

TANYA MISZKO, Ed.D., C.S.C.S.

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EDUCATION

Masters of Acupuncture, New England School of Acupuncture, Newton, MA, 2004 – 2007

Doctorate of Education, Exercise Science, University of Georgia, Athens, GA, 1998-2001

Gerontology Graduate Certificate, University of Georgia, Athens, GA 2001

Master of Science, Education / Exercise Science, University of Dayton, Dayton, OH, 1998

Bachelor of Science, Health and Fitness, Springfield College, Springfield, MA, 1995

EXPERIENCE

Strength and Conditioning

July 2022 – Current: Owner, Functional Strength Coach, 30 Minutes of Everything LLC, Greenville, SC. Create progressive strength training programs for online clients, lead online group classes following the 30 Minutes of Everything® program principles, and manage all aspects of an online small business.

Oct 09 – July 2022: Owner, Functional Strength Coach, Prescriptive Health LLC, Accord, NY. Manage daily operations of a private studio in upstate NY. Develop the 30 Minutes of Everything® eight week functional strength training program. Responsible for all program design, client management, business management, social media, marketing, website content development, email marketing generation, and client acquisition and retention. Develop and oversee a summer outdoor conditioning program at a local football stadium.

Mar 99 – Dec 99: Marine Corps Volunteer, National Strength and Conditioning Association. Provide support to the Marine Corps Recruit Command and Marine Recruiters, aid in the physical preparation of future Marine recruits relative to the Initial Strength Test (IST) and the Physical Fitness Test (PFT).

Aug 98 – Dec 00: Volunteer Strength and Conditioning Coach, University of Georgia, Athens, GA. Assist Division I collegiate athletes in strength training program, monitor progress of athletes, and provide motivation to athletes.

May 97 - Aug 97: Exercise Specialist, Sports Acceleration, Kettering Medical Center, Kettering, Ohio. Responsible for assessing athlete's strength, body composition, and biomechanics, and executing treadmill and plyometric protocols and designing sport specific drills for athletes.

May 95 - Aug. 95: Intern Strength & Conditioning Coach, USNA, Annapolis, MD. Strength trained Navy Football players, worked one-on-one with overweight players, assisted in execution of exercises and conditioning program.

Personal Training

July 2022 – Current: Owner, Personal Trainer, 30 Minutes of Everything LLC, Greenville, SC. Create personalized, progressive strength training programs for clients following the 30 Minutes of Everything® program principles and manage all aspects of a small business. Responsible for all client management, scheduling, and program design and implementation.

Oct 09 – July 2022: Owner, Personal Trainer, Prescriptive Health LLC, Accord, NY. Create personalized, progressive strength training programs for clients ranging in age from 16 years to 85 years. One on one private training, as well as small group private training (2-5 clients/session). Responsible for all program design, scheduling, consults with medical professionals as needed, and modifying the program accordingly based on response.

Nov 07 – Oct 09: Owner, Personal Trainer, Prescriptive Health LLC, Watertown, MA. Manage daily schedule and programming of personal training clients in their home. Focus on small group and one-on-one training.

Oct 06 – Jan 07: Personal Trainer, The Falls at Cordingly Dam, Newton, MA. Design fitness area in an assisted living facility, provide management of the fitness area, and instruct groups of older adults on proper strength, balance, and functionally-based exercises.

Oct 04 – Nov 07: Fitness Professional, Mount Auburn Club, Watertown, MA. Design and implement single-client and group personal training sessions in an exclusive fitness center while incorporating principles of functional and neuromuscular training. Specializing in geriatrics, post-rehab, and neuromuscular re-training.

Jan 03 – Present: Consultant and Personal Trainer, Prescriptive Health, Inc., Watertown, MA. Provide consultation services to physicians in the local area, write literature reviews, design disease-specific exercise protocols based on current research findings, execute exercise prescriptions, provide in-home personal training services, and handle all aspects of this small business.

Jan 01 – Mar 02: Personal Trainer, Athens Country Club, Athens, GA. Trained members of a local country club and designed exercise programs for strength, cardiovascular fitness, and weight loss.

Mar 97 – May 98: Personal Trainer

•**Renaissance Lifestyle Center, Kettering, Ohio.** One-on-one personal training

with obese and deconditioned clients.

- University of Dayton, Dayton, Ohio.** Design an exercise prescription and personally train faculty member with low back problem and monitor progress.

- Private in-home training, Englewood, Ohio.** Design exercise prescription, personally train, and monitor exercise for an obese female.

Feb. 94 - May 95: Fitness Specialist, Gold's Gym, Springfield, MA

Trained members, personal fitness consultant, computer work, counter and membership sales, and measured body composition.

May 94 - Aug. 94: Fitness Consultant, Gold's Gym, Bellmore, NY

One-on-one personal training, performed fitness tests, measured body composition, consulted clients, aided in the management of the fitness center, and monitored monthly financial statements/receipts.

May 94 - Aug. 94: Personal Trainer, Team Calibur, Franklin Square, NY

One-on-one personal training, wrote exercise prescriptions, performed exercise tests, experience with in-home training, and consulted clients on proper nutrition.

Sept. 92 - Jan. 93: Weight Room Supervisor, Judd Gym, Springfield College, MA.

Supervise collegiate weight room.

Research / Teaching

Aug 07 –Dec 07: Teaching Assistant at New England School of Acupuncture, Newton, MA. Assist students with practical acupuncture skills, evaluate student performance throughout the semester, grade exams, and provide tutorials for students who need them.

Jan 04 – Jul 04: Adjunct Faculty at the University of Georgia, Department of Physical Education and Sports Studies, Athens, GA. Collaborate with faculty on research projects, grant writing, and mentor graduate students.

Jan 03 – Jul 04: GRECC Affiliated Investigator, Birmingham AL, Decatur GA. Collaborate with the Geriatric Research and Education Clinical Center (GRECC) in Atlanta and Birmingham. Attend monthly journal club meetings, share field experiences, and further research in the area of geriatrics and mobility related problems.

Feb 02 – Jul 04: Research Health Scientist, Veterans Affairs Medical Center, Decatur, GA. Responsible for conducting research on older veterans, managing subject files, collecting and analyzing data, acquiring grant funding, and designing research projects. Research interests include strength training, therapeutic effects of exercise interventions, aging, women, athletes, visually impaired persons, and exercise physiology.

Aug 00 – Dec 04: Health Correspondent, Men's Health Magazine. Contribute information for lay articles pertaining to exercise physiology, exercise training, and fitness.

Aug 98 – Aug 01: Graduate Assistant, Health and Human Performance, University of Georgia, Athens, GA. Responsible for teaching an undergraduate Biomechanics and Exercise Physiology Laboratory, managing subject information files, screening potential research subjects, collecting physical function data on older adults, designing a strength and power training intervention for older adults, involvement with ongoing research projects dealing with older adults, anaerobic power, physical reserve, strength and power training, body composition, and obese women.

Aug 96 – May 98: Graduate Assistant, Health and Sport Science, University of Dayton, Dayton, Ohio. Responsible for developing curriculum for Essentials of Strength Training and Conditioning, teaching Essentials of Strength Training and Conditioning, Conditioning III, Gymnastics, Weight Training, assist in Exercise Physiology laboratory (submaximal VO₂ and body composition), teach exercise and resting blood pressure in the Exercise Physiology laboratory, and involvement in ongoing research projects dealing with creatine supplementation, chromium supplementation, and allometric scaling.

INVITED PRESENTATIONS

2. Exercise Programming for the Older Adult, Family Nutrition Program Training Conference, Callaway Gardens, Pine Mountain, Georgia, October 2000.
1. Invited panelist and subject matter expert for the Fire Department Instructors Conference (FDIC). Indianapolis, IN, April 1997.

PROFESSIONAL PRESENTATIONS

10. Tai Chi for Adults with a Visual Impairment. Association for Education and Rehabilitation of the Blind and Visually Impaired Biennial International Conference, Orlando FL, July 2004.
9. Symposium entitled: Review of the effects of strength and power training on physical function in older adults. Southeast American College of Sports Medicine Annual Meeting; Atlanta, GA; January 2004.
8. Tai Chi for Persons with a Visual Impairment, AER Orientation & Mobility Conference; New Orleans, LA; December 2003.
7. The Effect of Strength and Power Training on Physical Function in Independent Community-Dwelling Older Adults. American College of Sports Medicine Annual Meeting, St. Louis, MO, June 2002.

6. The Relationship Between Leg Power, Dynamic Balance, and Function in Healthy Older Adults. American College of Sports Medicine Annual Meeting, Indianapolis, IN, June 2000.
5. The Relationship of Leg Power to Functional Tasks in Older Adults. Southeastern American College of Sports Medicine Annual meeting, Charlotte, NC, Jan 2000.
4. Physical Reserve Buffers Functional Decline in Independent Older Adults. American College of Sports Medicine Annual Conference, Seattle, WA, June 1999.
3. The Effect of Creatine Loading on Body Mass and Vertical Jump of Female Athletes. American College of Sports Medicine Annual Conference, Orlando, FL, June 1998.
2. Is Creatine an Effective Ergogenic Aid? The Ohio Association for Health, Physical Education, Recreation, and Dance Annual Convention, Dayton, OH, December 1997.
1. Introduction and Demonstration of Allometric Scaling. American College of Sports Medicine Midwest Regional Conference, South Bend, IN, October 1997.

COMMUNITY PRESENTATIONS

13. Creating Healthy Lifestyle Habits. Rondout Valley High School, Accord, NY: May 2016.
12. Fall Prevention. Cambridge Homes, Cambridge, MA: October 2006.
11. How to Prevent Slips, Trips, and Falls. Mount Auburn Club, Watertown, MA; November 2005.
10. Benefits of Exercise. Emory Senior University, Emory University, Atlanta, GA; May 2004.
9. Safe Movement and Age-Related Vision Loss. Mercer University; Senior University, Doraville, GA; May 2004.
8. Maintaining and Revitalizing your Appearance: Exercise & Lifestyle. Perimeter Adult Learning and Services (PALS) at Dunwoody Baptist Church, Dunwoody, GA; May 2004.
7. Exercise Physiology: Basic Science, Adaptations, and Clinical Application. Emory University Medical School Physical Medicine and Rehabilitation Residents, Atlanta, GA, August 2003.
6. Tai Chi as a Therapeutic Exercise for Individuals with a Visual Impairment. Low Vision group at Lenbrook Square assisted living facility, Atlanta, GA, May 2003.
5. Fall Prevention and Fitness. St. Mary's Stroke Support Group and Athens Community

Council on Aging, Athens, GA, August 2000.

4. Sport Enhancement Supplements Common in Athletics Today. Dayton Sports Medicine Institute, Centerville, OH, March 1998.
3. Strength Training in the Home. The University of Dayton Wellness Program, Dayton, OH, March 1998.
2. The Importance of Diet and Exercise. University of Dayton Resident Hall Program, Dayton, OH, November 1997.
1. Demonstration of Metabolic Assessments at Rest and Submaximal Exercise for Miami Valley Hospital Cardiac Rehabilitation Staff, October 1997.

ABSTRACTS

9. **Miszko TA** and Cress ME. The effect of strength and power training on physical function in independent community-dwelling older adults. Med Sci Sports Exerc 2002 34(5): S250.
8. Blackmon AM, **Miszko TA**, and Cress ME. Pain factors associated with a strength and power training program in older adults. Southeast Regional Student Convention 2002.
7. Slade JM, **Miszko TA**, Laity JH, Agrawal SK, and Cress ME. Anaerobic power and physical function in strength trained and untrained older adults. Med Sci Sports Exerc 2001 33(5).
6. Laity JH, Slade JM, Petrella JK, **Miszko TA**, Agrawal SK, and Cress ME. Physiologic reserve: Oxygen cost of physical function in older adults. Med Sci Sports Exerc 2001 33(5).
5. **Miszko TA**, Ferrara MS, and Cress ME. The relationship between leg power, dynamic balance, and function in healthy older adults. Med Sci Sports Exerc 2000 32(5): S112.
4. **Miszko TA** and Cress ME. The relationship of leg power to functional tasks in older adults. Southeastern American College of Sports Medicine Proceedings, Charlotte, NC, Jan 2000.
3. Cress ME, Ferrara MS, **Miszko TA**, Peterson C, and Slade JM. Age, leg power and balance as determinants of physical functional performance (PFP) in independent older adults. Gerontological Society of America National Meeting Proceedings, San Francisco, CA, Nov 1999.
2. **Miszko TA**, Cress ME, Buchner DM, Schwartz RS, and de Lateur BJ. Physical reserve buffers functional decline in independent older adults. Med Sci Sports Exerc 1999 31(5): S350.

1. **Miszko TA**, Baer JT, and Vanderburgh PM. The effect of creatine loading on body mass and vertical jump of female athletes. Med Sci Sports Exerc 1998 30(5): S141.

PEER-REVIEWED PUBLICATIONS

7. Hall CD, Miszko TA, Wolf SL. The effects of tai chi intervention on dual-task ability in older adults: A pilot study. Arch Phys Med Rehab (to be printed 2009).
6. Ramsey VK, **Miszko TA**, Horvat M. Muscle activation and force production in Parkinson's patients during sit to stand transfers. Clinical Biomechanics May 2004 19(4): 377-384.
5. **Miszko TA**, Ramsey VK, and Blasch BB. Tai Chi for individuals with a visual impairment: A pilot study. Journal of Visual Impairment and Blindness January 2004: 5-13.
4. Horvat MK, Ray C, Ramsey VK, **Miszko TA**, and Blasch BB. Compensatory analysis and strategies for balance in individuals with visual impairments. Journal of Visual Impairment and Blindness 2003 97(11): 695-703.
3. **Miszko TA**, Cress ME, Slade JM, Covey CJ, Agrawal SK, and Doerr CE. The effect of strength and power training on physical function in community-dwelling older adults. J Gerontol Med Sci 2003 58A(2): 171-175.
2. Slade JM, **Miszko TA**, Laity JH, Agrawal SK, and Cress ME. Anaerobic power and physical function in strength-trained and non-strength-trained older adults. J Gerontol Med Sci 2002 57(3): M168-172.
1. Myhre L, Walsh M, Wedige C, Laubach L, **Miszko T**, and Grim W. Comparative Heat Stress Characteristics Imposed by Eight NFPA Certified Fire Fighter Protective Ensembles. American Industrial Hygiene Association Journal. (In press)

CHAPTERS IN TEXTS

4. **Miszko TA**. Physical Activity and Exercise. In Women's Health in Mid-Life. A Primary Care Guide. (Ed: Jo Ann Rosenfeld), 2nd Edition. Cambridge University Press; United Kingdom, 2009.
3. **Miszko TA** and Wolf SL. Therapeutic Exercise to Improve Gait and Balance. In Evaluation and Management of Gait Disorders. (Eds. Neal Alexander and Jeff Hausdorff), Taylor & Francis Group, LLC; Boca Raton, 2005; pg. 219-246.
2. **Miszko TA**. Physical Activity and Exercise. In Women's Health in Mid-Life. A Primary Care Guide. (Ed: Jo Ann Rosenfeld), Cambridge University Press; United Kingdom, 2004; pg. 7-22.

1. **Miszko TA** and Cress ME. Lifetime of Fitness: Exercise in the peri- and post-menopausal woman. In Clinics in Sports Medicine: The Athletic Woman (Eds: Harmon KH. and Agostini R.) 1999.

GRANTS

4. Veterans Affairs Developmental Grant, Effects of T'ai Chi Intervention on Dual-Task Ability in Older Adults (2004), Hall (PI) & Miszko (Co-PI), Awarded \$19,500.
3. Associate Investigator Award, Department of Veterans Affairs, Washington, DC, January 2003 – December 2004.
2. Veterans Affairs Developmental Grant (C204), Tai Chi and Exercise for Visually Impaired Persons (2001-2002), Awarded \$26,400.
1. Georgia Gerontology Consortium Seed Grant, The Effect of Strength and Power Training On Physical Function in Older Adults (2000-2001), Awarded \$1,750.

CERTIFICATIONS

Automatic External Defibrillator, American Red Cross
American Red Cross CPR & First Aid
Certified Strength & Conditioning Specialist (CSCS); NSCA
Dynamic Variable Resistance Training, Level 1
Dynamic Variable Resistance Training, Restoration
Precision Nutrition Coaching, Level 1

PROFESSIONAL ORGANIZATIONS

Manuscript Reviewer – Journal of Visual Impairment and Blindness, 2003 - 2004
Manuscript Reviewer – Journal of Gerontology: Medical Sciences, 2002 – 2005
Manuscript Reviewer – Journal of Aging and Physical Activity, 2002 - 2005
National Strength and Conditioning Association, 1995 - Present
American College of Sports Medicine, 1994 – 2001

AWARDS

- Best Overall Workout, Hudson Valley Magazine, 2017.
- Accepted participant in the Expanding Rehabilitation Research in the South (ERRIS) Intensive Grant Writing Workshop, Charlottesville, VA, 2004.
- Associate Investigator Award, Department of Veterans Affairs, 2003-2004
- Robert P. Wray Scholarship, Georgia Gerontology Society, 2001
- Ancient Scottish Rite Scholarship, Albany NY, 1991-2000

SPECIAL SKILLS

- Experience utilizing computer software (Powerpoint) for presentations and lectures.
- Development, implementation, and supervision of a wide variety of strength and conditioning programs. Programs vary depending on clientele: diseased, athletes, obese, older adult, and rehabilitation.
- Proficient in all aspects of performance testing and evaluation.
- Completed coursework in Search and Rescue (Rescue Specialist) sponsored by the Georgia Emergency Management Agency.
- Completed coursework in "Emergency Preparedness" by the Federal Emergency Management Agency.