

**Jim Farris, P.T., Ph.D.**, is an Associate Professor of Physical Therapy at A.T. Still University in Mesa, Arizona. He has enjoyed teaching in physical therapy for almost 14 years with cardiopulmonary conditions being one of his main areas of teaching along with therapeutic exercise, physiology, and prevention and wellness. His educational background in addition to physical therapy (Arkansas State University) is in physical education and exercise science (CSU, Fresno) and in exercise physiology & metabolism (The Ohio State University). His research interest and passion lies in developing and implementing intervention programs that families can use to successfully reduce or prevent risk factors associated with cardiovascular disease. His interest in childhood cardiovascular risk factors began in the late 1990's after assessing the health status and fitness needs of local children and their families at a number of elementary schools. From this came the realization that these elementary aged children had a number of significant risk factors that previously had only been reported for older children and adults. Continued efforts in this area have provided for five graduate student research projects, one PhD student dissertation, and presentations at physical therapy, exercise science, and physical education national & regional meetings. Recently, he published a chapter on "meal timing" in a sports nutrition book and retired as host of a weekly public radio talk show, "Focus On Health", after ten years. Outside of the professional arena, Dr. Farris enjoys spending time with family and pursuing many avenues for outdoor recreation.