



Tim Church, M.D., M.P.H., Ph.D.

Tim Church is one of the country's leading physicians in exercise and obesity research. As Chief Medical Officer of ACAP Health Consulting, Dr. Church seeks to reduce the production of and destruction from disease by guiding the company in the creation of clinical strategies and disease specific battle plans. He brings to ACAP Health, dynamic expertise in preventative health, nutrition and the power of physical activity.

After receiving a Bachelor of Science in Animal Physiology from UC-Davis, Church received his Medical Doctorate and Ph.D. from Tulane University School of Medicine in new Orleans, LA. During his preventive medicine residency training, he also obtained a master's degree in Public Health.

Church is a professor and director of the Preventive Medicine Research Laboratory at Pennington Biomedical Research Center at Louisiana State University where he promotes healthy living through research and education in nutrition and exercise biology. As the former vice president of medical and laboratory research at The Cooper Institute in Dallas, he established himself as an international leader in some of the most comprehensive studies on human performance and disease prevention.

Church has received numerous awards for his research in preventative health and is frequently used as an expert source for preventative health stories with major national media outlets. As a consultant to the U.S. Department of Health and Human Services' Physical Activity Guidelines Advisory Committee, Church contributed to their national report published in 2008. He has also authored more than 150 research articles and co-authored, "Move Yourself, The Cooper Clinic Medical Director's Guide to All Healing Benefits of Exercise (Even at Little!)".

Learning objective:

1. Among patients with type 2 diabetes mellitus, a combination of aerobic and resistance training compared with non-exercise control improves HbA1c levels.