Stanford



Marily Oppezzo

Senior Research Scholar, Medicine - Med/Stanford Prevention Research Center

Bio

BIO

Dr. Oppezzo is an Instructor of Medicine at the Stanford Prevention Research Center and head of the nutrition pillar at Stanford Lifestyle Medicine. She is a behavioral and learning scientist, dietitian, and exercise science interventionist. She earned her PhD in Educational Psychology from Stanford University, and holds a Master's degree in Nutritional Science, and is board certified Lifestyle Medicine Professional.

Dr. Oppezzo's work combines her extensive training in nutrition, exercise science, and behavioral science to develop innovative interventions that empower individuals to adopt sustainable, healthy habits - integrating them into their already busy lives. With a focus on "minimal dose, maximal gains" she explores the best ways for people to adopt small, actionable changes for significant improvements in health and well-being. She is particularly interested in the impact of "exercise snacks"—short, accessible bouts of physical activity—on productivity, mood, and overall health. One of her key interventions, "Stronger," is designed to provide peri- and post-menopausal women with effective strength training that maximizes benefits while minimizing time commitment.

ACADEMIC APPOINTMENTS

- Senior Research Scholar, Medicine - Med/Stanford Prevention Research Center
- Member, Cardiovascular Institute
- Member, Wu Tsai Human Performance Alliance

Teaching

COURSES

2023-24

- Responsible Conduct of Research in the Community: CHPR 220 (Aut)
- Theoretical Foundations and Design of Behavioral Intervention Trials: CHPR 228 (Aut)