



Dr. AMY A. EYLER

**D**r. Amy A. Eyler, Ph.D has 15 years of working experience in the field of physical activity. She learned the physiological aspect of exercise early in her career and applied this knowledge to the behavioral studies of physical activity in her current research. Her main focus for the last 8 years has been women and physical activity as it relates to cardiovascular disease prevention. In her research, she has attempted to identify the amount and type of physical activity among women of diverse racial ethnic groups and, more importantly, reasons why these women do not exercise as much as they should. amount and type of physical activity among women of diverse racial ethnic groups and, more importantly, reasons why these women do not exercise as much as they should.

Dr. Eyler's studies included Black, White, Native American, Asian, and Latina women living in urban, rural, and suburban settings in the United States. The findings from these varied groups show a fascinating disconnect between the social roles of women and their own health-promoting behaviors. From this research, Dr. Eyler has published over 20 papers, been interviewed for 27 different popular press media resources and made 12 conference presentations including papers presented at the American Public Health Association Conference, National Chronic Disease Conference, and National American College of Sports Medicine Conference. Dr. Eyler was also a featured speaker at the International Health, Racquet, and Sportsclub Association Conference in March 2003.

Dr. Eyler is currently writing a book based on her research to encourage women to make exercise a part of their lives. Her research on women and physical activity is not only a professional endeavor, but a personal one as well. She is dedicated to educating women of the physical, mental, and social benefits of being regularly physically active.

Dr. Eyler is a renowned, Certified Health Education Specialist, certified by the National Commission for Health Education Credentialing, Inc. Dr. Eyler is also a Health/Fitness Instructor Certified by the American College of Sports Medicine.

Dr. Amy A. Eyler has been selected by the World Scientist Forum for "Eminent Scientist of the Year 2005" International Award for her unique research contributions in the field of Health Education and physical activity especially among the rural women.