

2018 GNYRC-ACSM Executive Committee Election Nomination Bio's

President-elect:

Heather Milton

Ms. Milton is a registered clinical exercise physiologist and strength and conditioning specialist with a level three Exercise is Medicine professional. After completing a masters degree in clinical exercise physiology from Northeastern University, Heather expanded her knowledge in diagnostic cardiology, preventive medicine, athletic performance and fitness technology. She currently develops specialized programs to help athletes and clinical populations reach their maximum potential and ability. She is also a consultant for an advanced health technology company developing cutting edge techniques to improve health on a population-wide level.

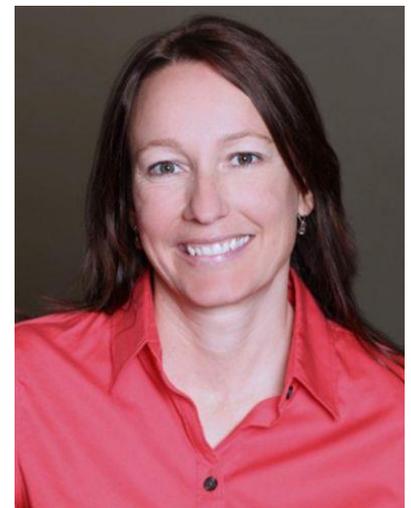


Heather is currently co-chair of the ACSM GNYRC Programming Committee, which develops the chapter's spring and fall meetings.

Treasurer:

Astrid Mel

Dr. Astrid Mel is Program Head and Assistant Professor of Exercise Science at Mercy College. She is responsible for planning and implementing program initiatives, including the development of a state-of-the-art lab for teaching and research, Education Recognition Program (ERP) status from the National Strength and Conditioning Association (NSCA), and Accreditation from the Committee on Accreditation of Higher Education Programs (CAAHEP). Dr. Mel's duties also include developing, teaching and assessing courses within the EXSC program and the Natural Science Department. She serves as a Faculty Senate, co-Chair of the Wellness Initiative, and is the Faculty Athletic Representative on campus. Dr. Mel is currently collaborating in an interdisciplinary research project on the impact of fitness and biomechanical screenings with preventative interventions on the prevalence of ACL injuries in collegiate student-athletes. She is certified as a Strength and Conditioning Specialist (CSCS) from the NSCA, a Sports Nutritionist from the International Society of Sports



Nutrition, an Exercise Physiologist from the ACSM and holds a National Coaching Diploma from the National Soccer Collegiate Athletic Association.

Dr. Mel earned her Masters of Science degree in Advanced Level Coaching from Springfield College and her thesis explored gender differences in soccer officiating. She earned her Ph.D. in Exercise Physiology, also from Springfield College, where she studied the effects of hydration status on soccer performance in female intercollegiate athletes. Prior to her current position, Dr. Mel served as Assistant Professor of Physical Education, Health and Exercise Science at Methodist University (Fayetteville, NC), Lab Coordinator, Instructor of Exercise Physiology and Assistant Women's Soccer Coach at Springfield College (Springfield, MA), Instructor of Physical Education, Head Soccer/Head Lacrosse Coach at Sweet Briar College (Sweet Briar, VA) and Assistant Soccer and Lacrosse Coach at William Smith College (Geneva, NY). Dr Mel played semi-professional soccer in the W-League with the Rochester Ravens (Rochester, NY) and the Laval Dynamites, as team captain (Montreal, Canada).

Secretary

Andrea Ybarra

Andrea Ybarra is an ACSM Certified Personal Trainer and NASM Certified Youth Exercise Specialist. She received her BS in Health Promotion and Education with a specialization in Exercise and Fitness from the University of Cincinnati. She is a Fitness Specialist and Program Coordinator at NYU Langone's Sports Performance Center where she designs and leads group based wellness programs for older adults and manages all the daily activities and administrative efforts of the Sports Performance Center.



Prior to joining the staff at NYU Langone, she spent her time working at Cincinnati Children's Hospital Medical Center as a Youth Exercise Specialist for the Weight Management Program, where she helped educate and design exercise programs and activities for clinically overweight and obese children ages 5-19. During this time she also began working in corporate fitness as a Health and Fitness Specialist and Personal Training Coordinator at Trihealth Corporate Health, where she became a member of the executive health team for Procter and Gamble's employee leadership team. She then went on working as a Wellness Manager at the Environmental Protection Agency's Wellness Center where she would organize and oversee the activities and daily operations of the facility.

Andrea is an active member of the GNYRC, where she is currently serving as Secretary on the Executive Committee Board and also serves as a member of the program and marketing committee. Andrea's areas of expertise focuses on weight management, senior and youth fitness, and improving the functional health of the deconditioned. A former competitive gymnast and collegiate cheerleader, she enjoys activities such as running, cycling, and hiking. Andrea enjoys contributing her diverse knowledge and experience in health and fitness to help improve the lives of others.