

A. PERSONAL DATA

Name & Credentials
Title & Contact Information
Kimberly Walker (Howard) , B.S., EP, GFI, CPT, CET
Group Fitness Coordinator and Cancer Exercise Specialist
Linda B. and Robert B. Wiggins Wellness and Integrative Health Center,
Huntsman Cancer Institute
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B. EDUCATION

<u>1. Year</u>	<u>Degree</u>	<u>Institution (Area of Study/Specialization)</u>
2004	BS	University of Utah, Salt Lake City, UT (Exercise Sport Science)
2004	BS	University of Utah, Salt Lake City, UT (Speech Communication)
2004	Minor	University of Utah, Salt Lake City, UT (Spanish)

<u>2. Licensure / Certification</u>	
1998-Present	Group Fitness Instructor, Yoga Fit, AFAA
2001-Present	Personal Trainer, AFAA
2005-Present	Exercise Physiologist. ACSM
2006-Present	Adult CPR and AED Certified, American Red Cross
2007-Present	Spinning Instructor, Mad Dogg Athletics
2007-Present	Zumba L1, L2 Instructor, Zumba Fitness
2008-Present	Cancer Exercise Trainer, ACSM, ACS
2020-Present	TRX Suspension Trainer, TRX
2021-Present	HIGH Fitness Instructor, HIGH Fitness
2021-Present	HIGH Low Fitness Instructor. HIGH Fitness

C. EMPLOYMENT / PROFESSIONAL EXPERIENCE

<u>Dates</u>	<u>Position and Institution</u>
2013–Present	Group Fitness Coordinator, Linda B. and Robert B. Wiggins Wellness and Integrative Health Center, University of Utah, Salt Lake City, UT
2009–2010	Group Fitness Instructor, Studio Cove, Salt Lake City, UT
2006–Present	Cancer Exercise Specialist , Linda B. and Robert B. Wiggins Wellness and Integrative Health Center, University of Utah, Salt Lake City, UT
2006–2010	Outdoor Program: hiking and snowshoeing guide , Linda B. and Robert B. Wiggins Wellness and Integrative Health Center, University of Utah, Salt Lake City, UT
2003–2013	Group Fitness Instructor Training, College of Health, Exercise and Sport Science, University of Utah, Salt Lake City, UT
1998–2008	Personal Trainer, Group Fitness Instructor, Campus Recreation, Field House, University of Utah, Salt Lake City, UT
2004–2006	Alta Club Fitness Director, College of Health, University of Utah, Salt Lake City, UT
2003–2005	Medical Spanish Interpreter, Comm Gap International Communication Services, Salt Lake City, UT
2003–2005	Group Fitness Instructor, Metro Sports Club, Salt Lake City, UT
2003–2004	Simply Fit For Life Instructor, American Heart Association, Salt Lake City, UT
2003–2004	Health Coach, The Apple Program, Salt Lake City, UT
1998–2001	Manager and Membership Sales Team Member, Anatomy Academy, American Stores Wellness Center, Salt Lake City, UT

D. VOLUNTEER AND INTERNSHIP POSITIONS

2006–Present	Huntsman Hometown Heroes, Fundraiser, Trainer, University of Utah, Salt Lake City, UT
2004-2005	Volunteer, Perpetual Education Fund, Salt Lake City, UT
2003	Internship, Sorenson Multicultural Center, After School Children’s Activity Program, Salt Lake City, UT
2003	Volunteer, Special Olympics, Salt Lake City, UT
2003	Volunteer, Spanish Translator, Head Start Program, Letters to Congress Program, University of Utah. Salt Lake City, UT
2001	Internship, Zion’s Security Corporate Wellness Program, Salt Lake City, UT 2001
2000	Internship, Tanner Humanities Center, University of Utah, Salt Lake City, UT
1999	Volunteer, Modern Dance Teacher, Y.W.C.A. Salt Lake City, UT

E. HONORS, RECOGNITIONS, & AWARDS

<u>Year</u>	<u>Recognition</u>	<u>Received From</u>
2003	Die Hard Ute Scholarship	ASUU, University of Utah, Salt Lake City, UT
1997-2001	Institute of Religion Graduate	Institute of Religion, University of Utah, Salt Lake City, UT

F. RESEARCH AND SCHOLARLY WORK

1. Extramural Grants/Contracts

<u>Dates</u>	<u>Amount</u>	<u>Funding Status</u>	<u>Title & Funding Agency</u>	<u>Role (PI, Co-PI)</u>
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2. Intramural Grants / Contracts

<u>Dates</u>	<u>Amount</u>	<u>Funding Status</u>	<u>Title & Funding Agency</u>	<u>Role (PI, Co-PI)</u>
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G. PUBLICATIONS & EDITORIAL EXPERIENCE

(Note: Identify peer-reviewed publications with * and data-based publications with # at the beginning of the citation using APA format.)

1. Books (or Chapters in Books)

2. Journal Publications

Ingram, L. Walker, K., Swan, K. New Cancer Exercise Trainer Certification, Triumph Magazine, American Cancer Society, 2009

3. Papers, Monographs and Reports

4. Published Abstracts

*Oki, A., Hansen, P., Troumbley, P., Walker, K. and Plante, D. Effect of Comprehensive Exercise on Lymphedema in Breast Cancer Survivor: A Pilot Study, Presented at the 56th ACSM Annual Meeting in Seattle, Washington, May 2009 [Abstract].

*Rothwell, E., Hansen, P., Keetch, A., Walker, K. and Bloch, J. A Fitness Education Program to Address Current and Future Physical Activity Among Cancer Patients and Survivors, Podium Presentation, Society of Behavioral Medicine, San Diego, CA, March, 2008 [Abstract].

5. Editorial Boards

Years Journal

6. Manuscript & Abstract Reviews

Journal (Invited Reviewer)

Abstracts for Professional Meeting (Invited Reviewer)

7. Study Sections & Funding Reviews

Dates Review

8. Electronic Media

Walker, K., (Posted November 17, 2017, updated Oct 2018) *How an HCI Fitness Instructor Stays Healthy*
[Huntsman Cancer Institute News](#)

Walker, K., (Posted Summer 2007) *Words of Wellness The Wellness Center Fitness Program*
[Words of Wellness Newsletter](#)

9. Other

National / International Service

Year Service

Grant Review (Ad hoc)

Years Funding Agency

H. **PRESENTATIONS**

1. Peer-Reviewed Presentations

<u>Date</u>	<u>Title, Sponsor</u>	<u>Location</u>
10/18	White, S. , Mao, J., Rao, S., Budhathoki, A., Garland, E., Beck, A., Hansen, P., Wilson Zingg, R., Walker, K., Walker, D. <i>Growing Integrative Medicine Clinical Programs: Perspectives, Lessons, and Opportunities</i> . Integrative Oncology from Research to Practical Application. Society for Integrative Oncology 15 th International Conference (Workshop) Scottsdale, Arizona.	Scottsdale, AZ

2. Invited Speeches / Lectures / Demonstrations

<u>Date</u>	<u>Title, Sponsor</u>	<u>Location</u>
04/08	Walker, K. Programming for Cancer and Aging, Guest Lecturer presentation for Exercise and Aging Course, University of Utah, College of Health, Department of Exercise and Sport Science	Salt Lake City, UT
03/03	Walker, K. , Employee Wellness Workshop, Presentation, Orbit Irrigations Products, Inc, The Apple Program March 2003	Bountiful, UT

3. Posters

<u>Date</u>	<u>Title, Sponsor</u>	<u>Location</u>
10/17	White, S. , Wilson Zingg, R., Walker, K., Budhathoki, A., Banner, M. Childress, S., Thielking, P., Howell, J. Sample, S. Effiong, A, Horyna, A., Dunson, W. Robinson, N., Mijangos, J. Sweetenham, J., Beck, A., Hansen, P. <i>How to Provide a Centralized Model of Wellness to Optimize Physician Health</i> (Poster) 2017 American Conference on Physician Health, San Francisco, CA	San Francisco, CA

5. Media

<u>Dates</u>	<u>Title/Topic</u>	<u>Type of Media</u>
04/16	<i>Huntsman Cancer Institute at the U. makes healing an art form, The Finer Points, University of Utah College of Fine Arts</i> http://thefinerpointscfa.com/blog/huntsman-art-wellness	Blog
04/20	<i>Stretching Instructional Videos</i> Stretching Wellness & Integrative Health , Huntsman Cancer Institute	YouTube patient educational video
04/20	<i>Welcome to Huntsman Cancer Institute</i> Circuit, Wellness & Integrative Health	YouTube patient educational video
10/18	Check Your Health: Wellness Center for those Affected by Cancer by Nickles, M.	News
05/18	American Cancer Society Exercise Physiologist videos to run on website and Hope Lodges	Online
10/14	Jacobs, M., Walker, K. New Exercise Training Specialty Focuses On Cancer Patients, The Dallas Morning News, Life/Travel, April 2009	Newspaper

I. FACULTY PRACTICE

<u>Dates</u>	<u>Organization/Site</u>	<u>Role/Activity</u>
2010	The HEALS Project: Health Education and Active Living in Surviving Seniors, Fitness Assessment Testing, Huntsman Cancer Institute, Salt Lake City, UT 2010	Fitness Tester

J. PROFESSIONAL ORGANIZATIONS & SERVICE

1. Huntsman Cancer Institute Committees

<u>Years</u>	<u>Committee</u>	<u>Role</u>
2020-Present	Compassionate Workplace Resiliency Committee	Member
2020–Present	Compassionate Workplace Committee	Member

Health Sciences Center Committees

<u>Years</u>	<u>Committee</u>	<u>Role</u>
2003-2005	Academic Appeals Committee	Member
2003-2004	Student Advisory Committee	Member

2. University Committees

<u>Years</u>	<u>Committee</u>	<u>Role</u>
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3. Professional Organizations

<u>Years</u>	<u>Committee</u>	<u>Role</u>
2018-2019	Member of the International Society for integrative Oncology	Member
2004-2005	American College of Sports Medicine	Member
2010	Idea Health and Fitness Association	Member

4. Consultation and Boards

<u>Years</u>	<u>Firm/Client</u>	<u>Role</u>
5. <u>Other</u>		
<u>Years</u>	<u>Organization</u>	<u>Role</u>

K. COMMUNITY SERVICE

<u>Dates</u>	<u>Organization / Site</u>	<u>Role / Activity</u>
2020	Young Women Advisor, The Church of Jesus Christ of Latter-Day Saints	Advisory Role
2017-2020	Youth Sunday School Instructor, The Church of Jesus Christ of Latter-Day Saints	Facilitator
2014-2017	Relief Society Activity 2 nd Counselor, The Church of Jesus Christ of Latter-Day Saints	Presidency
2010-2013	Assistant Girls Camp Director, The Church of Jesus Christ of Latter-Day Saints	Director
2008-2010	Youth Sunday School Instructor, The Church of Jesus Christ of Latter-Day Saints	Facilitator
2006-2008	Relief Society President, Family, The Church of Jesus Christ of Latter-Day Saints	President
2004-2005	Relief Society President, Single Young Adults, The Church of Jesus Christ of Latter-Day Saints	President
1997	Bountiful High School Year Book Co-Editor	Co-Editor
1995-1997	Bountiful High Dance Company	Dancer

L. INTERNATIONAL TEACHING AND SERVICE ACTIVITIES

<u>Dates</u>	<u>Organization / Site</u>	<u>Role / Activity</u>
2001-2003	Santiago West Mission in Chile, The Church of Jesus Christ of Latter-Day Saints	Missionary

M. OTHER

<u>Dates</u>	<u>Organization / Site</u>	<u>Role / Activity</u>
2001-Current	Bilingual in Spanish and English with translation competency	Missionary, Interpreter, Translator

N. CURRENT & PAST AREAS OF TEACHING RESPONSIBILITY

- Courses Taught Over Past 5 Years (Indicate role: single instructor; lead teacher; team member, discussion leader, etc.)

<u>Year</u>	<u>Course No.</u>	<u>Title</u>	<u>Credit Hrs</u>	<u>Number</u>	<u>Role</u>
2004-2014	4464	Group Fitness Instructor Training	3	60	Professor, Creator