

Heather J. Leach, Ph.D. ACSM-CEP, CET

Dr. Leach is an associate professor and director of the Physical Activity for Treatment and Prevention Lab in the Department of Health and Exercise Science at Colorado State University. She received a B.S. in Exercise Science from the University of South Alabama, earned a M.S. in Exercise Physiology from the University of Texas at Arlington, and then completed her Ph.D. in Kinesiology from the University of Houston. Additionally, she completed two-years of postdoctoral fellowship training in physical activity for cancer survivorship in the Department of Kinesiology at the University of Calgary. Dr. Leach is also a Certified Clinical Exercise Physiologist and Certified Cancer Exercise Trainer through the American College of Sports Medicine. Dr. Leach has been working with clinical populations to promote exercise and active living, and teaching exercise science-related courses at the university level for for over 15 years. Dr. Leach's current research interests are focused on 1) the social ecologic determinants of physical activity adoption and maintenance, 2) the physical and psychosocial benefits of physical activity for cancer survivors, and 3) translation of physical activity intervention research into standard health care practice and sustainable community programming. Her work is funded by the American Cancer Society and National Cancer Institute of the National Institutes of Health (NIH).