

Renee J. Rogers, PhD, FACSM is an Associate Professor at the University of Pittsburgh, and Programming Director at the Pitt Healthy Lifestyle Institute and Director of the “Moving Health with Media Core.” Dr. Rogers is a Fellow of the American College of Sports Medicine, and the Chair of ACSM’s Strategic Health Initiative (SHI) for Behavior. She blends her background in theater and production with her formal academic training in Exercise Physiology, Behavior Change, and Weight Management to develop and implement innovative health promotion, physical activity and weight management initiatives that have far-reaching impact to promote well-being, reduce sedentary behavior and increase physical activity engagement. She has clinical research and translational expertise in the areas of developing and implementing lifestyle behavior-based weight management trials, many of which have integrated technology and media. Dr. Rogers has been developing technology-based interventions using media and video since 2010. Through her Moving Health with Media Core, her team created successful video interventions related to physical activity with progressive strategies for engaging all levels. She has targeted different population groups with these interventions including older adults, young adults/weight loss, and participants learning yoga. She has also adapted a media intervention into Italian for a project that is currently running in Pittsburgh and 2 sites in Italy. Through these projects, outcomes of engagement, adherence, along with cardiovascular fitness, strength, physical function, cognition and quality of life are being studied. Amidst the onset of COVID-19, Dr. Rogers was called upon to direct the transition of fitness to online offerings and live streaming; here she was able to translate her research into practice.

Dr. Rogers has been asked to Blog on [trends](#) and behavior-related and [weight management](#) strategies for ACSM, and she has also provided professional comment for popular media outlets such as *WSJ*, *Good Housekeeping*, *Prevention* and many others. Beyond research [publications](#), Dr. Rogers has recently written for [The Conversation US](#) where her piece on strategies for staying physically active during quarantine was reprinted in over 30 media outlets. Dr. Rogers is regularly invited to speak on the engagement strategies and intervention design related to building and enhancing a physically active lifestyle.

