

Dr. William Herbert is presented with the 2024 Citation Award in recognition of his many important achievements in the fields of Exercise Physiology, Cardiac Rehabilitation and Sports Medicine. Each of these disciplines have been advanced through his writings, teachings, volunteer service, and research. In so many ways, Dr. Herbert tirelessly contributed to the evolution of the contemporary exercise physiologist.

For nearly four decades he was formally affiliated with the Department of Human Nutrition, Foods, and Exercise at Virginia Polytechnic Institute and State University. During this period he directed the Laboratory for Health and Exercise Science and cardiac rehabilitation / health-fitness programs, trained undergraduate and graduate students for careers in health, and conducted research focused on physical activity, fitness, and disease prevention / rehabilitation. Since retirement, he has maintained Professor Emeritus status at Virginia Tech, and has remained professionally active.

His long-lasting contributions in advancing the formidable mission of the American College of Sports Medicine (ACSM) are unparalleled. He served as President, Southeast Chapter of the ACSM, Vice-President, Basic and Applied Sciences, ACSM, and as an ACSM President-Elect candidate. Dr. Herbert contributed to several editions of the *ACSM's Guidelines for Exercise Testing and Prescription* and the *ACSM Resource Manual*, served as section editor for the *ACSM's Resources for Clinical Exercise Physiology*, and as a member of the editorial board for the *ACSM Health & Fitness Journal*. Furthermore, he participated on the ACSM Committee For Certification and Education and ACSM Clinical Exercise Physiology Practice Board for many years and chaired both working groups. After retiring from Virginia Tech, he served over the next decade with ACSM as Web Content Editor for the weekly *Sports Medicine E-Bulletin*.

Beyond Dr. Herbert's distinguished service to ACSM, he has challenged and helped educate colleagues and students with his engaging presentations throughout the U.S. and worldwide. He has published over 100 scholarly papers, chapters, and books, many of which represent landmark works that have been studied and adopted by others. His research contributions have largely focused on exercise testing and training in the primary and secondary prevention of cardiovascular disease, physiologic and clinical consequences of obstructive sleep apnea, physical activity and bone biomechanics, and standards of care, legal issues, and safety in adult fitness and exercise-based cardiac rehabilitation programs. Many of his innovative programming initiatives are now widely applied to both apparently healthy individuals and those with chronic disease.

We are indebted to Dr. William Herbert for his extraordinary service to the ACSM, as well as his informing advancements to the field through his teaching, writing, research, and mentorship. Perhaps Earl Nightingale summed it up best when he stated: "A candle is not diminished by giving another candle light." In the current era of information access and exchange, Dr. William Herbert probably has no idea of the vast number of candles that he lit over the years.

It is with these characteristics and contributions that he is identified as an individual worthy of this Citation Award.