

THE DAILY APPLE



H.O.P.E. HAITI INITIATIVE

Haiti Outreach Pwoje Espwa (H.O.P.E.) is a recognized non-profit organization that works in partnership with the residents of Borgne, Haiti to



address their community's needs. The schools are in desperate need of books. The Rotaract Club, the Health and Fitness Organization, and Nutrition Club joined together to help fundraise for the people of Borgne to receive French books they truly need for their schools. From February 22nd through the 26th, donation bins of all different sizes were placed across campus with 100% of all donations going directly to purchasing books for the community library.

Together with the Health and Fitness Organization, and a generous donation from BSC

Nutrition Club, \$1000.00 was raised to donate!

VOLUME II, ISSUE I

BY BROOKE BRISCOE
AND MAYA SCHERER

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CONGRATULATIONS TO OUR CONTEST WINNER!

With the recent merger of Buffalo States' Dietetics and Nutrition Department, and Health and Wellness Department, it was decided that the formerly known, *Nutrition Provision Newsletter*, would be renamed to fit the newly formed Department of Health, Nutrition, and Dietetics.

After many submissions, and surveys sent out to both faculty and students, Daniela Jugueta, a freshman in the Dietetics and Nutrition Program, was announced the winner of the contest and awarded a gift certificate for her entry.

Thanks to Daniela, we are now officially: *The Daily Apple Newsletter* for the Health, Nutrition, and Dietetics Department!



THE DIDACTIC PROGRAM OF NUTRITION AND DIETETICS

ASKING FOR A LETTER OF RECOMMENDATION

Spring semester is the time many students apply for scholarships, summer programs, internships and the DEP. Students often request that faculty members write a letter of recommendation.

To ensure an outstanding reference letter, here are a few hints!

1. Establish good working relationships with people who can give good references.
2. Start early (one month in advance). Many instructors receive numerous requests.
3. Ask people who know you both personally and professionally. The writer of your preference can share a personal observation, which gives the reader a fuller picture of who you are. The writer should highlight your work ethic, character and potential as health, nutrition and dietetics professional.
4. Ask in person if possible. Provide the writer with information about the program you are applying to (include emphasis or special nature of the program), your resume, samples of your portfolio, draft of your personal statement and a copy of your **Degreeworks**.
5. Provide the writer with needed forms either electronically or paper copy.
6. Give the writer the deadline when the reference is due and how it should be sent.
7. If the writer has not submitted your reference near the due date, it is OK to send an email asking if the writer needs additional information.
8. Follow-up with a thank you email to the writer. It is also appreciated if you let the writer know if you received admission to the program or received the internship.

Best of Luck!

Marie Murray,
DPND Director



THE 4+ 1 PROGRAM FOR DIETETICS & NUTRITION MAJORS

The Adult Education Department and Dietetics and Nutrition have collaborated to create the 4 + 1 Program in Dietetics and Adult Education, which allows students to focus their adult education course work in ways that complement their content knowledge in dietetics and wellness.

Through the 4 + 1 Program undergraduates in Dietetics and Nutrition can apply for conditional admission to graduate school and complete 9 hours of graduate coursework in the Master of Science in Adult Education degree during their senior undergraduate year. A maximum of 9 credit hours (divided between the first and second semester of a senior year) may be taken during the senior year. Students must maintain academic eligibility, as outlined by the admission requirements into the program, throughout their senior year.

Contact your undergraduate academic advisor or Dr. Carol DeNysschen (denyssca@buffalostate.edu) to learn more about the program.

HEALTH AND WELLNESS BANQUET

On April 15th, 2016, A Health and Wellness banquet was held to recognize the many students whom have demonstrated outstanding efforts in becoming successful leaders in the Health industry. Both academically and professionally, these students have provided us with such great pleasure to recognize their hard work and dedication.

Congratulations to you all!

*Health
&
Wellness
Banquet*



*Buffalo State College
April 15th, 2016*

DEPARTMENT AWARD RECIPIENTS

*ESG/NCHEC Outstanding Undergraduate
Health Education Major of the Year:*

- ◆ Sara A. Gardner

Highest Department GPA Achievements:

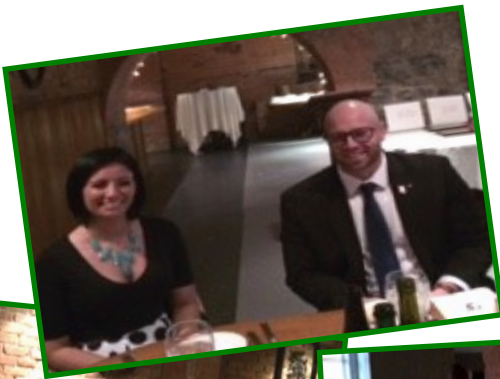
- ◆ Sara A. Gardner & Sarah A. Gorski

Highest Exercise Minor GPA Achievements:

- ◆ Sara A. Dannebrock & Nicholas Klender

Class Award Recipients:

- ◆ Rachael Bielmeier
- ◆ Mark E. Boswell
- ◆ Sara A. Gardner
- ◆ Iliana Gomez
- ◆ James Hughes
- ◆ Qinyun Li
- ◆ Shane Jackson
- ◆ Celine Jamieson
- ◆ Krystal Robinson
- ◆ Jenna Smolinski
- ◆ Adam Steiner
- ◆ Katherine Stoll
- ◆ David Suchnya
- ◆ Tonya Tucci
- ◆ Ben Van Kuren
- ◆ Karrah Vogel



STUDENT SPOTLIGHT

KATE KANE AWARDED BY THE WNYDA AND NYSAND

One of our very own Buffalo State College (BSC) students from the Dietetics department, Kate Kane, has been honored by the Western New York Dietetics Association (WNYDA) as the 2016 recipient of the Outstanding Student in the Dietetic Program award. Nominated candidates of the award must be members of the Academy of Nutrition and Dietetics as well as members of WNYDA. Kate was

recognized for not only her excellent academic achievement, but for her continued demonstration of community volunteerism and involvement, leadership as the current President of Rotaract Club, her constant commitment to student dietetic association activities, and her professional potential.

Ms. Kane's commitment to the community and the

field of dietetics can be seen by looking at her countless hours of community service not just within our own BSC community, but also within the greater Buffalo area.

Additionally, Kate seeks out every opportunity possible to expand upon her knowledge of nutrition and the food system by attending WYNDAs events, community held workshops, and prominent guest lectures.



Through participating in a multitude of workshops and events Kate has been able to network with fellow students, area dietitians, and community citizens. She has set a precedent for future students in this exciting field of dietetics by working hard in school, getting good grades, and seizing every opportunity available to expand both her knowledge base and her interactions within the

community.

As of just recently, Kate was also recognized by the New York State Academy of Nutrition and Dietetics (NYSAND), and was awarded the Outstanding Student Award at the state level.

After submitting multiple letters of recommendation and lengthy applications, and

with the support of the Western New York Dietetics Association (WNYDA), Kate was selected amongst the 9 other district candidates in New York State. This alone is a phenomenal accomplishment. Kate's hard work, and dedication of time and effort to stay involved is invaluable, and we are certain that she will only continue to inspire many along her journey into this field. *Congratulations, Kate!*

STUDENT HEALTH AMBASSADOR PROGRAM

RACQUEL PRAINO — BROOKE BRISCOE — ABBY GUZZINO — EMILY PASSER

In January 2016, A pilot program consisting of 4 select undergraduate Health, Nutrition, and Dietetics students ((2) Health and Wellness & (2) Nutrition and Dietetics) were trained to design and present workshops, plan campus events, and deliver wellness programming functions as educators and liaisons to all Buffalo State students. These 4 students were individually selected to serve as Buffalo State's very own School Health Ambassadors (*SHA*'s). Each Student Health Ambassador, through the application of the knowledge, strategies, and experiences gained from this ambassador program, demonstrated many of the responsibilities, competencies, of an entry level health professional.

Their purpose was to actively participate in various campus and community projects to improve health through prevention programs directed at changing individual behaviors and community-level factors. In addition to presenting, networking, and communicating with the public and other health professionals, they were recognized by the department and each received a Health, Nutrition, and Dietetics Award.



BECOME A MEMBER OF THE WNYDA !



The Western New York Dietetic Association is an organization of nutrition professionals, residing, working or attending school in Western New York. Affiliated with the New York State Academy of Nutrition and Dietetics and the Academy of Nutrition and Dietetics.

The professionals of the WNYDA benefit the public through the promotion of optimal nutrition and well-being. Visit our website to view membership benefits, our events calendar, and current leadership opportunities! *Student membership is only \$15.00*

<http://www.eatrightwnyda.org>

“FEDS GET FIT”

BY JASON STEWART



Darryl Diaz (left) and I (Jason Stewart - right), are both juniors in the Didactic Program of Nutrition and Dietetics. We were thrilled to have the opportunity to join registered dietitian and FDA employee, Diana Monaco, at the US Internal Revenue Services Building for a presentation at the “Feds Get Fit” health fair. As a team we organized a table to promote sources of healthier fat options, in addition to preparing a food sample to celebrate the month of February as National Cherry, Chocolate lover, and Snack food month with homemade dark chocolate cherry granola

bars. Darryl and I met separately to prepare handouts and conversation starters to emphasize to the federal employees the benefits of our recipe, such as the fiber from whole grain oats and the antioxidant benefits of cherries and dark chocolate. We answered questions regarding healthy versus unhealthy fat sources, and the importance of choosing healthier snacks that are easy enough to make at home and taste great, while keeping in budget. Besides an opportunity to network, this health fair emphasized to us the connections registered dietitians hold with the public in regards to alternative food choices that could better ones health.

“THE SCOOP”

“I’m so stressed!” Those are the words spoken by every dietetic student I know. It’s the time of year where many students across the country are getting ready to apply to their Dietitian Education Program or Dietetic Internships. Either path chosen is fiercely competitive in nature, causing plenty of stress, depression, and crippling anxiety. This negative energy flowing throughout the dietetics student body causes unnecessary tension and self-doubt. Dietetic students constantly need to be reminded of the big picture and that is to enjoy the learning experience. Both the DEP and Didactic routes will involve many difficult challenges. What’s the biggest one of them all? Stress management! How can dietetic students find a way to be healthy and balanced while managing a rigorous program? I think it’s important to acknowledge that nutrition is an aspect of your life, but it doesn’t need to take over your entire existence. For starters, allowing time to be involved in other activities that make you happy is important to help keep your mind and spirit balanced. Spending time with friends and family who bring laughter and joy into your life, being actively involved in school clubs, not just for resume building, but also as an opportunity to take a break from your studies and socialize with others. Dietetics is heavy on the sciences so sometimes doing something creative like coloring or knitting can be therapeutic! Meditation is also beneficial when your schedule forces you to be go, go, go all the time. Only five minutes in the morning or before bed can make a huge difference in your mental health, and be enough for you to slow your mind down. Obtaining a degree in dietetics is tough, but don’t forget that you also need balance in your life. I know how easy it is to bury yourself in your textbooks, but you’ll go crazy! Make sure you find time doing activities that give you a mental break, whether it’s quiet time for yourself or socializing with friends or family. College should be looked back on as an exciting experience of personal growth and learning. Spend less time stressing out and more time enjoying the journey! You WILL succeed!

BY MAYA FUSAKO SCHERER

ZIKA VIRUS TRANSMISSION & DIAGNOSIS

INFOGRAPHIC DESIGNED BY MARCELLA GRIFFIN

ZIKA VIRUS



Zika virus is transmitted to people primarily through the bite of an infected Aedes species mosquito. These mosquitoes typically lay eggs in and near standing water in things like buckets, bowls, animal dishes, flower pots. Mosquitoes that spread Zika are aggressive daytime biters. They also bite at night.

TRANSMISSION



Travel



Affected Countries



Warm Climate



Sexually Transmitted

DIAGNOSIS

Pregnant Women



Microcephaly



Male Carriers



PREVENTION



Use Insect spray repellent



Women of child bearing age delay travel to areas of active Zika



Precaution use of condoms and/or abstinence for duration of pregnancy



First case of Zika Virus confirmed in Erie County. Dr. Gale Burslein confirmed Sunday 2/21/2016 the first case of Zika Virus in Erie County. The person diagnosed traveled to El Salvador one of the active Zika area. Dr. Gale Burslein advise women of child bearing age or pregnant women not to travel to those areas of active Zika Virus.

Source: Centers For Disease Control And Prevention

DEP PROGRAM ASSESSMENT

As requirement for accreditation, the DEP must conduct annual program assessment to evaluate success in achieving its mission, goals and objectives. The purpose of this article is to report on the results of our most recent program assessment. In order to understand the results, it is important to re-view the program's mission, goals, and objectives:

Mission:

The mission of the Dietitian Education Program (DEP) is to prepare graduates for competent practice as registered dietitian by providing a quality education—in the context of academic excellence, experiential learning and community service that translates into an ongoing commitment to professionalism and leadership growth, community service, and a passion for life-long learning.

Goal 1: Graduates will attain the knowledge, skills, and professional characteristics needed for success as an entry level dietetics practitioner.

Objectives were evaluated by RD exam testing company statistics, graduate and employer surveys. Ten out of thirteen graduates in 2014 responded:

- 1.) Eighty-five percent of graduates who are first-time test takers passed the registration examination. (target exceeded).
- 2.) Ninety-two percent of graduates passed the registration examination within one year of their first attempt. (target exceeded).
- 3.) One-hundred percent of graduates who begin the DEP completed the program within 3 years. (target exceeded).
- 4.) One-hundred percent of

graduates who responded reported having jobs in a dietetics-related field within one year of graduation. (target exceeded)

5.) During their first year of employment, ninety percent of graduates will have met or exceeded employer expectations for entry-level RD's.

Goal 2: Graduates will demonstrate commitment to life-long learning, professional development, service and leadership in diverse professional and community endeavors. Eleven out of fifteen graduates in 2012 responded:

1.) Seventy-three percent of respondents reported pursuing practice certification, or pursuing graduate credit or additional degrees when surveyed three years after graduation.

2.) Eighteen percent of respondents reported will report active membership (committee member or leadership position) in a dietetics-related professional or volunteer organization when surveyed three years after graduation.

3.) The overall assessment by the faculty is that we are excited that the program has exceeded targets for many objectives. Strategies are continually being implemented to build on our strengths and to strengthen areas for improvement.



by Tina Colaizzo-Anas, PhD, RD, CDN, CNSC, FAND
Director, Dietitian Education Program (DEP)

A REFLECTION OF FOUR YEARS

ELIZABETH HARTZ, SENIOR, DEP 2016

This journey started four years ago, in the fall of 2012. You walk into a classroom, not knowing what to expect, meeting others for the first time. No matter your age, there is an awkwardness that lingers for a while, with more questions than there are answers. Then time goes on and you find your place, your “fit”. You discover if this is the right path, and if you have what it takes to make it. It is hard to define what it means to be at this point now. As many of us know, this is a demanding course of study

with high expectations that never let up from the beginning. Into the classroom you go, day one through graduation, not a minute to spare. It is one of the things that we both love, and hate. We groan about all of the projects, all of the demands, and we bond, making true, lasting friendships, over our shared workload. It is these things that make this program the best in Buffalo.

We have heavy responsibilities and they push us to a point where we feel as though we might break. That push comes from faculty that cares

immeasurably about the profession, and this program. It can be seen with the detail that is demanded and the thoroughness of our knowledge.

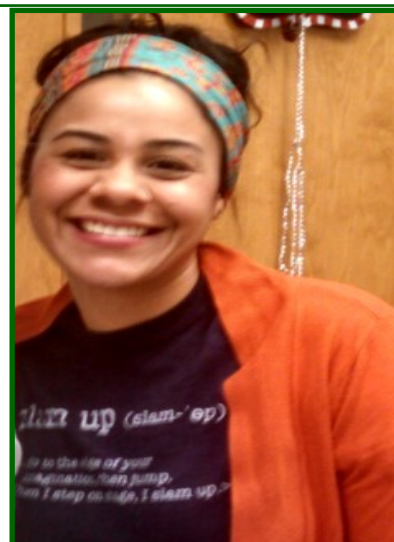
Looking back, this is how I know I have been part of something great; a program that I am confident is going to make us great dietitians. Take advantage of every moment, every chance to learn, and every chance to be a part of this community. It will not be regretted.

Best wishes to our graduating friends, and to our future graduates.

As a fulltime student who also works and tries to participate as much as possible in activities on campus, I understand the idea that searching and applying for scholarships can seem time consuming. I’m here to tell you it is completely worth it! I was lucky to be rewarded the Ron Brown IT Tech Scholarship that was offered from the I.T department right here on campus. I am grateful to the sponsors of the Ron Brown I.T Scholarship and appreciate the gift. It will be put to great use toward my tuition. Any amount helps when we’re talking about paying for tuition and books for college. Our financial aid office offers resources that provide information on scholarships available and there are many outside sources as well. Student loans can be tedious and stressful now and in the long run so spending a bit of extra time applying for scholarships can be fruitful and ease the anxiety that sometimes comes with college expenses.

TIME = MONEY

BY XYLINA ULLOA



NAVIGATING THE CAREER DEVELOPMENT PAGE

BY RACQUEL PRAINO

WWW.BUFFALOSTATE.EDU

Hover over orange toolbar which reads: “About, Applying, etc.”

Click on CAREER DEVELOPMENT CENTER Icon

The screenshot shows the Buffalo State website homepage. At the top, there is a search bar and social media icons. Below that is an orange navigation bar with tabs for ABOUT, APPLYING, ACADEMICS, CAMPUS, NEWS AND EVENTS, ATHLETICS, and GIVING. A red arrow points to the 'CAREER DEVELOPMENT CENTER' icon in the footer, which is circled in red. The footer also includes icons for the Alumni Association, Barnes and Noble Bookstore, Burchfield Penny Art Center at SUNY Buffalo State, E. H. Butler Library, Performing Arts Center at Rockwell Hall, and United Students Government. Below the footer, there are two orange boxes: 'Adult Education' and 'The Anne Frank Project'.

Click on the STUDENTS tab

On the left side of the screen, in orange boxes, you will find:

- Choosing a career/major**
- Internship center**
- Resumes/Cover letters**
- Interviews**
- Conducting a job search**
- Job listings**
- Special populations**

20 CAREER TIPS FOR COLLEGE STUDENTS

College teaches you how to think. However, unless you are engaged with your campus Career Center, college teaches you virtually nothing on the subject of career development. Think about how many courses you took in your major, and then think about how many semester-long courses you took on career development? You spend time more time at work than in any other aspect of your life, but college teaches you barely anything on how to start, build and manage your career. Without the Career Center, you will be left on your own to figure out what you are supposed to do with your life. The transition is difficult because there is no syllabus for success.

Here are 20 tips to prepare you for the realities of working.

1. Go to the Career Center on campus at least once a semester and then every month when you are a senior.
2. In addition to your college degree, employers will want to see multiple internship experiences. Your competition has them.
3. Start building your resume early in your college career. Don't wait until you get back from spring break of your Senior year.
4. Come up with your own personal and professional definition of success and don't let anyone else define it for you.
5. Show up early and stay late.
6. If you are self-aware, self-confident and self-disciplined you will go very far in life.
7. Take advantage of everything that college has to offer. Suck the life-force out of it. If you do, you'll have no regrets.
8. Starting at the bottom is not beneath you; it's expected.
9. Stay focused and don't get distracted by Facebook or other social media sites. Cut your addiction to the Internet.
10. Know when you need to work independently and know when you need to be a team player.
11. Keep your commitments. Habitually cancelling is a C.L.M., Career Limiting Move.
12. Employers hire for attitude and train for knowledge. Enthusiasm is the road to success.
13. Keep in mind that success is the first attempt after failure. We all have made mistakes. Don't sweat it; just learn from them.
14. Most communication is non-verbal. Pay attention to what you say. Pay *closer* attention to what you say when you're not talking.
15. The world is very small and increasingly interconnected. Play nice. Don't burn any bridges.
16. Don't chase after money. It tends to be a poor long-term motivator. Do what you love and the money will follow.
17. Pursue meaningful work that makes a difference. The meaning of life is to make a difference. Do work that you value.
18. Don't wait for opportunities. Go out and hunt for them.
19. Where you go in life is up to you.
20. Go be somebody.

FOUNDERS FUND GRANT

In November of 2015, it was brought to my attention by Dr. DeNysschen that there was an opportunity to apply for the Founders Fund Grant on campus. I took the time to write up and organize the grant because I thought it would be a great experience. I love organizing events and watching them come to life! I was awarded \$500 to put on this amazing diversity speech on campus, and was able to use the money for food and refreshments along with a gift for the speaker. The grant from this fund was awarded by the FSA (Faculty-Student Association) board of directors to faculty, staff and students who propose programs that will promote and cultivate educational and extracurricular activities on the Buffalo State campus.

On February 5, 2016, Damian Mordecai with the Pride Center for Western New York, gave a speech to the Buffalo State students on diversity. Damian has worked in social justice and community building for over 10 years. Currently the Program Manager, Damian has spent nearly a decade heading many of the Pride Center's innovative services and supportive programs; Center Support, Pride Works, Center Arts & Culture, and the Silver Pride

Project. Damian opened the door to an array of diverse topics that got students thinking and asking great questions. Taking the time to inform future professionals of the differences we share as a community is an important skill for the future. Spreading the importance of diversity leads to a peaceful and harmonious atmosphere on campus. In a time of violence and tragedy, having this event taught people how to accept others for who they are. Being open to things that set us apart is something that should be talked about openly and celebrated.



BY KATIE ORSINO

GETTING INVOLVED!

ROTARACT CLUB

The Rotaract Club of the SUNY College at Buffalo had a very successful semester, participating in over 25 community engagement and volunteer opportunities during the Fall semester. The club kicked off the school year by participating in the Boys & Girls Club of WNY's annual, "2 Pack a Backpack" by collecting backpacks and school supplies at Walmart stores. Members worked alongside volunteers in the community at the Babcock Clubhouse, unloading donations and sorting supplies to distribute to children in need throughout Western New York. During the months of September and October, members of the club contributed to the North Buffalo Organization's movement to reinvigorate the Hertel Avenue area by assisting vendors at the North Buffalo Farmer's Market with tent set-up and take down. The club partnered with their sponsoring rotary, Amherst South Rotary, to collect socks for, "Socktober: Steven's Spirit of Giving." Un-used warm winter socks were collected and donated to Hearts for the Homeless; a mobile soup kitchen based out of Buffalo.

Throughout November and December, Rotaract members teamed up with the Food Bank of WNY to teach children and developmentally disabled adults how to cook healthy meals, and where to find nutritious food in the grocery store. The club donated over 25 holiday gifts as well as monetary donations to children and families in need through the Baker Victory Services, "Angel Tree Donations." Some other community involvement includes, organizing shelves at the Buffalo State College food pantry, the Massachusetts Avenue Project Fall Harvest and Clean-up, assisting with events at the Holy Cross Head Start Fall Festival, and preparing meals for families staying at the Ronald McDonald House. The Buffalo State Rotaract Club is looking forward to the upcoming semester and has already begun planning future events.

NUTRITION CLUB

Fight for Air Climb: The Nutrition Club participated in the American Lung Association's Fight For Air Climb. We raised over \$500 for the event and the money goes towards research and programs concerning lung health. We climbed 37 flights of stairs at One Seneca Tower.

Nutrition Club's Annual Soup Sale 2016: Each year the Buffalo State Nutrition Club runs a soup sale fundraiser. The soup sale is a great way for students to work together and practice marketing. We raised over \$1000 and this year we donated a portion of the money to the H.O.P.E for Haiti foundation.

Dietitian Mix and Mingle: Each year the Nutrition Club holds a Dietitian Meet and Greet where we have local dietitians come and speak to the students about their careers and the many career paths that there are out there. This year we collaborated with the Western New York Dietetic Association (WNYDA) and the event was a huge success. We have over 30 students attend and we had a nice reception with food afterwards. This is a great event for students to meet and talk with one another and also with local dietitians.



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FACULTY ACHIEVEMENTS

Dr. Carol DeNysschen

- ◆ OPEN SUNY Center for Online Teaching Excellence award – 2016
- ◆ Abbott Nutrition Award in Women's Health – 2016

Dr. Catherine Cardina

- ◆ Published "Attitudes Towards Teaching and Perceptions of School Climate Among Health Education Teachers in the United States, 2011–2012" in the Journal of Health Education Teaching 7 (1): 1-14

Dr. Tina Colaizzo-Anas

- ◆ Published "Energy-related nutrition literacy: weight loss energy intake targets, breakfast menu calories, and food portion sizes, in women with elevated BMIs. Top Clinic Nutr 31: 59-72, 2016
- ◆ Earned her Board Certification in Advanced Practice in Clinical Nutrition

Mrs. Allyson Odachowski

- ◆ Earned her Board Certification as a Specialist in Sports Dietetics (CSSD)

ABOUT THE EDITORS

BROOKE BRISCOE

Originally from the small town of Lisbon, NY— 4 1/2 hours northeast of Buffalo— Brooke moved to WNY in 2013 and the city has grown on her ever since. She is currently a junior in the didactic program of Nutrition and Dietetics, and a dual minor in Exercise Science and Chemistry.

Brooke is an ACE certified personal trainer at the JCC of

Greater Buffalo and World Gym in Depew. Her favorite part of nutrition is the biochemical perspective, and enjoys gaining research hours outside of school and work. She currently does research at Roswell Park Cancer Institute, the University of Buffalo, and the



'TLC Fit' study with Dr. DeNysschen each week.

MAYA FUSAKO SCHERER

Maya is a comprehensively certified and classically trained 3rd generation Pilates Teacher. She has a BS degree in Business Marketing, and is currently working towards an additional BS degree in Dietetics with a minor in Chemistry at SUNY Buffalo State. She also is a free-lance writer for Sunwarrior®, a plant-based supplement company popular amongst athletes.



Originally from Japan, Maya grew up in the physically active city of San Diego, CA. When she doesn't have to hibernate in her studio or campus to dodge the freezing weather, this adventure addict SoCal girl enjoys traveling, hiking 14ers, racing in ultra marathons around the world and generally doing epic "stuff".