

Mary Imboden, PhD

Adjunct Faculty

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I joined the Health and Human Performance Department at George Fox in 2018. I am passionate about helping others improve their health through lifestyle medicine, including physical activity and nutrition. My courses are designed to provide students with a solid understanding of the science behind how exercise and nutrition improve health, from which they can apply the information to their own life.

Academic Background

- PhD, Human Bioenergetics, Ball State University
- MS, Health and Exercise Science, Wake Forest University
- BS, Exercise Science, Towson University

Expertise and Interests

I have had the privilege to contribute to numerous research publications related to Health and Exercise Science in high impact journals including *Journal of American Heart Association*, *Journal of American College of Cardiology*, *Mayo Clinic Proceedings*, *American Journal of Health Promotion*, etc. Additionally, I have had the opportunity to present my work at national conferences including the American College of Sports Medicine, American Heart Association Scientific Sessions, the Health Enhancement Research Organization Forum, etc. I also serve as the chair of the Oregon Academy of Science Health Science and Kinesiology Division. During my time at George Fox University, I have taught a variety of courses, including Exercise Prescription, Exercise Physiology, Nutrition, Senior Research Project, Introduction to Exercise Science, Tests and Measurements, and Principles of Conditioning.

Outside the Classroom

I love being active, and most of my hobbies reflect my love of the outdoors. I am an avid runner and hiker, resulting in many hours on my feet each week. This summer I also purchased a stand-up paddle board, which has been a fun way to get out on the water and train my balance! Luckily, my husband and baby boy also love spending time outside and participate in these activities with me (baby James in a running stroller and hiking carrier, not ready for the stand-up paddle board yet). When it is time to relax, you can usually find me snuggling with baby James and my two dogs, playing board games, or baking – usually with Bethel music blasting in the background!