

Responsible for overseeing member-side web development, design and production of marketing materials, client weight loss kit, and meal plans/nutrition guidelines. Co-author of client workbook.

NutrawizeSM Lifestyle Nutrition Services, LLC

November 2002 – Present

Health Product and Services Company.

Paupack, Pennsylvania

Owner and dietitian responsible for administration of nutrition and wellness programs for clients and businesses from concept to implementation. Develop and administer policies and procedures relating to customer service, nutrition assessment, HIPAA compliance, purchasing, and sales. Provide outstanding customer service. Manage consulting projects. Select high-quality lifestyle improvement products for enhancement of customer health. Build effective marketing strategy and recognizable company image. Supervise independent contractors. Prepare health and nutrition information for community health events. Perform routine maintenance and calibration of resting metabolic rate (RMR) measurement equipment. Webmaster responsible for development and maintenance of the NutrawizeSM website.

Marywood University

Catholic University sponsored by the Sisters, Servants of Immaculate Heart of Mary.

Scranton, Pennsylvania

Part-time Nutrition and Dietetics Department faculty member. Rank: Lecturer I

Course: ND312 Community Nutrition, Fall 2004.

Course: ND392 Supervised Practice Community Nutrition, Fall 2004.

Part-time Science Department faculty member. Rank: Lecturer I

Course: CHEM 132L General Chemistry Laboratory, Spring 2004.

Marywood University Human Performance Laboratory

August 2002 – May 2004

State-of-the-art human performance assessment laboratory with dedication to research, education, and service.

Scranton, Pennsylvania

Graduate Assistant responsible for assisting in instruction of student laboratory/lecture sessions for health related disciplines. Work in conjunction with the laboratory manager and director in the development and administration of effective research design, including laboratory and field testing protocols. Perform pulmonary and exercise assessments and research. Analyze and interpret client and research data. Assist in the preparation of materials for publication, presentation, and grant submission. Serve as a nutrition resource for athletes, coaches, students, and clients. Prepare health and nutrition information for community and university health events. Perform routine maintenance and calibration of exercise, pulmonary analysis, and air quality equipment, including AEI and V_{\max} metabolic carts, Lactate Analyzer, BodPod, GE Lunar DEXA Scanner, Jaeger impulse oscillometer and spirometers, P-Trak, and ARTI. Design effective marketing flyers for services, events, and research. Supervise student interns and volunteers. Pagemaster responsible for creation and maintenance of the Human Performance Laboratory website.

**Morrison Healthcare Food Services/Compass Group
at Moses Taylor Hospital**

March 2002 – March 2003

High-quality food, nutrition, and dining management services company.
Scranton, Pennsylvania

Dietitian responsible for maintaining an effective nutritional program and quality patient care as part of a multidisciplinary team. Development of nutrition assessment tools to assist members of the nutrition and food services department in providing exemplary nutritional care, implementation of MNT and related care plans, assist in data collection for quality assurance/improvement initiatives. Supervision of diet clerks and food service employees.

RQA, Inc.

Summer 2001- Present

A global leader in strategic product development, quality assurance, crisis management and recall services to the consumer products industry.
Phoenix, Arizona

Independent representative responsible for product retrieval and quality assurance on the consumer and retail levels.

Diocese of Scranton

Spring 2002

Scranton, Pennsylvania

Develop recommendations for improved food service and customer satisfaction for the Villa St. Joseph, including a 5-week cycle menu, modified diet patterns, and recipes.

Marywood University, Act 101 Program

2000 – 2002

Scranton, Pennsylvania

Assist new university students in adapting to university programs and activities.

GRANTS

Immunotec Research, Ltd. Title: Cystine Donor Supplementation and Airway Hyperresponsiveness. PI: K.W. Rundell, PhD, FACSM Co-Investigators: **J.M. Baumann, MS, RD, LDN**; T.M. Evans, PhD, ATC; A.M. Levine, PhD, RD.

PUBLICATIONS

T.M. Evans, K.W. Rundell, K.C. Beck, A.M. Levine, **J.M. Baumann**. Impulse oscillometry is sensitive to bronchoconstriction after eucapnic voluntary hyperventilation or exercise. *J Asthma*. 43(1):49-55, 2006.

T.M. Evans, K.W. Rundell, K.C. Beck, A.M. Levine, **J.M. Baumann**. Airway narrowing measured by spirometry and impulse oscillometry following room and cold temperature exercise. *Chest*, 128(4):2412-2419, 2005.

J.M. Baumann, K.W. Rundell, T.M. Evans, A.M. Levine. Effect of Cysteine Donor Supplementation on exercise-induced bronchoconstriction. *Medicine & Science in Sports & Exercise*, 37(9):1468-1473, 2005.

- K.W. Rundell, T.M. Evans, **J.M. Baumann**, M.F. Kertesz. Lung function measured by impulse oscillometry and spirometry following eucapnic voluntary hyperventilation. *Canadian Respiratory Journal*, 12(5): 257-263, 2004.
- T.M. Evans, K.W. Rundell, K.C. Beck, A.M. Levine, **J.M. Baumann**. Cold air inhalation does not affect the severity of EIB following exercise or EVH. *Medicine & Science in Sports & Exercise*, 37(4): 544-549, 2005.
- K.W. Rundell, B.A. Spiering, **J.M. Baumann**, T.M. Evans. Effects of montelukast on airway narrowing from eucapnic voluntary hyperventilation and cold air exercise. *British Journal of Sports Medicine*, 39(4): 232-236, 2005.
- K.W. Rundell, B.A. Spiering, **J.M. Baumann**, T.M. Evans. Bronchoconstriction provoked by exercise in a high particulate matter environment is attenuated by montelukast. *Inhalation Toxicology*, 17(2): 99-105, 2005.
- K.W. Rundell, B.A. Spiering, **J.M. Baumann**, T.M. Evans. Montelukast has no ergogenic effects during cycling in cold temperature. *Medicine & Science in Sports & Exercise*, 36(11):1847-1851, 2004.
- K.W. Rundell, B.A. Spiering, T.M. Evans, **J.M. Baumann**. Baseline Lung Function, Exercise-Induced Bronchoconstriction, and Asthma-Like Symptoms in Elite Women Ice Hockey Players. *Medicine & Science in Sports & Exercise*, 36(3):405-410, 2004.
- J.M. Penrose**. An Examination of the Difference between the Nutritional Attitudes, Behaviors, and Information Sources of College Students in Northeast Pennsylvania and those of Americans Surveyed by the American Dietetic Association. *Scientia*. Marywood University: Scranton, PA. 2002: 81-128.

MANUSCRIPTS IN REVIEW/PREPARATION FOR SUBMISSION FOR PUBLICATION

- T.M. Evans, K.W. Rundell, K.C. Beck, A.M. Levine, **J.M. Baumann**. Impulse oscillometry is sensitive to bronchoconstriction after EVH and exercise. *In Review, European Respiratory Journal*, 2004
- K.W. Rundell, T.M. Evans, M.J. Bovino, **J.M. Baumann**. Airway resistance and maximal expiratory flow during exercise. *In Preparation*, 2005.

ABSTRACTS

- J.M. Baumann**, K.W. Rundell, T.M. Evans, A.M. Levine. Effects of cysteine donor supplementation on airway hyperresponsiveness. American College of Sports Medicine National Conference Presentation, June 2005.
- T.M. Evans, K.W. Rundell, K.C. Beck, A.M. Levine, **J.M. Baumann**. Cold air inhalation does not affect the severity of exercise-induced bronchoconstriction following exercise or eucapnic voluntary hyperventilation. American College of Sports Medicine National Conference Presentation, June 2005.
- T.M. Evans, K.W. Rundell, K.C. Beck, A.M. Levine, **J.M. Baumann**. Cold air inhalation does not affect the severity of exercise-induced bronchoconstriction following exercise or eucapnic voluntary hyperventilation. American College of Sports Medicine - Mid-Atlantic Regional Conference Presentation, November 2004.
- T.M. Evans, K.W. Rundell, FACSM, **J.M. Baumann**, B.A. Spiering. Effectiveness of Montelukast in Preventing Airway Hyperreactivity During Cold Air Exercise and Eucapnic Voluntary Hyperventilation. American College of Sports Medicine National Conference Presentation. *Medicine & Science in Sports & Exercise*, Volume 36:5, 2004.
- J.M. Baumann**, K.W. Rundell, FACSM, T.M. Evans, B.A. Spiering. Montelukast Attenuates Airway Hyperreactivity in Ice Rink Athletes Exposed to PMI During Exercise. American College of Sports Medicine National Conference Presentation. *Medicine & Science in Sports & Exercise*, Volume 36:5, 2004.

M. Bovino, K. Rundell, FASCM, T. Evans, **J. Baumann**. Paradoxical Increase in Airway Resistance During Incremental Exercise. American College of Sports Medicine National Conference Presentation. *Medicine & Science in Sports & Exercise*, Volume 36:5, 2004.

K.W. Rundell, T.M. Evans, M.F. Kertesz, **J.M. Baumann**. Airway Hyperresponsiveness Measured By Impulse Oscillometry Following EVH. American College of Sports Medicine National Conference Presentation. *Medicine & Science in Sports & Exercise*, Volume 36:5, 2004.

B.A. Spiering, **J.M. Baumann**, K.W. Rundell. Montelukast Has No Ergogenic Effects During Cycling in Sub-Freezing Conditions. American College of Sports Medicine National Conference Presentation. *Medicine & Science in Sports & Exercise*, Volume 36:5, 2004.

T.M. Evans, K.W. Rundell, FASCM, **J.M. Baumann**, B.A. Spiering. Effectiveness of Montelukast in Preventing Airway Hyperreactivity During Cold Air Exercise and Eucapnic Voluntary Hyperventilation. *American College of Sports Medicine – Mid-Atlantic Regional Conference Proceedings*, October 2003.

J.M. Baumann, K.W. Rundell, FASCM, T.M. Evans, B.A. Spiering. Montelukast Attenuates Airway Hyperreactivity in Ice Rink Athletes Exposed to PMI During Exercise. *American College of Sports Medicine – Mid-Atlantic Regional Conference Proceedings*, October 2003.

M. Bovino, K. Rundell, FASCM, T. Evans, **J. Baumann**. Paradoxical Increase in Airway Resistance During Incremental Exercise. *American College of Sports Medicine – Mid-Atlantic Regional Conference Proceedings*, October 2003.

K.W. Rundell, B.A. Spiering, **J.M. Penrose**, D.A. Judelson. Exercise-induced asthma in the ice rink: "A Case for Baseline Spirometry." American College of Sports Medicine National Conference Presentation. *Medicine & Science in Sports & Exercise*, 34:5, 2003.

J.M. Penrose, A.M. Levine, E.J. Crawley. An examination of the difference between the nutritional attitudes and behaviors of college students and Americans surveyed by the American Dietetic Association (ADA). American Dietetic Association National Conference Presentation. *Journal of the American Dietetic Association*, 103:9S, 2003.

VOLUNTEER ACTIVITIES

- Northeast Pennsylvania Dietetic Association Webmaster (Development, Design, Maintenance), December 2004 – Present.
- Northeast Pennsylvania Dietetic Association Legislative and Licensure Chair, June 2002 – December 2004.
- Northeast Pennsylvania Dietetic Association community activities, 2002-Present.
- City of Jermyn Health Fair, April 2004.
- Sports Nutrition and Weight Management Presentations and assessment for local High School and College-level athletes, 2003-2004.
- Susan G. Komen Race for the Cure/Dairy Council Nutritionist, 2003.
- Celebrate Your Body Wellness Fair, Marywood University, 2003, 2004.
- Marywood University Student Mentor, Alumni Office, 2003.
- Nutrition and Dietetics Health Fair, Marywood University, 2003.
- Eastern Alloys, Inc. Health Fair, Nutrition Education Coordinator, June 2002.
- Student Dietetic Association President, 1999-2002.

ELECTRONIC COURSES

Nutrigenomics, an introduction to nutritive influences on gene expression. Genetic principles and technologies; Functional Foods and Nutraceuticals; Medical Pedigrees; Multicultural Genetic Differences; Ethical, Legal, and Social Issues; Application to Clinical Settings; Critical Analysis of Genetic Research and Issues. J.M. Baumann. WebCT. <http://disted.marywood.edu:8900>.

MEDIA EXPERIENCE

- Wall Street Journal Interviews
 - Resting Metabolic Rate Measurement; 2004.
 - Consumer Nutrition Software; 2004.
- Today's Dietitian Interview
 - Tools of the Trade: High-Tech Gadgets for Dietitians; October 2003.
- KnightTime Radio Talk Show – WVMW-FM 91.5, Scranton, PA; WILK 910, 980, 1300, Scranton/Wilkes-Barre/ Hazelton, PA; April 2004.
- Public Service Announcements (Written and Produced)
 - Asthma – WVMW-FM 91.5, Scranton, PA. 2004.
 - Exercise-Induced Asthma – WVMW-FM 91.5, Scranton, PA. 2004.

PROFESSIONAL MEMBERSHIPS

- American Dietetic Association
- Pennsylvania Dietetic Association/Northeast Pennsylvania Dietetic Association
- American College of Sports Medicine
- Sports, Cardiovascular, and Wellness Nutritionists Dietetic Practice Group
- Nutrition in Complimentary Care Dietetic Practice Group
- Nutrition Entrepreneurs Dietetic Practice Group
- Founding Member of the Weight Management Dietetic Practice Group
- Nutrition Education for the Public Dietetic Practice Group
- Dietitians in Business and Consulting Dietetic Practice Group

CONTINUING EDUCATION

- 2005 American Dietetic Association Food and Nutrition Conference and Expo, St. Louis, MO.
- 2005 (To Attend/Present) American College of Sports Medicine Annual Meeting, Nashville, TN.
- 2005 American College of Sports Medicine Health Fitness Summit, Las Vegas, NV
- 2004 American College of Sports Medicine Mid-Atlantic Chapter Annual Meeting, Bushkill, PA.
- 2004 (Attend/Present) American College of Sports Medicine Annual Meeting, Indianapolis, IN.
- 2004 Sports, Cardiovascular, and Wellness Nutrition Symposium, Colorado Springs, CO.
- 2004 Pennsylvania Dietetic Association Annual Meeting, Philadelphia, PA.
- 2003 Functional Medicine – Where do you fit in?, Honestly Speaking, Ambler, PA.
- 2003 (Attend/Present) American College of Sports Medicine Mid-Atlantic Chapter Annual Meeting, Bushkill, PA.

- 2003 American Dietetic Association Food and Nutrition Conference and Expo, San Antonio, TX.
- 2003 Emphasizing the Role of the RD in the Prevention of Osteoporosis, Northeast Dietetic Association, Scranton, PA.
- 2003 Executive Leadership Training: All ADA Members Are Leaders, American Dietetic Association Virtual Seminar.
- 2003 American College of Sports Medicine Annual Meeting, San Francisco, CA.
- 2003 American Dietetic Association Public Policy Workshop, Washington, DC.
- 2003 HIPAA – What the driver needs to know – Teleseminar, Jumpstart Consulting.
- 2003 Calcium – An element in weight management: A self-study guide for health professionals. Online, American Association of Diabetes Educators.
- 2002 (Attend/Present) American Dietetic Association Food and Nutrition Conference and Expo, Philadelphia, PA.
- 2002 American Dietetic Association Certificate in Adult Weight Management, Puerto Rico.
- 2002 Pennsylvania Dietetic Association Annual Meeting, Philadelphia, PA.
- 2002 Private Practice – Getting that Jumpstart, Jumpstart Consulting, Philadelphia, PA.
- 2002 American College of Sports Medicine Mid-Atlantic Chapter Annual Meeting, Bushkill, PA.
- 2001 American Dietetic Association Food and Nutrition Conference and Expo, St. Louis, MO.
- 2000 American Dietetic Association Food and Nutrition Conference and Expo, Denver, CO.

PROFESSIONAL PRESENTATIONS

- Nutrigenomics: An Introduction. J.M. Baumann.
- Echinacea Associated Immune Modulation. J.M. Baumann.
- Health Risk Communication. J.M. Baumann.
- Resting Metabolic Rate Measurement. J.M. Baumann.
- Body Composition and BMI. J.M. Baumann.
- Asthma Assessment: Use of exhaled nitric oxide, impulse oscillometry, and spirometry. J.M. Baumann.
- Your Road Map to Weight Management. J.M. Baumann, E.M. Flannery.
- Nutritional Management of Asthma. J.M. Baumann.
- Calcium and Weight Management. What's the connection? J.M. Baumann.
- Obesity and Gene-Environment Interaction. J.M. Baumann.
- Alteration of Dietary Fatty Acids: Implications for Asthma? J.M. Baumann.
- Salt Savvy. J.M. Baumann.
- Supermarket Skills. J.M. Baumann.
- Healthy Restaurant Eating. J.M. Baumann.
- Cholesterol and Heart Health. J.M. Baumann.

AWARDS/HONORS

- ADA Recognized Young Dietitian of the Year (PA) – Spring 2006.
- Alpha Epsilon Lambda National Honor Society for Graduate and Professional Students – Spring 2004.
- Marywood University Shaffer Medal for Nutrition and Dietetics – May 2002.
- Marywood University Mary Pace Medal for Excellence in Philosophy – May 2002.
- American Dietetic Association Outstanding Dietetic Student Award – April, 2002.
- Marywood University Dean's List, all semesters.
- Kappa Gamma Pi National Academic Honor Society – Spring 2002.
- Act 101 Program Academic Achievement Award – Spring 2002.
- All American Scholar/United States Achievement Academy – Spring 2002, Spring 1999.
- Who's Who in American Universities and Colleges – Fall 2001.
- Kappa Omicron Nu National Honor Society – Fall 2001.
- The National Dean's List – Spring 2000, Spring 1999.
- Delta Epsilon Sigma National Academic Honor Society – Fall 2000.
- Chi Alpha Epsilon Order of the Diamond Key – Fall 2000.
- Chi Alpha Epsilon National Academic Honor Society – Fall 1999.

COMPUTER SKILLS

- | | | |
|--|---------------------|-------------------|
| • WebCT | • Nutritionist Pro | • MS Office |
| • Adobe Illustrator,
Photoshop, Acrobat | • Nutritionist Five | • MS FrontPage |
| • Pinnacle Studio | • SPSS | • Claris Homepage |
| • NutriBase | • SigmaPlot | • MS Windows |
| | • Reference Manager | |