

Podcast Shownotes

Midlife: Unmasked

Guest: Mary Whipple, PhD, RN, PHN, FSVM

Title: Midlife in Motion: Confronting Sedentary Lifestyles

Episode Topic: Midlife, Physical Activity, Preventing Cardiovascular disease, and complications diabetes

Opening Script and Bio:

Mary O. Whipple, PhD, RN, PHN, FSVM, is an Assistant Professor in the University of Minnesota School of Nursing. Her research focuses on understanding the health effects of sedentary behavior and physical inactivity on older adults with chronic conditions like type 2 diabetes and peripheral artery disease. She earned her PhD from the University of Minnesota in 2019 where her dissertation explored the effects of supervised exercise therapy on sedentary behavior in individuals living with peripheral artery disease.



Resources:

American College Sports Medicine: <https://acsm.org/>

American Heart Association: <https://www.heart.org/>

Go Red for Women: <https://www.goredforwomen.org/En>

Women's heart disease: <https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease/art-20046167>