

CURRICULUM VITAE
JAMES M. RIPPE, M.D.

ADDRESS: Rippe Lifestyle Institute
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DATE OF BIRTH: June 26, 1947

EDUCATION: Harvard College, B.A., 1969, cum laude
Harvard Medical School, M.D., 1979, cum laude

EMPLOYMENT AND PROFESSIONAL EXPERIENCE

2008-present: Director, Lifestyle Medicine Initiative, Orlando Regional Healthcare

2008 – present: Founder and Director, Rippe Health Evaluation

2006 – present Editor in Chief, American Journal of Lifestyle Medicine

2005 – present: Professor of Biomedical Sciences and Chairman, Center for Lifestyle Medicine, University of Central Florida

2005 – present: Chairman, Florida Hospital Institute for Lifestyle Medicine

1999-present: Scientific Advisory Board, WebMD

1998-2008: Founder and Director, Rippe Health Assessment at Celebration Health Florida Hospital

1997-2004 Co-Chairman, Pharmanex Medical Advisory Board

1997-1998: Founding Editor, Nutrition in Clinical Care

1996-1999 Chairman, Interdisciplinary Council on Lifestyle and Obesity Management

1994-present: Associate Professor of Medicine (Cardiology)
Tufts University School of Medicine, Boston, MA

1988-present: Director, Center for Clinical and Lifestyle Research
(name changed in 2000 to Rippe Lifestyle Institute)

1994-1996: Medical and Child Development Director, Discovery Zone

1993-1997: Medical Editor, Television Food Network, New York City

1991-1994:

Medical and Child Development Director, Leaps & Bounds

1990-1995:

Editor in Chief, Medicine, Exercise, Nutrition and Health

- 1988-1993:** Associate Professor of Medicine, Director of Exercise Physiology and Nutrition Laboratory, University of Massachusetts Medical School, Worcester, MA
- 1983-1988:** Assistant Professor of Medicine, Director of Exercise Physiology and Nutrition Laboratory, University of Massachusetts Medical School, Worcester, MA
- 1985-present:** Editor in Chief, Journal of Intensive Care Medicine
- 1984-present:** Adjunct Professor of Exercise Science, Department of Exercise Science, University of Massachusetts, Amherst
- 1983-1993:** Attending Physician, Cardiac Catheterization Laboratory, University of Massachusetts Medical Center, Worcester, MA
- 1986-present:** Member, National Medical Advisory Board, YMCA of the USA
- 1985-present:** Medical Consultant to the YMCA of the USA for Corporate Health Enhancement
- 1983-1985:** Chairman, Executive Committee, Center for Health, Fitness and Human Performance, University of Massachusetts Medical Center, Worcester, MA
- 1983-1985:** Medical Director of Cardiac Rehabilitation, University of Massachusetts Medical Center
- 1983-1984:** Fitness Testing: Boston Red Sox Baseball Team
- 1981-1983:** Instructor of Medicine/Fellow in Cardiovascular Medicine and Medical Director of Cardiac Rehabilitation, University of Massachusetts Medical School, Worcester, MA
- 1980-1984:** Resident Tutor and Chairman, Pre-Medical Committee, Eliot House, Harvard University
- 1980-1981:** Resident in Internal Medicine, Massachusetts General Hospital, Boston, MA
- 1979-1980:** Intern in Internal Medicine, Massachusetts General Hospital, Boston, MA
- 1978-1979:** Research Associate, Department of Cardiology, University of Massachusetts Medical Center

- 1975-1976:** Research Assistant to the Dean, Harvard School of Public Health
- 1970-1974:** Director, Radcliffe Pottery Studio (Harvard University)
- 1970-1974:** Founder, Executive Director, Credence House, Inc. (Massachusetts Department of Mental Health), Halfway house
- 1969-1973:** Founder, Executive Director, Alpha House, Inc. (Mass Department of Mental Health), Halfway house for former mental patients.

TEACHING

- 2005 – present** Professor of Biomedical Sciences
University of Central Florida
- 2003-present:** Affiliate Associate Professor of Medicine,
University of South Florida College of Medicine
- 2003-present:** Adjunct Faculty (Exercise Physiology and Lifestyle Medicine),
University of Central Florida
- 1994-present:** Associate Professor of Medicine (Cardiology),
Tufts University School of Medicine
- 1988-1993:** Associate Professor of Medicine (Cardiology),
University of Massachusetts Medical School
- 1983-1988:** Assistant Professor of Medicine (Cardiology),
University of Massachusetts Medical School
- 1981-1983:** Instructor of Medicine, University of Massachusetts Medical School.
- 1979-1981:** Clinical Fellow in Medicine, Harvard Medical School

CERTIFICATIONS AND LICENSURE

- 1983:** Board Certified American Board of Internal Medicine
- 1985:** Board Certified in the Subspecialty of Cardiology,
American Board of Internal Medicine
- 1981:** Licensed in the State of Massachusetts
- 1997:** Licensed in the State of Florida

ACADEMIC HONORS

- 1979:** Harvard Medical School, M.D. cum laude in a special field (Cardiovascular Pathophysiology), June, 1979. Thesis: Hemodynamic Studies in the Trained Racing Greyhound: A model of the development, functional consequences and regression of exercise-induced cardiac hypertrophy
- 1979:** Finalist, Soma Weiss Competition, Harvard Medical School
- 1969:** Harvard College, B.A., cum laude in History and Literature (American). Thesis: Ezra Pound as a Social Reformer
- 1965-1969:** Dean's List, Harvard College
- 1965-1969:** National Merit Scholar, Harvard National Scholar
- 1966:** Detur Prize, Harvard College

AWARDS

- 2000:** Named one of the 100 Most Influential People in Central Florida, Orlando Business Journal
- 1996:** Cooking Light Top Ten Health and Fitness Books for 1996 (for Fit Over Forty)
- 1992:** Lifetime Achievement Award, International Dance Exercise Association
- 1990:** Healthy American Fitness Leader, US Jaycees and President's Council on Physical Fitness
- 1989:** IDEA Fitness Educator of the Year
- 1987:** American Health Book Award (for Fitness Walking for Women)
- 1985:** American Health Book Award (for Fitness Walking)

ORGANIZATIONS

- 2005-present** American Diabetes Association
- 2000-present:** Charter Member, American Heart Association's Council on Nutrition, Metabolism and Physical Activity
- 1983-1988:** Board of Managers, Greendale Branch of Greater Worcester YMCA
- 1983-present:** American Heart Association
- 1983-present:** American College of Sports Medicine

1990-1992:	American Medical Association
1992-1995:	Society of Critical Care Medicine
1995-1996:	Society of General Internal Medicine
1998-present	American Association of Cardiovascular & Pulmonary Rehabilitation
1998-present	North American Association for the Study of Obesity
1999-present	Council of Nutrition, Metabolism, and Physical Activity of the AHA

MEMBER EDITORIAL BOARD

2000-present:	Time Magazine: Cardiovascular Health Supplements
1999-2001	Medicine and Science in Sports and Exercise
1996-present:	Tufts University Diet & Nutrition Letter
1996-1999:	ACSM's Health and Fitness Journal
1993-2001:	Medicine and Science in Sports and Exercise
1987-1990:	The Physician and Sports Medicine

REVIEWER OF JOURNAL ARTICLES FOR:

- ◆ The American Heart Journal
- ◆ Catheterization and Cardiovascular Diagnosis
- ◆ The Physician and Sports Medicine
- ◆ Archives of Internal Medicine
- ◆ Journal of the American Medical Association
- ◆ Medicine and Science in Sports and Exercise
- ◆ Fitness in Business

REVIEWER OF BOOKS FOR:

- ◆ Little, Brown, Inc. (Boston)
- ◆ Appleton, Lange, (New York)
- ◆ Practical Cardiology
- ◆ The Physician and Sports Medicine

COLUMNIST/COMMENTATOR FOR:

- ◆ Business Digest (Health and Fitness Columnist, 1984-1985)
- ◆ The Boston Globe (Walking Columnist, 1985-1986)
- ◆ New England Cable News (Medical Expert, 1991-1993)
- ◆ New England Cable News (Medical Editor, 1993-1994)

- ◆ Television Food Network (TVFN) (Medical Editor, 1993-1997)
- ◆ Good Morning America (Health and Fitness Consultant, Commentator (1995-1996)
- ◆ WESH Channel 2: Orlando Medical Commentator (1999-Present)
- ◆ The Golf Channel: Medical Editor (2002-present)

PUBLICATIONS

A. ORIGINAL ARTICLES

1. Rippe, JM: Caring and medical education, *Lancet*. 1:36, 1977.
2. Rippe JM, Bennett N, Taylor H, Warner CK: Learning from each other
Reflections on a medical student discussion group. *J. Med Educ*. 53:686,1978.
3. Rippe JM, Angoff G, Sloss LJ, Wynne J, Alpert JS: Multiple floppy valves: An
echocardiographic syndrome. *Am J Med*. 66:817, 1979.
4. Rippe JM, Sloss LJ, Angoff G, Alpert JS: Mitral valve prolapse in adults with
congenital heart disease. *Am Heart J*. 97:561, 1979.
5. Rippe JM, Fishbein MC, Carabello B, Angoff G, Sloss L, Collins JJ, Alpert JS:
Primary myxomatous degeneration of cardiac valves: A clinical, pathologic,
Hemodynamic and echocardiographic profile. *Br Heart J*. 44:621, 1980.
6. Rippe JM, Pape LA, Alpert JS, Ockene IS, Paraskos JA, Kotilainen P, Anas J, Webster W:
Studies of systolic mechanics and diastolic behavior of the left ventricle in the trained racing
greyhound. *Bas Research Cardiol*. 77:619, 1982.
7. Rippe JM, Curley F, Paraskos JA, Schoen FJ, Cohn LH, Alpert JS: Triple valve
endocarditis with unusual echocardiographic findings, *Am Heart J*. 107:598, 1984.
8. Rippe JM, Singh JB, Jarvais N, Adams E, Erkkila K: Mitral valve prolapse and
spasm of normal coronary arteries: Report of four cases and review of the literature.
Angiology. 35:300, 1984.
9. St. Louis P, Rippe JM, Benotti JR, Frankel PM, Vandersalm T, Alpert JS: Myocardial infarction with
normal coronary arteries complicated by ventricular septal rupture. *Am Heart J*.
107:1259, 1984.
10. Malloy PC, Gore JM, Rippe JM, Paraskos JA, Benotti JR, Alpert JS, Dalen JE:
Right atrial thrombus resulting in pulmonary embolism: A case with echocardiographic
and angiographic documentation. *Am Heart J*. 108:1047, 1984.
11. Levy BS, Goldberg R, Rippe J, Love D: A regular exercise program for medical
students: Its impact on health, personal habits and attitudes. *J Med Educ*. 59:596,1984.
12. Pape LA, Rippe JM, Paraskos JA, Alpert JS: Effects of the cessation of training on
left ventricular function in the racing greyhound: Serial studies in a model of cardiac
hypertrophy. *Bas Res Cardiol*. 79:98, 1984.
13. Rippe JM, Browning C, Vandersalm TH, Goldberg R, Alpert JS, Dalen JE:
Fascicular conduction disturbances following aortocoronary bypass surgery. The
role of hypothermia versus potassium-arrest cardioplegia. *J Cardiovasc Surg*.
25:456, 1985.

14. Gurry M, Pappas A, Michaels J, Maher P, Shakman A, Goldberg R, Rippe J: A comprehensive pre-season fitness evaluation for professional baseball players. *Physician Sports Med.* 13:63, 1985.
15. Pape LA, Price JM, Alpert JS, Rippe JM: Hemodynamics and left ventricular function: A comparison between adult racing greyhounds and greyhounds completely untrained from birth. *Bas Research Cardiol.* 81:417, 1986.
16. Freedson P, Chang B, Rippe J, Alpert J, Katch F, Kroll W: Intraarterial blood pressure measurement during graded isometric exercises. (In press, *J. Card Rehab*).
17. Ockene JK, Hosmer D, Rippe J, Williams J, Goldberg RJ, DeCosimo D, Maher PM, Dalen JE: Factors affecting cigarette smoking status in patients with ischemic heart disease. *J. Chronic Dis.* 38:985-994, 1985.
18. Negus RS, Rippe JM, Freedson P, Michaels J: Heart rate, blood pressure and oxygen consumption during orthopedic rehabilitation exercise. *J of Orthopaedic and Sports Therapy.* 8:346-350, 1987.
19. Kline GM, Porcari JP, Hintermeister R, Freedson PS, Ward A, McCarron RF, Ross J, Rippe JM: Estimation of V_{O2} max from a one-mile track walk, gender, age, and body weight. *Med Sci Sports Exerc.* 19:253, 1987.
20. Porcari J, McCarron R, Kline G, Freedson P, Ward A, Ross J, Rippe J: Is fast walking an adequate aerobic training stimulus in 30-69 year old adults? *Phys and Sports Med.* 15:119, 1987.
21. Ward A, Malloy P, Rippe J: Exercise prescription guidelines. *Cardiol Clinics* 5:197 1987.
22. Rippe JM, Ward A, Freedson P: Walking for health and fitness, *Encyclopedia Britannica and Health Annual*, 1988.
23. The TIMI Study Group: The Thrombolysis in Myocardial Infarction (TIMI) Trial. *N Engl J Med.* 312:932-936, 1985.
24. Hillis LD, TIMI Principal Investigators: High-dose intravenous streptokinase for Acute myocardial infarction: Preliminary results of a multicenter trial. *JACC.* 6:957-962, 1985.
25. Chesebro JA, TIMI Principal Investigators: Thrombolysis in Myocardial Infarction (TIMI) Trial, Phase I: A comparison between intravenous tissue plasminogen activator and intravenous streptokinase, *Circ.* 76:142, 1987.
26. Mueller HS, Rao AK, Forman SA, and the TIMI Investigators: Thrombolysis in Myocardial infarction (TIMI): Comparative studies of coronary reperfusion and Systemic fibrinogenolysis with two forms of recombinant tissue - type plasminogen Activator. *JACC.* 10:479, 1987.

27. Passamani E, Hodges M, Herman M, et al for the TIMI Investigators: The Thrombolysis in Myocardial Infarction (TIMI) Phase II Pilot Study: Tissue Plasminogen activator followed by percutaneous transluminal angioplasty. *JACC*. 10:518, 1987.
28. Rippe JM, Ward A, Freedson P, Porcari J, O'Hanley S, Wilkie S: The Cardiovascular Benefits of Walking. *Prac. Cardiol.* (1) 66-72, 1989.
29. Rippe JM, Ward A, Porcari J, Freedson PS: Walking for health and fitness. *JAMA*. 259:272, 1988.
30. Gurry MK, Freedson PS, Kline G, Porcari J, Ward A, Rippe JM: A comparative analysis of an automated non-invasive estimate of cardiac output with direct fick and thermodilution techniques. *J Cardiac Rehab.* 9:122-126, 1989.
31. Pape AL, Chan K, Rippe JM: Asymptomatic Heart Murmur in a Professional Football Player, *Phys and Sports Med.* 16:53, 1988.
32. Rippe JM, Freedson PS, Ward A: Exercise: Staying With It. *Encyclopaedia Britannica Medical and Health Annual*, p. 417, 1989.
33. Porcari JP, Ebbeling CB, Ward A, Freedson PS, Rippe JM: Walking for exercise testing and training. *Sports Med.* 8(4):189-200, 1989.
34. Morris DM, Ward A, Rippe JM: Oat bran: Mania and Magic. *Encyclopaedia Britannica Medical and Health Annual*, 1990.
35. Freedson PS, Ward A, Rippe JM: Childhood health and fitness. *Encyclopaedia Britannica Medical and Health Annual*, 1990.
36. Alpert JS, Pape LA, Ward A, Rippe JM: The Athletic Heart Syndrome. *Phys and Sports Med.* (in press).
37. Hutchinson GE, Freedson PS, Ward A, Rippe J: Ideal to Real: Implementing the Health and Fitness Program for Youth. *JOPERD*, August 1990.
38. Zwiren LD, Freedson PS, Ward A, Wilkie S, Rippe JM: Estimation of VO₂ max: A comparative analysis of five exercise tests. *Research Quarterly for Sports and Exerc.* 62:73, 1991.
39. Goldfine H, Ward A, Taylor P, Carlucci D, Rippe JM: Exercising to Health: What's Really in It for Your Patients? Part I: The Health Benefits of Exercise. *Phys and Sports Med.* 19(#6):81, 1991.
40. Carlucci D, Goldfine H, Ward A, Taylor P, Rippe JM: Exercise: Not Just for the Healthy Part II: The Health Benefits of Exercise. *Phys and Sports Med.* 19(#7)46, 1991.
41. Taylor P, Ward A, Rippe JM: Exercising to Health: How Much, How Soon? Part III. *Phys and Sports Med.* 19(8):95, 1991.

42. Taylor P, Ward A, Rippe JM: How to Tailor an Exercise Program. Part IV. Phys and Sports Med. 19(9):64, 1991.
43. Rippe JM, Blair SN, Freedson P, Micheli LJ, Morrow JR, Pate R, Plowman S, Rowland T. Childhood Health and Fitness in the United States: Current Status and Future Challenges. A Roundtable Discussion. Med Exerc Nutr Health. 1:97-104, 1991.
44. Rippe JM, Blair SN, Freedson P, Micheli LJ, Morrow JR, Pate R, Plowman S, Rowland T. Childhood Health and Fitness in the United States: Current Status and Future Challenges, Part II of a Roundtable Discussion at the American College of Sports Medicine, Orlando, FL., May 30, 1991. Med Exerc Nutr Health. 1:171-180, 1991.
45. Morris DH, Cuneo PJ, Yamartino MS, Mance MJ, Bell KJ, Puleo EM, Ward A, Rippe JM: High-Intensity Sweeteners, Energy and Nutrient Intakes of Overweight Women and Men Participating in a Weight-Loss Program. Nutri Research. 13:123-132, 1993.
46. Voyce SJ, Rippe JM: Pulmonary Artery Catheters: An Update. J Intensive Care Med. 5:175-192, 1990.
47. Widrick J, Ward A, Ebbeling C, Clemente E, Rippe J: Treadmill Validation of An Over-Ground Walking Test to Predict Peak Oxygen Consumption. Eur J Appl Physiol. 64:304-308, 1992.
48. Morris DH, Rippe JM: Innovations in Food and Nutrition. Encyclopaedia Britannica Medical and Health Annual, 1992.
49. Freedson PS, Hutchinson G, Widrick J, Mazziotti J, Ward A, Rippe J: The Effects of an Eight Week Health and Fitness Curriculum Unit on Second Grade Children's Health and Fitness Knowledge, and Activity and Food Preferences. J of Phys Ed, Rec and Dance. 1992.
50. Bryan G, Ward A, Rippe JM: Athletic Heart Syndrome. Clin in Sports Med. 1992.
51. Rippe JM: The health and fitness benefits of walking. Proceedings of The Tokyo International Symposium on Health and Sports Medicine (In Press).
52. Rippe JM, Weissberg RP, Seefeldt V: The Purpose of Play: A Framework for Improving Childhood Health and Psychological and Physical Development. Med Exerc Nutr Health. 2:225-231, 1993.
53. Heil DP, Freedson PS, Ahlquist L, Price J, Rippe J: Criterion-Referenced Evidence for the Predictive Validity of a Non-Exercise Based VO₂ max Prediction Model. Med Sci Sport Exerc. 27:599-606, 1995.
54. Marks BL, Ward A, Morris DH, Castellani J, Rippe JM: Fat Free Mass is Maintained in Women Following a Moderate Diet and Exercise Program. Med Sci Sports Exerc. 27:1243-1251, 1995.
55. Brown DR, Wang Y, Ward A, Ebbeling CB, Fortlage L, Puleo E, Benson H, Rippe JM: Chronic Psychological Effects of Exercise and Exercise Plus Cognitive Strategies. Med Sci Sport Exer. 27(5):765-775, 1995.

56. Wang Y, Brown D, Ward A, Benson H, Rippe JM: Acute Psychological Responses Following Exercise and Exercise Plus Cognitive Strategies. (Submitted for Publication).
57. Pate RR, Pratt M, Blair SN, Haskell WL, Macera CA, Bouchard C, Buckner D, Casperson CJ, Ettinger W, Heath GW, King A, Kriska A, Leon AS, Marcus B, Morris J, Paffenbarger R, Patrick K, Pollock M, Rippe JM, Sallis J, Wilmore JH: Physical Activity and Public Health: A Recommendation from The Centers for Disease Control and Prevention and the American College of Sports Medicine. *JAMA*. 273:402-407, 1995.
58. Marks BL, Rippe JM: Prescribing the Racquet Sports for Lifelong Physical Activity. (Submitted for Publication).
59. Rippe JM: Overweight and Health: Communications Challenges and Opportunities. *Am J of Clin Nutr*. 63:3(S) 470S-473S, 1996.
60. Rippe JM, Price JM, DeMers K, Damitz S, Kreidieh I, Stillwell K. Improved Psychological Well Being, Quality of Life and Health Practices in Moderately Overweight Women Following Weight Loss. *Obesity Research*, Vol 6, No, 3, 1998.
61. Heil DP, Freedson PS, Kline GM, Rippe JM: Gender-Specific Prediction of Cardiorespiratory Fitness from a 10-minute Walk Test. (Submitted for Publication, *The American Journal of Cardiology*).
62. Hess SA, DeMers KA, Damitz S, Wang Y, Rippe JM: The Effects of Heart Rate Biofeedback on Psychophysiological Responses in Anxious 40-59 Year Old Women. *Med Exerc Nutr Health*. 4:369-379, 1995.
63. Lee I-M, Rippe JM, Wilkinson WJ: How Much Exercise is Enough? *Patient Care*. December, 1995.
64. Marks BL, Rippe JM: Can Employees Successfully Manage Their Own Fitness Program? *American Journal of Health Promotion*. 11(5):375-378, 1997.
65. Marks BL, Rippe JM: The Importance of Fat Free Mass Maintenance in Weight Loss Programs. *Sports Med*. 22(5): 273-281, 1996.
66. Olson BH, Anderson SM, Becker MP, Anderson J, Hunninghake DB, Jenkins DA, LaRosa JC, Rippe JM, Roberts DC, Stoy DB, Summerbell CD, Truswell AS, Wolever TM, Morris DM, Fulgoni VL. Psyllium-Enriched Cereal Lowers Total and LDL-Cholesterol, but Not HDL-Cholesterol, in Hyper-cholesterolemic Adults: Results of a Meta-Analysis. *J Nutri*. 127:1973-1980, 1997.
67. Rippe J, Price J, Hess S, Kline G, DeMers K, Damitz S, Kreidieh I, Freedson, P. Improved Psychological Well Being, Quality of Life and Health Practices in Moderately Overweight Women Participating in a 12 Week Structured Weight Loss Program. *Obesity Research*. 6:208-218, 1998.
68. Rippe J, Aronne L, Gilligan, V, Kumanyika S, Owens G, Quesenberry C, Scherger J, Sigman-Grant M. Public Policy Statement on Obesity and Health. *Nutrition in Clinical Care*. 1(1)34-47., 1998.

69. Balady G, Chaitman B, Foster C, Froelicher E, Gordon N, Pate R, Rippe J: American Heart Association/American College of Sports Medicine Recommendations for Cardiovascular Screening, Staffing and Emergency Policies at Health/Fitness Facilities. *Med Sci Sports Exerc.* 97:1009-1018. 1998.
70. Rippe JM: Obesity as a Risk Factor for Heart Disease: An Overview. *Nutrition in Clinical Care.* 1:3-14, 1998.
71. Rippe J, Aronne L, Heyka, R, Kelley D, Ockene I, Wilson P: Obesity as a Risk Factor for Heart Disease. A Roundtable Discussion. *Nutrition in Clinical Care.* 1(1), 1998.
72. Rippe JM: The Case for Medical Management of Obesity: A Call for Increased Physician Involvement. *Obesity Research.* 6:23S-33S, 1998.
73. Hill J, Rippe J, Despres J-P, Foreyt J, Sjostrom L, Wolf A: The Future of Obesity Management and Health: It's time for a New Approach. A Roundtable Discussion. *Obesity Research.* 6 (S1), 1998.
74. Rippe JM, Crossley S, Ringer R. Obesity as a Chronic Disease: Modern Medical and Lifestyle Management. *J Am Diet Assoc.* S9-S15, 1998.
75. Rippe JM, Hess S. The Role of Physical Activity in the Prevention and Management of Obesity. *J Am Diet Assoc.* S31-S38, 1998.
76. Rippe J, Aronne L, Coulston A, Dalton S, Foreyt J, Frank A, Franz M, Nonas C: Panel Discussion: The Obesity Epidemic: A Mandate for Multidisciplinary Approach. *J Am Diet Assoc.* S55-S62, 1998.
77. Rippe J, Yanovski S: Obesity—A Chronic Disease. *Patient Care.* (October) 29-50, 1998.
78. Lichtenstein A, Ornish D, Rippe, JM, Willett W. The Best Diet for Healthy Adults? *Patient Care.* November 15, 1999.
79. Rippe J, Bonovich, K, Colfer H, Davidson M, Dujovne C, Fried D, Greenspan M, King S, Karlsberg K, LaForce C, Litt M, McGhee JR,. The Cholesterol-Lowering Effect of *Monascus Purpureus* (Red Yeast) Rice in Subjects with Moderately Elevated Serum Cholesterol: A Multi-Center, Self-Pairing Study. (Submitted for Publication).
80. Rippe JM: Challenges and Opportunities of Communicating Nutrition in the Information Age. *Nutrition Today.* 35:1-3, 2000.
81. Milley R, Myrdal A, Freedson P, Kline G, Bilodeau T, Rippe J. Effect of *Monascus purpureus* Contained in Snack Bars on Lipid Profiles in Hypercholesterolemic Individuals. (Submitted for publication).
82. McInnis K, Franklin B, Rippe J. Counseling for Physical Activity in the Overweight and Obese Patient. *American Family Practitioner*, Vol. 67, (3) 2003.
83. McInnis K, Cheskin L, Jakicic J, Melanson K, Frank A, Rippe J. Applying Multidisciplinary Strategies for Managing the Obese Patient. (Submitted for publication).
84. Ribisl P, McInnis K, Melanson K, Rippe J. The Next Y2K Problem, Obesity: Genes, Gluttony or Sloth? (*American Journal for Medicine and Sports.* 3:171-179, 2001).

85. Melanson K, McInnis K, Rippe J, Blackburn G, Wilson P. Obesity and Cardiovascular Disease Risk: A Research Update. *Cardiology in Review*, 9:202-207, 2001.
86. Rippe J, Melanson K, McInnis K, Early J, Ockene I. Obesity and Co-Morbidities: Should We Treat the Underlying Condition or the Associated Risks? (Submitted for publication)
87. Pober D, Freedson P, Kline G, McInnis K, Rippe J. Relationship of Age to Selected Fitness and Health Related Measures in Health Adults Aged 40-79 years. *Clinical Exercise Physiology* 4(2), 108-119, 2002.
88. Gootman J, Myrdal A, Melanson K, Kline G, Rippe J. Source of dietary Protein Does Not Influence Weight Loss of Cholesterol Reduction in Overweight Women. (Submitted for Publication)
89. Pober D, Freedson P, Kline G, McInnis K, Rippe J. Development and Validation of a One-Mile Treadmill Walk Test to Predict Maximal Oxygen Uptake in Healthy Adults ages 40-79. *Can J App Physiol.* 27(6):575-588, 2002.
90. Roberts DE, Pober DM, McInnis KJ, Rippe JM, Freedson PS. A Review of Selected Submaximal Overground and Treadmill Walking Tests: Good Predictors of Aerobic Capacity and Functional Fitness? *Clinical Exercise Physiology.* 4 (2) 68-74, 2002.
91. Rippe JM, McInnis KJ, Melanson KJ. Physician Involvement in the Management of Obesity as a Primary Medical Condition. *Obesity Research.* 9(4):302S-311S, 2001.
92. Fragala M, Pober D, Freedson P, McInnis K, Rippe J. How Accurate are HR max Prediction Model for Middle-Aged and Older Adults. *Medicine & Science in Sports and Exercise.* Suppl 1:S77, 34(5), 2002.
93. Melanson K, Gootman J, Myrdal A, Kline G, Rippe J. Weight loss and total lipid profile changes in overweight women consuming beef or chicken as the primary protein source. *Nutrition: The International Journal of Applied and Basic Nutritional Sciences.* 19:409-414, 2003.
94. Sanzenbacher C, Morse K, Rippe, J. Pharmacists in Health Assessment Program. *American Journal of Health-Syst Pharm.* Vol. 61, 2004.
95. Carpenter M, Rowinski M, Fischer I, Zelbman H, Angelopoulos T, Rippe J. The Effectiveness of Collagen Hydrolysate Supplementation Treatment in Individuals with Symptoms of Mild Osteoarthritis. (Submitted, *British J Sports Med*, 2004).
96. Melanson K, Nguyen V, Zukley L, Lowndes J, Dube T, Yount B, Angelopoulos T, Rippe J. Determination of Resting Energy Expenditure and Appropriate Energy Intake Goals with a Portable Indirect Calorimeter in Weight Loss Programs. (Submitted, *Canadian Journal of Applied Physiology*, 2006).
97. Melanson K, Angelopoulos T, Nguyen V, Martini M, Zukley L, Lowndes J, Dube T, Fiutem J, Yount B, Rippe J. Consumption of Whole Grain Cereals During Weight Loss: Effects on Dietary Quality, Dietary Fiber, Magnesium, Vitamin B-6, and Obesity. *JADA*, 106:1380-1388, 2006.
98. Carpenter MR, Carpenter RL, Peel J, Zukley J, Angelopoulos MS, Fischer I, Angelopoulos TJ, Rippe J. The Reliability of Isokinetic and Isometric Leg Strength Measures Among Individuals with Symptoms of Mild Osteoarthritis. *J Sports Med Phys Fitness.* 46(4): 585-589. 2006.
99. Melanson K, Zukley L, Lowndes J, Nguyen V, Angelopoulos T, Rippe J. Effects of High Fructose Corn Syrup and Sucrose Consumption on Circulating Glucose, Insulin, Leptin, and Ghrelin and on Appetite in Normal-Weight Women. *Nutrition.* Vol 23:103-112, 2007.
100. Rippe JM, Angelopoulos T, Zukley L. The Rationale for Intervention to Reduce the Risk of Heart Disease, Part I. *American Journal of Lifestyle Medicine*, Vol. 1:10-19, 2007.

101. Rippe JM, Angelopoulos T, Zukley L. Lifestyle Medicine Strategies for Risk Factor Reduction, Prevention, and Treatment of Coronary Heart Disease, Part II. *American Journal of Lifestyle Medicine*, Vol. 2:79-90, 2007.
102. Angelopoulos T, Zukley L, Nguyen V, Lowndes J, Melanson K, Rippe J. The Effects of Meeting Attendance on Body Weight, Waist Circumference and Glucose Handling in Overweight or Obese Men and Women. (Submitted, *Preventive Medicine*, 2007).
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