

# **Kristen M. Beavers**

**Assistant Professor, Department of Health and Exercise Science at Wake Forest University**  
Winston-Salem, NC, US

Beavers studies how nutrition and exercise influence weight loss and health outcomes in older adults.

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## **Biography**

With our current health care system facing an overwhelming number of older adults living with disability, Kristen Beavers aims to keep people living independently as long as possible. She is broadly interested in understanding how nutrition and exercise relate to prevention and causes of disease and disability in older adults, and is actively working to optimize weight loss strategies for this population. By training, she is a registered dietitian and certified personal trainer, and has been continuously funded by the National Institutes on Aging since 2010 to understand the effects of intentional weight loss on changes in several indicators of health, including body composition, cardiometabolic fitness, and functional decline. Her current research focuses on the effects of exercise type (resistance training or aerobic training) during weight loss on bone health, as well as whether a high-protein diet can preserve muscle mass and mobility in older adults with obesity. In sum, if there's a lifestyle-based strategy that can help older adults lose fat, while keeping muscle and bone, Beavers wants to find it.

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## **Areas of Expertise**

Using advanced biomedical imaging techniques to better understand age- and intervention-related changes in body composition, Weight-loss strategies to optimize health in older adults, Predictors and determinants of functional decline in older adults

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## **Education**

**Wake Forest School of Medicine**  
Postdoctoral Research Gerontology and Geriatric Medicine

**Baylor University**  
Ph.D. Exercise, Nutrition and Preventive Health

**University of North Carolina at Chapel Hill**  
M.P.H. Nutrition

**Cornell University**  
B.S. Human Biology, Health and Society

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