

## CURRICULUM VITAE

Name: Eric Sternlicht, Ph.D.

Date of Birth: July 7, 1959; Schenectady, New York, U.S.A.

Education: B.S. Departmental Scholar University of California, Los Angeles 1982

Exercise Test Technologist, certified by the American College of Sports Medicine 1984

M.S. University of California, Los Angeles 1985

Ph.D. University of California, Los Angeles 1987

Positions: 2014 – present. Associate Professor. Department of Health Sciences & Kinesiology. Chapman University.

2015 – present. Faculty Advisor. Gamma Beta Phi Honor Society, Chapman University.

1985 - present. President, Simply Fit Inc. Nutrition and Exercise Consulting.

1990 - 2014. Adjunct Assistant Professor. Department of Kinesiology. Occidental College.

2012 – 2014. Part-time adjunct faculty. Departments of Athletic Training and Health Sciences. Chapman University.

2010 – 2013. Adjunct Professor. Brandman University – Chapman University System.

1996 - 2001. Independent Executive Technical Advisor - Nutrition. Arbonne International.

1987 - 1997. Assistant Professor. Department of Physiological Science. UCLA

1990 - 1996. Consultant for UCLA Conditioning Programs and Athletic Teams. UCLA

1992 - 1996. Consultant for Reebok International, Ltd. Program Developer Slide Reebok.

1991 - 1992. Nutrition and Exercise Consultant for ESPN Bodyshaping. Highbar Productions, New York.

1990 Lecturer, Fall Semester. Department of Health, Physical Education and Recreation. CSU Fullerton.

1990 Lecturer, Spring Semester. Department of Physical Education, Recreation and Dance. CSU Dominguez Hills

1989 Consultant on Research for Dr. R.J. Barnard, Department of Kinesiology, UCLA

1988 Postdoctoral Researcher for Dr. R.J. Barnard, Department of Kinesiology, UCLA

1984-87 Research Assistant for Dr. R.J. Barnard, Department of Kinesiology, UCLA

Professional Societies:

Academy of Nutrition and Dietetics - Current  
American Assoc. for the Advancement of Science  
American College of Sports Medicine – Current  
American Medical Athletic Association - Current  
Faculty Member for Reebok University  
Circuit of Reebok Professionals and Specialists  
International Dance-Exercise Association - Current  
National Strength and Conditioning Association – Current

Advisory/Editorial Boards:

California Journal of Health Promotion - Current  
Ironman Magazine - Current  
Masimo Corp. – Scientific Advisory Board - Current  
Prime Fitness and Health Magazine  
UCLA Health & Wellness Letter

Textbook Reviewer:

Benjamin/Cummings Publishing, Redwood City, CA  
Dell Publishing, New York, NY  
Human Kinetics, Champaign, IL  
Iron Books, Venice, CA  
Jones & Bartlett Learning Publishers, MA

Research Support:

Principal Investigator (TuffStuff Fitness International, Inc.) 2016

Product Design Testing of TFI's Protocol<sup>®</sup> Equipment Line with Bio-Arc<sup>™</sup> Technology using Electromyographic Analysis and Goniometer Measurement.

Principal Investigator (Real Appeal, Inc.) 2015

Caloric Expenditure Requirements of the Real Appeal<sup>®</sup> Cardio, Strength, Flexibility and Abdominal Training Workouts.

Principal Investigator (Majesco Entertainment, Inc.) 2011

Heart Rate Response & Caloric Expenditure Requirements of Selected Zumba<sup>®</sup> Fitness Video Game Workouts.

Principal Investigator (Cort Howell Productions, Inc.) 2011

Beta-Endorphin, Heart Rate and Caloric Expenditure Analysis of the Zumba<sup>®</sup> Fitness Program.

Principal Investigator (Manatt, Phelps & Phillips, LLP) 2010

Electromyographical Analysis and Comparison of a Traditional Sit-up and Crunch with the Ab Circle Pro<sup>®</sup> Abdominal Training Device.

Principal Investigator (BeachBody) 2010

Caloric Expenditure Comparison of the Ten Minute Trainer<sup>®</sup> Cardio Workout and Jogging on a Treadmill.

Principal Investigator (BeachBody) 2010

Caloric Expenditure of the Body Gospel<sup>®</sup> Power & Praise workout with and without Body Gospel<sup>®</sup> bands.

Principal Investigator (BeachBody) 2009

Caloric Expenditure During a Beachbody Insanity<sup>™</sup> Workout.

Principal Investigator (BeachBody) 2008

Metabolic and Physiological Analysis of the Beachbody Insanity<sup>™</sup> Training Program.

Research Support (continued):

Principal Investigator (Product Partners) 2008

Metabolic and Physiological Analysis of the Beachbody® Shakeology Meal Replacement Program.

Principal Investigator (Product Partners) 2007

Metabolic and Body Composition Analysis of Beachbody® Chalean Extreme Training Program and Comparison to Traditional Training Programs.

Principal Investigator (Guthy-Renker) 2007

Electromyographical Analysis and Comparison of Traditional Mat Pilates with and without a Sculpting Ball and a Traditional Crunch Exercise.

Principal Investigator (Guthy-Renker) 2007

Metabolic and Caloric Analysis of a Zumba® Training program.

Principal Investigator (Product Partners) 2006

Electromyographical Analysis and Comparison of Turbo Jam® Aerobic Training Program with and without weighted gloves.

Principal Investigator (Guthy-Renker) 2006

Electromyographical Analysis and Comparison of the Ab Lazer with Traditional Abdominal Exercises.

Principal Investigator (Product Partners) 2005

Heart Rate Response and Estimated Caloric Expenditure of a Turbo Jam® Workout.

Principal Investigator (Product Partners) 2005

Heart Rate Response to Beachbody Turbo Jam® Workout.

Principal Investigator (Guthy-Renker) 2004

A Kinematic Comparison of the Stability Ball and Traditional Exercises on Stable Surfaces Using Surface Electromyography.

Principal Investigator (Collier Shannon Scott, PLLC) 2003

Electromyographical Analysis of Shoulder and Abdominal Muscle Activity Using the Ab-One, Portable Abdominal Exercise Devices, and a Traditional Crunch.

Principal Investigator (Guthy-Renker) 2001

Electromyographical Analysis and Comparison of the Guthy-Renker Perfect Abs with Traditional Abdominal Exercises.

Research Support (continued):

Principal Investigator (Quantum Television) 1998 - 1999

Electromyographical Analysis and Comparison of the Quantum Ab Rocker with Traditional Abdominal Exercises.

Principal Investigator (Flex Equipment, Inc.) 1997

Electromyographical Analysis of Eccentric Movements for Selected Free-weight and Selectorized Machines.

Principal Investigator (Soloflex Equipment, Inc.) 1996

Kinematic Analysis and Comparison of the Squat Exercise Using Free-weights, Smith Machine and the Soloflex Training Device.

Principal Investigator (Launch Fitness Products, Inc.) 1996

Electromyographical Analysis of the Wrist Flexors and Extensors and a comparison between the use of the Advantage Wrist Training Device and Free-Weight Training.

Principal Investigator (Flex Equipment, Inc.) 1995

Comparison of the Training Adaptations between the Flex Abflexor and the Abflex Abdominal Machine.

Principal Investigator (Reebok International Ltd.) 1993-1994

Cardiovascular Response to Lateral Movement Training: Heart Rate Reserve and Arms.

Principal Investigator (Reebok International Ltd.) 1993-1994

Effect of Slide Cadence on Heart Rate Response to Lateral Movement Training.

Principal Investigator (Reebok International Ltd.) 1993-1994

Effect of Board Length on Heart Rate Response to Lateral Movement Training.

Principal Investigator (Reebok International Ltd.) 1992-1993

Cardiovascular Response to the Slide Reebok Core Moves and Basic Training Workout.

Principal Investigator (Flex Equipment, Inc.) 1990-1991

Electromyographical Analysis and Comparison of the Flex Abflexor with Traditional Abdominal Exercises.

Co-Investigator (C3Fit, Inc. - Japan) 2011

The Effect of Graduated C3Fit Line Compression Tights on the Maintenance of Leg Power Following Endurance Exercise.

Research Support (continued):

Co-Investigator (Integrity Partners, Inc.) 2005

Electromyographical Analysis and Comparison of the AbZone with Traditional Crunch Exercise.

Co-Investigator (Flex Equipment, Inc.) 1995

Electromyographical Analysis and Comparison of the Flex Abflexor with the Abflex Abdominal Machine.

Co-investigator (Reebok International Ltd.) 1994-1995

An Investigation of the Relationship between Energy Cost, Heart Rate and Perceived Exertion for Various Slide Training Core Moves and Step Patterns.

Co-investigator (Reebok International Ltd.) 1993-1994

Comparison of Muscle Activity in Lateral Movement Training, Step Training and Cycling.

Co-investigator (Reebok International Ltd.) 1993-1994

Muscle Activity during Selected Core Movements of Lateral Movement Training.

Lay Publications:

1996 - present. Simplyfit.com website: Nutrition and Exercise columns.

1984 - present. Contributor for various publications including: Bicycling, O magazine, Prime Fitness and Health, Muscle & Fitness, Flex and Men's Health, Self, Women's Sports & Fitness, Fitness Rx.

1992 - 1995. Contributor for Men's Fitness magazine. Monthly Spot Training column.

1990 - 1991. Contributor for Personal Fitness & Weight Loss magazine.

1988 - 1993. Contributor for Shape magazine, Monthly Spot Training Column.

1985 - 1998. Contributor for Ironman magazine, Monthly Research and Simply Fit (Nutrition Q & A) Columns.

Sample Television, Newspaper & Magazine Exposure:

Orange County Register: *Mind over marathon: How to mentally prepare for long-distance race training*, November 2015

LA Times – Insert: *Studying the science of running*, May 2015

Men’s Health: *5 Surprising Habits That May Raise Your Risk of Diabetes*, April 2015

Men’s Journal: *Workout for an Afterburn – How to Burn More Calories*, April 2015

The Doctors Television Show: *Ab Solutions*, November 2013

<http://www.thedoctorstv.com/videolib/init/3023>.

Muscle & Fitness: *The Calf-Time Show*, July 2009.

Fit Pregnancy: *The Power of the Belly*, January 2008.

IDEA Fitness Journal: *The Magnificent Stability Ball?* November / December 2007.

Real Fighter: *Behind the Curtain*, December 2007.

Shape Magazine: *Get Flat Abs in Half the Time*, October 2007.

IDEA Fit: *Stability Ball Increases Abdominal Activity*, September 2007.

Men’s Health: *An Ab Booster the Backfires*, October 2007.

Men’s Fitness: *Sugar: What Kinds to Eat and When*, December 2006.

“O” Oprah Magazine: *The Biggest Loser: What’s Sex Got to Do with It?*, November 2005.

Shape Magazine: *Kudos for the Classic Crunch*, October 2005.

Men’s Health: *Six Packs For Sale*, August 2005.

Self Magazine: *Fab-ab Tool*, July 2005.

Orange County Register: *Abs-olutely wonderful?*, November 2003.

Oxygen Magazine: *Shake Down*, May 2002.

Kiplinger’s: *The Flap Over Ab Flab*, February 2002.

Competitor Magazine: *Ingestion Suggestions*, March 2002.

Men’s Fitness: *Try on a Triathlon*, October 2002.

Redbook: *10 Rules to Break for a Better Body-Constant Craving*, September 1999. Fitness &

Health Magazine: *Gut Reaction*, Spring 1995.

Professional Consultation / Simply Fit Clientele:

Includes: Masimo Corp., Reebok International, Ltd., Cercacor, Inc., C3Fit – Japan, Flex Equipment, Inc., Guthy-Renker, Jafra Cosmetics International, Inc., Walt Disney Imagineering, Inc. Fitwork Corporation - Japan, Sony Corporation - Japan, NSCA - Japan, UCLA Athletic Department, Purdue University Athletic Department, Bodymasters Equipment, Inc., Hi Tech Professional Strength Systems, Soloflex, Inc., Launch Fitness Products, Inc., Weider Publications, Inc., Cannon Films, 20th Century Films, HBO, Malpasco Productions, Imperial Entertainment, Telesis Productions, Jeff Mackler Communications, ESPN Bodyshaping, Quantum Television, Tristar, Majesco Entertainment, Arbonne International, A&E Television, CBS Television, Three and Two Productions, United Fitness America LLC, Senior Safety, Law Firm of Minder & Muro, Law Firm of Bronson, Bronson & McKinnon, Law Firm of Sonnenshein, Nath & Rosenthal, Law Offices of Thomas Hood, Law firm of Carr and DeMarzo, Law Firm of Venable, Baetjer, Howard & Civiletti, LLP, Law Firm of Prindle, Amaro, Goetz, Hillyard, Barnes & Reinholtz LLP, Law Firm of Callahan, McCune & Willis, LLP, Law Firm of Collier Shannon Scott, PLLC., [blog.seniorsafety.com](http://blog.seniorsafety.com), Integrity Partners, Inc., Product Partners, Inc., BeachBody Corporation, Manatt, Phelps & Phillips, LLP, Cort Howell Productions, Cure for Cancers Charity, Barger Law Group, P.C., Patterson Buchanan Fobes & Leitch Inc. P.S.



Papers:

1. **Sternlicht, E.**, F. Frisch, and K. Sumida. Zumba® Fitness workouts: are they an appropriate alternative to running or cycling? *Sports Science for Health*. October 2013. DOI 10.1007/s11332-103-0155-8.
2. Rugg, S. and **E. Sternlicht**. The effect of graduated compression tights, compared to running shorts, on counter movement jump performance before and after submaximal running. *J. Strength Cond. Res.* 27(4): 1067-1073, 2013.
3. **Sternlicht, E.**, S. Rugg, L. Fujii, K. Tomomitsu, and M. Seki. Electromyographic comparison of a stability ball crunch with a traditional crunch. *J. Strength Cond. Res.* 21(2): 506-509, 2007.
4. **Sternlicht, E.**, S. Rugg, M. Bernstein, and S. Armstrong. Electromyographic analysis and comparison of selected abdominal training devices with a traditional crunch. *J. Strength Cond. Res.* 19(1): 157-162, 2005.
5. **Sternlicht, E.** and S. Rugg. Electromyographic analysis of abdominal muscle activity using portable abdominal exercise devices and a traditional crunch. *J. Strength Cond. Res.* 17(3): 463-468, 2003.
6. **Sternlicht, E.**, R.J. Barnard, and G.K. Grimditch. B-adrenergic receptors are not responsible for exercise stimulation of glucose transport. *J. Appl. Physiol.* 66(5):24192422, 1989.
7. **Sternlicht, E.**, R.J. Barnard, and G.K. Grimditch. Exercise and insulin stimulate skeletal muscle glucose transport through different mechanisms. *Am. J. Physiol.* 256:E227-E230, 1989.
8. Whitson, R.H., G.K. Grimditch, **E. Sternlicht**, S.A. Kaplan, R.J. Barnard, and K. Itakura. Characterization of rat skeletal muscle sarcolemmal insulin receptors and a sarcolemmal insulin binding inhibitor. *J. Biol. Chem.* 263:4789-4794, 1988.
9. **Sternlicht, E.**, R.J. Barnard, and G.K. Grimditch. Mechanism of insulin action on glucose transport in rat skeletal muscle. *Am. J. Physiol.* 254:E633-E638, 1988.
10. Grimditch, G.K., R.J. Barnard, **E. Sternlicht**, R.H. Whitson, and S.A. Kaplan. Effect of diet on insulin binding and glucose transport in rat sarcolemmal vesicles. *Am. J. Physiol.* 252:E420-E425, 1987.
11. Grimditch, G.K., R.J. Barnard, S.A. Kaplan, and **E. Sternlicht**. Effect of training on insulin binding to rat skeletal muscle sarcolemmal vesicles. *Am. J. Physiol.* 250:E570E575, 1986.

12. Grimditch, G.K., R.J. Barnard, S.A. Kaplan, and **E. Sternlicht**. Insulin Binding and glucose transport in rat skeletal muscle sarcolemmal vesicles. *Am. J. Physiol.* 249:E398E408, 1985.
13. Spector, S.A., C.P. Simard, M. Fournier, **E. Sternlicht**, and V.R. Edgerton. Architectural alterations of rat hindlimb skeletal muscles immobilized at different lengths. *Exp. Neurol.* 76:94-110, 1982.

Abstracts:

1. Frisch, F., Z. Wilson, C. Arbuckle, and **E. Sternlicht**. Age-Related Serum Alkaline Phosphatase Trends. *FASEB J*, 27:937.18, April 2013.
2. **Sternlicht, E.**, and S. Rugg. Electromyographical Analysis and Comparison of portable abdominal devices and the traditional crunch. Presentation NSCA Conference, July 2002.
3. **Sternlicht, E.**, R.J. Barnard, and G.K. Grimditch. Combined effect of insulin and exercise on glucose transport in rat skeletal muscle sarcolemmal vesicles. *Med. Sci. Sports Exercise.* 19:S74, 1987.
4. **Sternlicht, E.**, R.J. Barnard, and G.K. Grimditch. Effects of insulin stimulation and acute exercise on glucose transport in rat skeletal muscle sarcolemmal vesicles. *Med. Sci. Sports Exercise.* 18:S62, 1986.
5. Grimditch, G.K., R.J. Barnard, R.H. Whitson, **E. Sternlicht**, and S.A. Kaplan. Effects of a high-fat, high-sucrose diet on glucose tolerance, insulin binding and glucose transport in rat sarcolemmal vesicles. *Med. Sci. Sports Exercise.* 18:S61-S62, 1986.
6. Whitson, R.H., R.J. Barnard, G.K. Grimditch, **E. Sternlicht**, and S.A. Kaplan. Purification and characterization of insulin receptors from rat sarcolemmal vesicles. *Fed. Proc.* 44:479, 1985.
7. Barnard, R.J., G.K. Grimditch, R.H. Whitson, S.A. Kaplan, and **E. Sternlicht**. Effects of a high-fat diet on glucose tolerance and insulin binding to sarcolemmal vesicles. *Fed. Proc.* 44:5076, 1985.

### Manuals:

1. **Sternlicht, E.** Why Weight? The Arbonne Bio-Nutria Vitality Weight Management Program. Arbonne International, Inc. Aliso Viejo, CA, 1998.
2. **Sternlicht, E.**, K. Stevens, R. Rich, K. Watson, and N. Feineman. Slide Reebok Professional Training Manual - Basic Training Program. Reebok International, Ltd. Stoughton, MA. 1994.
3. **Sternlicht, E.**, K. Stevens, R. Rich, M. Fode, K. Watson, J. Wenson, P. Francis, and N. Feineman. Slide Reebok Professional Training Manual - Endurance Training Program. Reebok International, Ltd. Stoughton, MA. 1994.
4. Brooks, D., C. Copeland-Brooks, P. Francis, L. Francis, **E. Sternlicht**, and K. Stevens. Slide Reebok Professional Training Manual - Interval Program. Reebok International, Ltd. Stoughton, MA. 1995.

### Book:

1. **Sternlicht, E.** and N. Feineman. Fuel Up: Using the Principals of Sports Nutrition to Perform Like a Pro. Perigee Publishers, New York, N.Y., 2001.

### Poster Presentations:

1. Faria, E., R. Cooklin, M. Johnson, T. Scavo, and **E. Sternlicht**. Electromyography for Prone Y Exercise Learning Tool. Chapman University Student Research Day. May 2017.
2. Johnson, M., R. Cooklin, E. Faria, T. Scavo, and **E. Sternlicht**. The Use of EMG as a Physical Therapy Learning Aid. Chapman University Student Research Day. May 2017.
3. Scavo, T., R. Cooklin, E. Faria, M. Johnson, and **E. Sternlicht**. Efficacy of Electromyography and the Dead Bug Exercise. Chapman University Student Research Day. May 2017.