

Biography of Dr. Trilk

Jennifer L. Trilk, Ph.D., is an Assistant Professor of Physiology and Exercise Science at University of South Carolina School of Medicine Greenville, and she is a national leader in incorporating *Exercise is Medicine*[™] into all four years of the medical school curriculum and at the Greenville Health System in Greenville, SC. Dr. Trilk completed a postdoctoral fellowship at the Arnold School of Public Health at the University of South Carolina and was awarded the NIH F32 *Ruth L. Kirschstein National Research Service Award* (F32HD066924) to examine the associations of physical activity, cardiorespiratory fitness and Nonalcoholic Fatty Liver Disease in U.S. adolescents using national survey data (NHANES 2003-2006). Dr. Trilk has presented at national and international conferences on exercise physiology and has published several articles that include examining the effects of exercise on lipid metabolism and the cardiovascular system in adults, promoting physical activity in adolescents in the school and community, and investigating international policies to increase physical activity in children and youth. She was awarded the U.S. President's Council on Fitness, Sports and Nutrition Community Leadership Award in 2014. Dr. Trilk's current research is evaluating the effects of exercise as a therapeutic intervention in clinical populations such as individuals with spinal cord injuries. Specifically, she is examining the effects of exercise on cardiorespiratory and metabolic fitness, body composition, psychological health and psychosocial health.