

Resa Chandler, BS, MS, MA, PhD.

Resa Chandler has an extensive combination of physiological higher education and practical fitness training experience. She completed her doctorate at the University of Texas at Austin where she specialized in carbohydrate metabolism, Type II diabetes, endocrinology, and muscle physiology.

"I am very interested in using my education and fitness experience to make a difference for people with diabetes. The reason is simple. My mother has Type II diabetes and in October 2007, my father was rushed to the hospital for an emergency angioplasty. I found out then that he too has had Type II diabetes."

For several years Resa owned a fitness training company that developed highly demanding three-month fitness programs that produced significant strength and fitness accomplishments with her clients. As a result of Resa's hard work and research a paper she published on the effects of nutritional supplements and endocrinology and weight training was recognized as a "major contribution to applied sports nutrition" by the Journal of Applied Sports Nutrition.

She is presently a professor of exercise science and the coordinator of the exercise science major at Brevard College in North Carolina. "Teaching completes me, and it makes such a difference for young adults (and older adults, too!). It's my forte and has been since I was a tot!"

Instantly recognizing that she has a great deal to contribute to those dealing with diabetes, Resa researched what it took to become a Certified Diabetes Educator and immediately called Fit4D. "I couldn't think of a better resource for people with diabetes serious about managing the disease with exercise than Fit4D. This company uniquely addresses the need of a specifically educated coach to implement exercise strategies for Type I and II diabetics. And the need for personalized workouts and training is made possible for all people through the Internet."