Stanford



Rachele M Pojednic

- Lecturer, Program in Human Biology
- Contingent OTP 3, Wu Tsai Human Performance Alliance

Bio

BIO

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 examinees 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).

CURRENT ROLE AT STANFORD

Lecturer (Adjunct) - Human Biology; Director of Education - Stanford Lifestyle Medicine

ACADEMIC APPOINTMENTS

- Lecturer, Program in Human Biology

Teaching

COURSES

2026-27

- Exercise Physiology: HUMBIO 135 (Aut)
- Sports Nutrition: HUMBIO 132 (Win)

2025-26

- Sports Nutrition: HUMBIO 132 (Win)

2024-25

- Sports Nutrition: HUMBIO 132 (Win)

2023-24

- Sports Nutrition: HUMBIO 132 (Win)

Publications

PUBLICATIONS

- **Community-Based Lifestyle Medicine Education Enhances Exercise Behaviors And Health Attitudes Among Underserved Youth**
  Low, M., Lamm, Z., Barros, J., Garrow, E., Chung, M., Frehlich, L., Pojednic, R., Fredericson, M.
  LIPPINCOTT WILLIAMS & WILKINS.2026
- **Artificial Intelligence in Exercise Programming and Coaching: Opportunities and Limitations** *CURRENT SPORTS MEDICINE REPORTS*
  Reiner, S. L., Pearson, R. C., Reed, R. A., Olenick, A. A., Pojednic, R. M.
  2026; 25 (8): 245-252
- **Health characteristics of recreationally active female cannabidiol users: a real-world cross-sectional study** *FRONTIERS IN NUTRITION*
  Zareba, W., Flanagan, M., Pojednic, R.
  2026; 13
- **Health characteristics of recreationally active female cannabidiol users: a real-world cross-sectional study.** *Frontiers in nutrition*
  Zareba, W., Flanagan, M., Pojednic, R.
  2026; 13: 1823307
- **Intravenous infusion of nicotinamide adenine dinucleotide (NAD+) versus nicotinamide riboside (NR): a retrospective tolerability pilot study in a real-world setting.** *Frontiers in aging*
  Reyna, K., Heinzen, G., Patel, N., Ritter, M., Siojo, A., Legere, H., Pojednic, R.
  2026; 7: 1652582
- **Assessing Health Behaviors as Predictors of Psychological Resilience and BMI in a National and Small Military College Sample.** *Healthcare (Basel, Switzerland)*
  Blodgett, K., Pojednic, R.
  2025; 13 (22)
- **Weight loss and body composition after compounded semaglutide treatment in a real world setting.** *Diabetes, obesity & metabolism*
  Chun, E., , Rivera, D., Reyna, K., Legere, H., Joseph, R., Pojednic, R.
  2025
- **The Perceived Effectiveness of Cannabidiol on Adult Women with Inflammatory Bowel Disease.** *Medicina (Kaunas, Lithuania)*
  Portman, A., Bukovich, E., Bissex, J., Flanagan, M., Pojednic, R.
  2024; 60 (12)
- **The Perceived Effectiveness of Cannabidiol on Adult Women with Inflammatory Bowel Disease** *MEDICINA-LITHUANIA*
  Portman, A., Bukovich, E., Bissex, J., Flanagan, M., Pojednic, R.
  2024; 60 (12)
- **Whole-Body Cryotherapy Reduces Systemic Inflammation in Healthy Adults: Pilot Cohort Study.** *Interactive journal of medical research*
  Chun, E., Joseph, R., Pojednic, R.
  2024; 13: e60942
- **Intensive, Real-Time Data Collection of Psychological and Physiological Stress During a 96-Hour Field Training Exercise at a Senior Military College: Feasibility and Acceptability Cohort Study.** *JMIR formative research*
  Pojednic, R., Welch, A., Thornton, M., Garvey, M., Grogan, T., Roberts, W., Ash, G.
  2024; 8: e60925

- **Critical Action Steps to Take as a Certified Exercise Professional in a Rapidly Evolving Healthcare Market** *ACSMS HEALTH & FITNESS JOURNAL*
  Mendola, N., Pojednic, R.
  2024; 28 (5): 61-65
- **Dietary Supplementation on Physical Performance and Recovery in Active-Duty Military Personnel: A Systematic Review of Randomized and Quasi-Experimental Controlled Trials.** *Nutrients*
  Harlow, J., Blodgett, K., Stedman, J., Pojednic, R.
  2024; 16 (16)
- **The Healthspan Project: A Retrospective Pilot of Biomarkers and Biometric Outcomes after a 6-Month Multi-Modal Wellness Intervention** *HEALTHCARE*
  Chun, E., Crete, A., Neal, C., Joseph, R., Pojednic, R.
  2024; 12 (6)
- **Exercise professional education, qualifications, and certifications: a content analysis of job postings in the United States** *FRONTIERS IN SPORTS AND ACTIVE LIVING*
  Pojednic, R., O'Neill, D. P., Flanagan, M. G., Bartlett, A., Carter, B., Kennedy, M. A.
  2024; 6: 1338658
- **The Cadet Athlete Physical Training Intervention (CAPTI): A 16-week Periodized Program to Remediate Underdeveloped Tactical Athletes at a Senior Military College.** *International journal of exercise science*
  Thornton, M. T., Welch, A. S., Caulfield, S., Pojednic, R. M.
  2024; 17 (4): 1083-1091
- **Nutrition Interventions on Muscle-Related Components of Sarcopenia in Females: A Systematic Review of Randomized Controlled Trials** *CALCIFIED TISSUE INTERNATIONAL*
  Thornton, M., Sim, M., Kennedy, M. A., Blodgett, K., Joseph, R., Pojednic, R.
  2024; 114 (1): 74-81
- **The Perceived Effect Of Cannabidiol On Indicators Of Muscle Recovery In Active Adult Women**
  Flanagan, M., Pojednic, R.
  LIPPINCOTT WILLIAMS & WILKINS.2023: 92-93
- **Physical Fitness Predicted Future Warfighters' Leadership Performance During Training, But Heart Rate Variability Did Not**
  Thornton, M., Grogan, T., Welch, A., Klepper, B., Harlow, J., Blodgett, K., Pojednic, R.
  LIPPINCOTT WILLIAMS & WILKINS.2023: 930
- **Performance Medicine: a novel and needed paradigm for proactive health care** *FRONTIERS IN SPORTS AND ACTIVE LIVING*
  Joseph, R. J. J., Pojednic, R. M. M.
  2023; 5: 1156645
- **A 16-week Periodized Program To Remediate Underdeveloped Tactical Athletes At A Senior Military College**
  Thornton, M., Welch, A., Caulfield, S., Phillips, E., Pojednic, R.
  LIPPINCOTT WILLIAMS & WILKINS.2022: 673
- **Physician Nutrition Advice and Referrals to Registered Dietitians** *AMERICAN JOURNAL OF LIFESTYLE MEDICINE*
  Pojednic, R., Phillips, E., Shehadeh, A., Muller, A., Metallinos-Katsaras, E.
  2023; 17 (6): 847-854
- **The Benefits of Physical Activity for People with Obesity, Independent of Weight Loss: A Systematic Review** *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH*
  Pojednic, R., D'Arpino, E., Halliday, I., Bantham, A.
  2022; 19 (9)
- **Vitamin D deficiency associated with risk of prediabetes among older adults: Data from the National Health and Nutrition Examination Survey (NHANES), 2007-2012** *DIABETES-METABOLISM RESEARCH AND REVIEWS*
  Pojednic, R. M., Trussler, E. M., Navon, J. D., Lemire, S. C., Siu, E. C., Metallinos-Katsaras, E. S.
  2022; 38 (3): e3499

- **Physicians' Perceptions of the Registered Dietitian Are Evolving The Importance of the RD on the Health Care Team and Order Writing Privileges** *TOPICS IN CLINICAL NUTRITION*
  Pojednic, R., Gale, D., McFarland, M., Prelack, K.
  2021; 36 (3): 213-223
- **Identifying elements for a comprehensive paediatric cardiac rehabilitation programme** *CARDIOLOGY IN THE YOUNG*
  Curran, T., Gauthier, N., Duty, S. M., Pojednic, R.
  2020; 30 (10): 1473-1481
- **Key Steps to Implementing Physical Activity into Health Professional Training Programs** *CURRENT SPORTS MEDICINE REPORTS*
  Pojednic, R., Stoutenberg, M.
  2020; 19 (10): 396-398
- **Move It or Lose It: Summarizing Peer-reviewed Evidence for Practicing What You Preach** *CURRENT SPORTS MEDICINE REPORTS*
  Bowersock, A. H., Jaworski, C. A., Pojednic, R.
  2020; 19 (8): 286-289
- **Identifying Key Physical Activity Categories and Topics to Include in Health Professional Training Programs** *TEACHING AND LEARNING IN MEDICINE*
  Stoutenberg, M., Powell, B. J., Busignani, P. J., Bowersock, A. H., Pojednic, R.
  2020; 32 (4): 362-370
- **The association between Vitamin D deficiency and risk of pre-diabetes among older adults**
  Trussler, E., Navon, J., Pojednic, R., Metallinos-Katsaras, E.
  CAMBRIDGE UNIV PRESS.2020: E348
- **Translating Urban Walkability Initiatives for Older Adults in Rural and Under-Resourced Communities** *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH*
  Klann, A., Linh Vu, Ewing, M., Fenton, M., Pojednic, R.
  2019; 16 (17)
- **Association Between Menstrual Dysfunction, Bone Stress Injuries and Risk for Disordered Eating in Female Collegiate Athletes**
  Bugbee, M., Wilson, S., Pojednic, R.
  LIPPINCOTT WILLIAMS & WILKINS.2019: 733-734
- **Implementation of the Exercise Prescription** *LIFESTYLE MEDICINE, 3RD EDITION*
  Pojednic, R. M., Loveland, C. R., Jones, S.
  edited by Rippe, J. M.
  2019: 147-152
- **Improved Access to and Impact of Registered Dietitian Nutritionist Services Associated with an Integrated Care Model in a High-Risk, Minority Population** *JOURNAL OF THE ACADEMY OF NUTRITION AND DIETETICS*
  Warner, M. F., Miklos, K. E., Strowman, S. R., Ireland, K., Pojednic, R. M.
  2018; 118 (10): 1951-1957
- **Bridging the gap between clinicians and fitness professionals: a challenge to implementing exercise as medicine** *BMJ OPEN SPORT & EXERCISE MEDICINE*
  Pojednic, R., Bantham, A., Arnstein, F., Kennedy, M. A., Phillips, E.
  2018; 4 (1): e000369
- **Practice patterns, counseling and promotion of physical activity by sports medicine physicians** *JOURNAL OF SCIENCE AND MEDICINE IN SPORT*
  Pojednic, R. M., Polak, R., Arnstein, F., Kennedy, M. A., Bantham, A., Phillips, E. M.
  2017; 20 (2): 123-127
- **A parallel curriculum in lifestyle medicine** *CLINICAL TEACHER*
  Pojednic, R., Frates, E.
  2017; 14 (1): 27-31
- **The Effect of Physical Activity on Child Development**
  Peabody, S., Pojednic, R., Carson, S. H., Kennedy, M., Bevans, K., Tavares, E. M., Phillips, E. M.

ROUTLEDGE JOURNALS, TAYLOR & FRANCIS LTD.2017: A111-A112

- **The effect of before school physical activity on child development: A study protocol to evaluate the Build Our Kids Success (BOKS) Program** *CONTEMPORARY CLINICAL TRIALS*
  Pojednic, R., Peabody, S., Carson, S., Kennedy, M., Bevans, K., Phillips, E. M.
  2016; 49: 103-108
- **Lifestyle Medicine Education** *AMERICAN JOURNAL OF LIFESTYLE MEDICINE*
  Polak, R., Pojednic, R. M., Phillips, E. M.
  2015; 9 (5): 361-367
- **Lifestyle Medicine Curricula: An Initiative to Include Lifestyle Medicine in Our Nation's Medical Schools** *ACADEMIC MEDICINE*
  Pojednic, R. M., Trilk, J., Phillips, E. M.
  2015; 90 (7): 840-841
- **Vitamin D receptor protein is associated with interleukin-6 in human skeletal muscle** *ENDOCRINE*
  Pojednic, R. M., Ceglia, L., Lichtenstein, A. H., Dawson-Hughes, B., Fielding, R. A.
  2015; 49 (2): 512-520
- **Physical Activity Assessment and Promotion: Physicians' Practice Patterns Suggest Gains And Promising Opportunities For Improvement**
  Phillips, E. M., Pojednic, R. M., Navaie, M., Polak, R., Bantham, A., Kennedy, M. A., Arnstein, F., Solomon, D. J.
  LIPPINCOTT WILLIAMS & WILKINS.2015: CP509
- **Effects of 1,25-Dihydroxyvitamin D₃ and Vitamin D₃ on the Expression of the Vitamin D Receptor in Human Skeletal Muscle Cells** *CALCIFIED TISSUE INTERNATIONAL*
  Pojednic, R. M., Ceglia, L., Olsson, K., Gustafsson, T., Lichtenstein, A. H., Dawson-Hughes, B., Fielding, R. A.
  2015; 96 (3): 256-263
- **Including lifestyle medicine in undergraduate medical curricula** *MEDICAL EDUCATION ONLINE*
  Phillips, E., Pojednic, R., Polak, R., Bush, J., Trilk, J.
  2015; 20
- **Innovation in diabetes care: improving consumption of healthy food through a "chef coaching" program: a case report.** *Global advances in health and medicine*
  Polak, R., Dill, D., Abrahamson, M. J., Pojednic, R. M., Phillips, E. M.
  2014; 3 (6): 42-8
- **The Emerging Biomolecular Role of Vitamin D in Skeletal Muscle** *EXERCISE AND SPORT SCIENCES REVIEWS*
  Pojednic, R. M., Ceglia, L.
  2014; 42 (2): 76-81
- **Longitudinal Decline of Neuromuscular Activation and Power in Healthy Older Adults** *JOURNALS OF GERONTOLOGY SERIES A-BIOLOGICAL SCIENCES AND MEDICAL SCIENCES*
  Clark, D. J., Pojednic, R. M., Reid, K. F., Patten, C., Pasha, E. P., Phillips, E. M., Fielding, R. A.
  2013; 68 (11): 1419-1425
- **Effects of alkali supplementation and vitamin D insufficiency on rat skeletal muscle** *ENDOCRINE*
  Ceglia, L., Rivas, D. A., Pojednic, R. M., Price, L., Harris, S. S., Smith, D., Fielding, R. A., Dawson-Hughes, B.
  2013; 44 (2): 454-464
- **Skeletal muscle vitamin D receptor associated with serum 25-hydroxyvitamin D**
  Pojednic, R. M., Ceglia, L., Lichtenstein, A., Dawson-Hughes, B., Fielding, R.
  FEDERATION AMER SOC EXP BIOL.2013
- **The specific contributions of force and velocity to muscle power in older adults** *EXPERIMENTAL GERONTOLOGY*
  Pojednic, R. M., Clark, D. J., Patten, C., Reid, K., Phillips, E. M., Fielding, R. A.
  2012; 47 (8): 608-613