



Rachele M Pojednic

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Bio

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Rachele Pojednic, PhD, EdM, FACSM is a Lecturer (Adjunct) in the Human Biology Department and the Director of Education at Stanford Lifestyle Medicine. In addition to her academic appointments, Dr Pojednic is also the Chief Science Officer at Restore Hyperwellness. Her current research examines nutrition, supplementation and physical activity interventions on muscle physiology, performance and recovery. She also examines educational models for healthcare professionals focused on nutrition and exercise. Dr Pojednic has received NIH research funding from the National Heart Lung and Blood Institute (NHLBI) and the Vermont Biomedical Research Network (VBRN) an IDeA Network of Biomedical Research Excellence (INBRE) program. She serves on the Board of Governors for the American College of Sports Medicine (ACSM) Exercise Is Medicine® initiative and was previously the Interim Executive Director for the Prescription for Activity Task Force and member of The American Council on Exercise (ACE) Industry Advisory Panel. She was recently awarded the Petra Shattuck Excellence in Teaching Award from Harvard University.

Dr Pojednic received her PhD from the Tufts University Friedman School of Nutrition Science and Policy and completed her postdoctoral training at Harvard Medical School in the Joslin Diabetes Center and Spaulding Rehabilitation Hospital.

She has a passion for science communication and has been a consultant and writer for several organizations including NPR, Sirius Doctor Radio, Time, Popular Science, Self, Shape, Women's Health, Forbes, Runners World, and Boston Magazine. She holds a Certified Strength and Conditioning Specialist (CSCS) certification from National Strength and Conditioning Association (NSCA) and is board certified Health Coach from the National Board of Health and Wellness Coaches (NBHWC).