

Dr. Richard Kreider Wins National Nutrition Research Award for Curves Studies

The National Strength and Conditioning Association (NSCA) has awarded Dr. Richard Kreider, head of the Department of Health & Kinesiology at Texas A&M University, the 2010 NSCA Nutrition Research Achievement Award. The award was presented at the NSCA National Conference in Florida earlier this month.

In addition to his role as department head, Kreider serves roles as professor and Thomas A. and Joan Read Endowed Chair for Disadvantaged Youth in the Department of Health & Kinesiology. He also directs the Exercise & Sport Nutrition Lab (ESNL), which has conducted numerous and ongoing studies of the Curves fitness and weight loss programs since 2002.

The [Curves Women's Health & Fitness Initiative](#) was launched in order to: 1) examine short- and long-term efficacy of the Curves fitness and weight loss programs; 2) identify ways to optimize the Curves program through various diet, exercise and/or nutritional interventions, and; 3) examine ways to improve the health and well-being of women.

Numerous studies have shown, among other findings, that Curves' programs have proven effective at helping women lose weight, gain muscle strength, and raise metabolism with aerobic activity, all of which contribute to healthy bones, muscles and joints. Another study found that the Curves workout allows exercisers—even the fittest athletes—to burn as many as 500 or more calories in just 30 minutes.

Kreider has conducted numerous other studies on nutrition and exercise and has published two books, more than 400 research articles in scientific journals and over 150 articles for health and fitness magazines. He has received over \$10 million in external funding to support research related to the role of exercise and nutrition on health, disease, rehabilitation and performance.

“Obviously, I am very honored and humbled to be recognized by the NSCA,” Kreider says. “However, this award is really recognition of all of the students, faculty, and colleagues who have contributed to research in the field of sport nutrition over the years.”

Texas A&M University is one of the nation's leading public research universities. With nearly \$570 million invested in research, Texas A&M ranks among the top 20 research universities nationwide.

