbara, CA 2006.

ARTICLES

1. Exercise and Pregnancy: What's Safe? **Santa Barbara Sports, Health, and Fitness Magazine**. pg. 7, Summer, 1988
2. Weight Gain During Pregnancy: Eating for Two? **Santa Barbara Sports, Health, and Fitness Magazine**. pg. 4, Winter, 1989
3. Gearing Up for Fitness. **Diabetes Forecast Magazine**. pg. 50, December, 1989
4. Exercise Important During Pregnancy. Eric P. Durak, MSc, Lois Jovanovic-Peterson, MD. **Diabetes in the News**. pp. 20-23, December, 1990
5. A New Look at Exercise and Diabetes. **Sansum Highlights**. 13;3:3-4,1990
6. Fitness Down By The Sea. Eric Durak, Mikkal Sveum. **Diabetes Forecast Magazine**. pp. 64-68, July, 1991
7. At-Home Exercise Requires Correct Choices. **Diabetes in the News**. pp. 5-8, February, 1992
8. Why An Exercise Specialist? Eric P. Durak, MSc, Andrew A. Shapiro, M.A. **Diabetes Forecast Magazine**. pp.46-49, August, 1992
9. Take A Spin On New-Age Skates. Eric P. Durak, MSc, Jon Wolin, B.A. **Diabetes in the News**. pp.52-54, April, 1993
10. Low Impact May Be Okay When It Comes to Exercise. **Diabetes in the News**. pg. 9, October, 1993
11. Select A Health Care Professional Who Fits Your Needs, Lifestyle. DITN Editorial Panel. **Diabetes in the News**. pp. 28-31. October, 1993
12. Attack on the Fitness Industry is off the mark. (Letter to the Editor). Eric. P. Durak, Philip G.A. Leake. **Fitness Management**. pg. 14, March, 1993
13. Special Populations in Exercise: A New Era in Fitness. **Total Health Magazine**. 15;5:36-45, Oct. 1993
14. Insurance Billing - When Will Insurance Companies Reimburse Your Services? **IDEA Personal Trainer Magazine**. Pg. 13-15, August, 1994

15. Preventing Diabetes: The Role of Exercise. **Diabetes in the News**. pp. 20-21, January/February, 1995
16. Exercise and diabetes: The role of strength training. **MED FIT Newsletter**. ISSA publications, 5;4:3, February, 1995
17. Is an Exercise Specialist Right for You? Eric P. Durak, Andrew A. Shapiro. **Diabetes in the News**. pp. 14-15, March/April, 1995
18. More on the Certification Process. (Letter to the Editor). **Fitness Management Magazine**. pp. 22-24, October, 1995.
19. Bone Therapy: Why strength training may play a large role in battling osteoporosis. Eric Durak, Charles Staley. **Santa Barbara Health Focus Magazine**. Page 12, December, 1995
20. Examples of fitness quacks are disputed. (Letter to the Editor). **Fitness Management Magazine**. pg. 14, February, 1996
21. Health Care Update: Major Trends That Will Affect Health Promotion, Exercise, and Medicine. Eric P. Durak. **Santa Barbara Health Focus Magazine**. Page 4, March, 1996
22. Partnerships with Health and Exercise **Strength and Conditioning Journal**. pg. 32-33, June, 1996
23. Fit for the Future: A 10-Step Plan to Muscle Up Exercise Programs. **The Futurist**. Pg. 21-24, Nov, 1996
24. Exercise Physiology and Post Rehab: A New Paradigm in Health Care. **Physical Therapy Today Magazine**. pg. 7-12, February 26, 1996
25. Wellness and Prevention: Looking in the Window. **Physical Therapy & Occupational Therapy Today Magazine**. Pg. 18-19, March, 18,1996
26. The Surgeon General's Report on Exercise. **Santa Barbara Health Focus Magazine**. Pg 4, April/May, 1996
27. Getting with the Program: The New HHS Cardiac Rehab Guidelines. **Physical Therapy & Occupational Therapy Today Magazine**. Pg. 8-10, June 3, 1996.
28. Cancer Wellness Programming in the Health Club. **Club Insider Newsletter**. Pg. 12-14, July, 1996
29. The Resurgence of Alternative Therapy. **Physical Therapy & Occupational Therapy Today Magazine**. Pg. 27-30, August 26, 1996
30. The Bottom Line. Outcomes and the Future of Rehab. **Physical Therapy & Occupational Therapy Today Magazine**. Pg.10-12, November 4, 1996
31. Moving the Body to Benefit the Heart. **Senior Fitness Newsletter**. Pg. 3-4, Winter, 1996
32. Managed Care Contracting: Allowing fitness professionals to compete with health care providers. Eric P. Durak, Anthony J. Palmieri, Jr. **American Fitness Magazine**. Pg. 24-27, January, 1997
33. The Health Care Connection (letter to the Editor). **IDEA Personal Trainer Magazine**. Pg. 4, Jan. 1997
34. A Wellness Program for Cancer Patients: A mind/body approach to conditioning. Eric Durak, Paula Lilly, Steven Seligsen. **Somatics**. 7;1:42-47, Fall/Winter, 1996-97
35. Exercise for Cancer Patients: A Total Wellness Approach. Eric P. Durak, Paula C. Lilly. **Fitness Management Magazine**. pg. 30-34, February, 1997
36. Based on research, decide if vaccines may not be right for kids (letter to the Editor). **Santa Barbara News Press**, B-8, March 21, 1997

37. Rehabilitation and Women's Health: Major insights on a major health issue. *Physical Therapy & Occupational Therapy Today Magazine*. 5:26:1923, June 30, 1997
38. Working within the managed care system. Eric P. Durak, MSc, Christine Rosche, MPH, CBT. *Massage Magazine*. pg. 51-54, March/April, 1998
39. The Real Issue of Licensure for the Fitness Profession. (Letter to the editor). *Fitness Management Magazine*. Pg. 18-20, May 18, 1998
40. The Power of Accreditation to Transform the Fitness and Health Club Industry into a Branch of the Health Care Industry. *The Club Insider News*. 5;7:6, July 1998.
41. Fitness and Managed Care. Eric Durak, Anthony Palmieri. *Fitness Management Magazine*. pg. 48-50, October, 1998
42. Certifications and the future of the fitness industry. *Club Insider News*. submitted, September, 1998.
43. Cancer and Exercise: Improving Strength, Quality of Life, and Survival Odds. *Strength and Conditioning Journal*. 21;6:25-27, December, 1999
44. Accreditation? *CCD Newsletter*. pp7. 5-7, 2nd Quarter, 1999
45. Accreditation in the future (Letter to the editor). *Fitness Management Magazine*. pg. 26, October, 1999
46. A Fresh Perspective on Exercise & Cancer - The True Meaning of Victory. *Living Well Newsletter*. 1:1; Fall, 1999, pg. 4
47. Vaccine questions remain unanswered for som (Letter to the editor). *The Valley Voice*. pg. 4, Dec 15, 1999
48. Exercise and Fit for Life (Letter to the Editor) MAMM Magazine. Submitted, January, 2000
49. Exercise for Cancer Recovery. *SWEAT Magazine*. pg. 25, June, 2000.
50. Exercise your Way To Recovery. *Coping with Cancer Magazine*. pp. 64-65, Sept./Oct. 2000
51. The Use of Exercise in the Cancer Recovery Process. A Health and Sports Medicine Review. *ACSM Health and Fitness Journal*. 5:1:6-11, Jan/Feb. 2001
52. Increasing the Odds: Exercise as a Tool for Cancer Recovery. *Personal Fitness Professional*. pg. 28-31, June, 2002
53. Living with Cancer: The Benefits of Exercise for Cancer Survivors. *On Fitness Magazine*. pg. 36-37, July, 2002.
54. Fitness and the Healthcare Revolution. *On Fitness Magazine*. 4:4; pg. 16, July, 2003.
55. Fitness as the Enduring Element of Survivorship. *Lifeguard -The Active Survivor's Network*. 1:1 pg. 10, Oct, 2003
56. The Trainer Wars: Upping the anté in the quest for professionalism in personal training. *On Fitness Magazine*. 5:3; pg. 14-15, March, 2004.
57. A Few Nutrition Bytes for Cyclists. *Roadie International Cycling Magazine*. Submitted summer, 2005.
58. A Premier on Cryotherapy in the Fitness Training Setting. Submitted to *On Fitness Magazine*, April, 2006

INTERNET PUBLICATIONS

1. The Fate of Licensure for the Fitness Profession. Eric P. Durak, Phillip G.A. Leake. *Fitness Management Magazine*. <http://www.fitnessworld.com> October , 1995

2. The Abdominal Craze, Perception, & the Art of Observation. Health World Online. [http:// www.healthy.net](http://www.healthy.net), 1996
3. Exercise Options in Diabetes Mellitus: Information for Health and Fitness Professionals. Health World Online. <http://www.healthy.net>, 1996
4. The New Health and Human Services Cardiac Rehab Guidelines: What this means to the Exercise Profession. Health World Online. <http://www.healthy.net>, 1996
5. A Walking Program for Gestational Diabetes. Health World Online. [www.healthy.net/asp/templates /Article.asp?PageType=Article&Id=312](http://www.healthy.net/asp/templates/Article.asp?PageType=Article&Id=312). 1996
6. Exercise and Pregnancy - 5 Easy Pieces. Health World Online. <http://www.healthy.net>, 1997
7. QUANTUM CONDITIONING: Trends that will shape the future of fitness in America. Health World Online. <http://www.healthy.net>, 1997
8. Health Care Update: Major Trends That Will Affect Health Promotion, Exercise, and Medicine. Health World Online. <http://www.healthy.net>, 1997
9. Health Care Forecasting: A Closer Relationship Between Rehab and Exercise. Health World Online. <http://www.healthy.net>, 1997
10. The Blurring of the Health Professions. Health World Online. <http://www.healthy.net>, 1997
11. Exercise & Osteoporosis: A Primer on Tomorrow's Therapy. Health World Online. www.healthy.net, 1997
12. The Interdependence of Diet and Activity in Diabetes Management: Another Turn of the Wheel. Health World Online. <http://www.healthy.net>, 1997
13. Special Populations and Exercise: A New Era in Fitness. Health World Online. www.healthy.net, 1997
14. The Potential Ramifications of the Surgeon General's Report on Exercise. Health World Online. <http://www.healthy.net>, 1997
15. Wellness and Prevention: What's in Store for the Health Community. Health World Online. <http://www.healthy.net>, 1997
16. Rehabilitation and Women's Health: Major Insights on a Major Health Issue. Health World Online. <http://www.healthy.net>, 1997
17. Exercise and hypoglycemia. Fitnesslinks. <http://www.fitnesslinks.com>, January, 1998
18. Exercise and pregnancy: What's new for 1998? Fitnesslinks. <http://www.fitnesslinks.com>, Jan, 1998
19. Exercise physiology and health care: A field perspective. **American Society of Exercise Physiologists Newsletter**. February, 1998. <http://143.110.4.151/users.tboone2.asep/toc.html>
20. Cancer, Exercise, and Wellness. Health World Online. www.healthy.net. February, 1998
21. The evolution of resuscitation in the health club. Health World Online. www.healthy.net
22. Cancer Rehab in the Health Club. Eric Durak, Paula Lilly. October, 1997. www.fitnessworld.com
23. What America Needs to Know About Exercise and Cancer. September, 1999. www.acefitness.org

24. What Lance Armstrong Has Taught America About Exercise & Cancer. Sept, 1999. www.healthy.net
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ABSTRACTS AND PRESENTATIONS

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42. The Application of a Total Conditioning Program with Cancer Patients: Effects on Strength and Endurance. Presented at the 1995 National Strength and Conditioning Association Annual Meeting, Phoenix, AZ
43. Cancer Exercise, Wellness and Rehab. Presented at the Health and Life Enrichment Expo, September 24, 1995, Pasadena, CA
44. Faculty presentation: Exercise for special populations. Presented at the October 9, 1995 International Sport Sciences Association workshop, Santa Barbara, CA

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59. Opportunities in Managed Care for the Fitness Industry. Presented at Club Industry, Nov, 9, 1996, Chicago, IL
60. Insurance Billing for the Health and Fitness Profession. Presented at the First Annual Personalized Health Management Conference, November 20, 1996, San Diego, CA
61. Exercise in the Management of Diabetes. Presented to the GTE/Health Net Lecture Series, December 3, 1996, Thousand Oaks, CA
62. Managed Care and Diabetes Education: Integrating Two Systems. Presented to the Channel Islands Diabetes Educators, January 15, 1997, Buelton, CA
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83. Faculty presentation: Fitness Therapy. Presented at the ISSA workshop, June 6-7, 1998, Buena Park, CA
84. Faculty presentation: Fitness Therapy. Presented at the ISSA workshop, Aug 22-23, 1998, East Lansing, MI

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86. Faculty presentation: Fitness Therapy. Presented at the ISSA workshop, Sept. 19-20, 1998, Westlake, CA
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88. Faculty presentation: Fitness Therapy. Presented at the ISSA workshop, Oct. 10-11, 1998, Phoenix, AZ
89. Cardiac Rehab- Moving from Medicine to Movement. Presented at the Rocky Mountain Fitness Expo, Oct. 17, 1998, Denver, CO
90. Cancer and Exercise: The State of the Art. Presented at the Rocky Mountain Fitness Expo. October 16, 1998, Denver, CO
91. Current Issues in Breast Cancer and Exercise. Presented at the Southern California Breast Cancer Awareness Month Lecture Series, October 23, 1998, Westlake Village, CA
92. Faculty presentation: Fitness Therapy. Presented at the ISSA workshop, January 30-31, 1999, Phoenix, AZ
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94. *When and How Exercise is Beneficial for People with Cancer*. Dr. Harold Benjamin, Eric P. Durak, MSc. Presented at the 1999 IHRSA annual conference, San Diego, CA
95. The Relationship Between Exercise and Managed Care. Presented at the American College of Sports Medicine annual conference, June 3, 1999, Seattle, WA
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103. How to Successfully Operate and Maintain a Cancer Well-fit Program. Presented at the IHRSA International Conference, March 25, 2000, San Francisco, CA
104. Incorporating Exercise into a Hospital-based Oncology Center. Presented at Virginia Mason Medical Center Grand Rounds, May 18, 2000, Seattle, WA

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108. Cancer Wellness Workshop. Presented at the NFTA annual conference, August 12, 2000, Denver, CO
109. Cancer Wellness Workshop. Presented at the Oakland Athletic Club, August 19, 2000, Birmingham, MI
110. Cancer Wellness Workshop. Presented at the Bennet YMCA, October 19, 2000, Las Vegas, NV
111. Developing Cancer Wellness Programs in the Therapy Setting. Presented at the Ultimate Rehab lecture series, January 19, 2001, Studio City, CA
112. From Fitness to Funny: Developing a total wellness program for cancer survivors. Presented at 1st annual Cancer Wellness Fair, March 3, 2001, Tempe, AZ
113. Developing protocols and programs for exercise and cancer. Presented at the International Health, Racquet, and Sportsclub annual conference, March 24, 2001, San Francisco, CA
114. Managed Care and Medical Marketing: Two large steps for the Fitness Profession. Presented at the International Health, Racquet, and Sportsclub annual conference, March 24, 2001, San Francisco, CA
115. Successful Aging and Cancer Prevention through Exercise. Presented at Casa Dorinda retirement center, April 3, 2001, Santa Barbara, CA
116. Exercise and Cancer Wellness. Presented at Central Arkansas Radiation Therapy Institute, (CARTI). April 20-21, 2001, Little Rock, AR
117. Cancer Wellness Workshop. Presented at Beach Cities Health District, May 12, 2001, Redondo Beach, CA
118. Cancer Wellness Workshop. Presented at Cancer Well-fit of the Desert Program, June 23, 2001, Tempe, AZ
119. Increasing the Opportunities for Kinesiotherapy in Private Practice. Presented as the keynote lecture at the American Kinesiotherapy Association national conference, July 28, 2001, Norfolk, VA
120. Cancer Wellness Workshop. Presented at the Rehabilitation Institutes of Michigan / Detroit Medical Center, August 20, 2001, Detroit, MI
121. Cancer Wellness Workshop. Presented at Thunder Bay Recreation Center, August 24, 2001, Alpena, MI
122. Cancer Wellness Workshop. Presented at the Oakland Athletic Club, August 25, 2001, Birmingham, MI
123. The Business of Cancer Wellness: Incorporating a program for cancer survivors. Presented at the Fitness Lifestyle Conference, September 6, 2001, Las Vegas, NV
124. Cancer Wellness Workshop. Presented at the Bennett YMCA, September 7, 2001, Las Vegas, NV
125. Cancer Wellness Certification Workshop. Presented at Club One, September 22, 2001, Long Beach, CA
126. Cancer Wellness Certification Workshop. Presented at Wellbridge - New Mexico Sport and Wellness, October 13, 2001, Albuquerque, NM
127. Cancer Wellness Certification Workshop. Presented at the Marsh, October 26, 2001, Minnetonka, MN

128. Complimentary/Alternative Medicine Roundtable. Eric Durak, Mark Nadel. Presented at the Medical Fitness Association National Conference, November 14, 2001, Chicago, IL
129. Integrating Cancer Wellness into the Hospital Wellness Setting: A Business Approach to a Clinical Program. Presented at the Medical Fitness Association National Conference, November 15, 2001, Chicago, IL
130. Cancer Wellness Workshop. Presented at the Hyatt McCormick Place, November 16, 2001, Chicago, IL
131. Integrating Cancer Wellness Programs into the Healthcare Setting. Presented at the Executive Health Forum, December 6, 2001, Scottsdale, AZ
132. Cancer Wellness Certification Workshop. Presented at Mount Auburn Club, February 23, 2002, Boston, MA
133. The Benefits of Exercise in Cancer Health. Presented at the Cancer Victor's and Friends meeting, February 26, 2002, Santa Barbara, CA
134. The Role of Exercise in Cancer Recovery - A National Perspective. Presented at the 2nd Annual Cancer Wellness Fair, March 2, 2002, Phoenix, AZ
135. Cancer Wellness Certification Workshop. Presented at the Dayani Wellness Center, Vanderbilt University, May 17, 2002, Nashville, TN
136. Cancer Wellness Certification Workshop. Presented at the Punta Gorda Club, May 18, 2002, Punta Gorda, FL
137. Cancer Wellness Certification Workshop. Presented on July 13, 2002, Sacramento, CA
138. The Development and Growth of the Cancer Wellness Network. Presented at the first annual Michigan Cancer Wellness Conference, August 23, 2002, East Lansing, MI
139. Cancer Wellness Certification Workshop. Presented at Club One, September 21, 2002, Long Beach, CA
140. Exercise and Cancer Networks - from Grants to Contracts. Presented at the Medical Fitness Association conference, October 13, 2002, Chicago, IL
141. Exercise and cancer coalition relationships. Eric Durak, MSc, Karen Brown-Gordon, MA. Presented at the SW - ACSM conference, November 15, 2002, Las Vegas, NV
142. Cancer Wellness Certification Workshop. Presented at the Renaissance Club, January 18, 2003, Phoenix, AZ
143. Cancer Wellness Certification Workshop. Presented at Oxford Athletic Club, March 22, 2003, Pittsburgh, PA
144. Exercise and Cancer Recovery - A 2003 Health care Update. Presented at the CARTI Wisdom to Wellness Conference, April 3, 2003, Little Rock, AR
145. Exercise for Cancer Survivorship - Presented at the CARTI Wisdom to Wellness Conference. April 4, 2003, Little Rock, AR
146. Cancer Wellness Certification Workshop. Presented at Merritt Athletic Club, April 11th, 2003, Eldersburg, MD
147. The Role of Exercise in Cancer Prevention and Recovery. Presented at UCLA adult extension, May 12, 2003, Los Angeles, CA
148. Cancer Wellness Certification Workshop. Presented at the Kim Dayani Wellness Center, Vanderbilt University, June 28, 2003, Nashville, TN
149. Cancer Wellness Certification Workshop. Presented at the Porter Valley Country Club, July 11, 2003, Northridge, CA
150. An Update on Current Trends in Exercise for Cancer Survivors - a 10 Year Follow Up Report. Presented at the second annual Cancer Wellness Conference, August 22, 2003, East Lansing, MI

151. Cancer Wellness Workshop. Presented at CARTI center, September 12, 2003, Little Rock, AR
152. Cancer Wellness Workshop. Presented at Professional Fitness Institute, Sept. 13, 2003, Olathe, KS
153. Eric P. Durak, MSc, Alicia M. Walder, BS. A Decade of Health: A 10 Year Follow -Up Survey of Fitness, Nutrition, and Healthcare Outcomes in Community Cancer Survivors. Presented at the SW-ACSM meeting, November 8, 2003, Las Vegas, NV
154. Eric P. Durak, MSc, Melanie Connel, BS. The Effects of Various Exercise Program on General Health and Delivery Status in Three Trimesters of Pregnancy: A National Survey. Presented at the SW-ACSM meeting, November 9, 2003, Las Vegas, NV
155. Cancer Wellness Certification Workshop. Presented on February 21, 2004, NPTI Fitness Center, San Francisco, CA
156. Aspects of Exercise Medicine for personal trainers. Presented March 24, 2004 at Professional Fitness Institute, Las Vegas, NV
157. Cancer Wellness applications for Exercise Physiologists. Presented at the American Society of Exercise Physiologists national conference, April 2, 2004, Indianapolis, IN
158. Cancer Wellness Certification Workshop. Presented on April 3, 2004, National Institute for Fitness and Sport, Indianapolis, IN
159. Cancer Wellness for Health and Prevention. Presented on May 8, 2004 at the Bullhead City State of Health Conference, Bullhead City, AZ
160. Cancer Wellness Certification Workshop. Presented on August 7, 2004 at the PeaceHealth St. John's Health Systems Wellness Center, Longview, WA
161. The benefits of exercise for cancer prevention and recovery. Presented at the Cancer Control Society annual conference, Sept. 6, 2004, Los Angeles, CA
162. The effects of chronic exercise on cancer recovery status: The Decade of Health Outcomes Trial of Exercise on cancer health. Presented at the Psycho-Oncology conference, January 29, 2005, Phoenix, AZ
163. The use of exercise in support of chronic weight loss maintenance in bariatric surgical patients: A theoretical model of health care. Presented at the American Society of Exercise Physiologists national conference, April 7, 2005, Minneapolis, MN
164. Exercise and cancer in the healthcare setting. Presented at Queen of the Valley Hospital, June 28, 2005, Napa, CA
165. The Effects of an Antioxidant Nutrition Drink on Work Performance and Health Parameters in an Industrial Setting. Eric. Durak, Mica Bell. Presented at the SW-ACSM conference, November 11, 2005, Las Vegas, NV
166. The Effects of Quercetin Flavonoid on Quality of Life indices in advanced Cancer patients: A double-blind randomized pilot study. Eric Durak, Julie Taguchi. Presented at the SW-ACSM conference, November 11, 2005, Las Vegas, NV
167. Cancer Wellness Certification Workshop. Presented at the Centre Club, Livertyville, IL February 17, 2006
168. Cancer Wellness Certification Workshop. Presented at Lutheran Hospital, Fort Wayne, IN, February 18, 2006
169. Cancer Wellness Certification Workshop. Presented at Greenwich Hospital, Greenwich, CT, April 15, 2006
170. Future Trends in Employment Opportunities in Exercise and Complementary Health Services for Current and Future Exercise Physiologists. Eric Durak, Leslie Denny, Kelly Lynch. Presented at the SW ACSM Conference, November 11, 2006, San Diego, CA

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PERSONAL

- NCAA Division I Track, Eastern Michigan University, 1982-84. Competed in Decathlon All-Conference - 83-84.
- First Place - Reno International Jazz Festival (Community College Division), 1990
- Master's Track and Field / road cycling athlete, 1991-present

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