**NATALIA SALVATIERRA LIMA**

nlima3@uic.edu

**Education**

2018 – Present Ph.D. Student, Kinesiology and Nutrition

*University of Illinois at Chicago, Chicago, IL*

Major Professor: Tracy Baynard

GPA: 3.6

2016 – 2018 Master of Science, Exercise Science

*Indiana State University, Terre Haute, IN*

Thesis: Effect of Beetroot Supplementation on Exercise Capacity and

physical Function in Breast Cancer Survivors

Major professor: Alfred E. Finch

GPA: 3.93

2011 – 2016 Bachelors of Science, Physical Education, July 2016

*University of Campinas, Campinas, SP, Brazil*

Thesis: Effects of Combined Training on Autonomic Function and Inflammatory Profile of Infarcted Rats.

Major professor: Bruno Rodrigues

GPA: 3.5

**Awards and Honors**

2019 Chancellors Holiday Card Award ($300), *UIC*

2019 Health Professions Student Council Travel Grant ($300), *UIC*

2019 Graduate Student Council Travel Award ($200), *UIC*

2017 – 2018 Exercise Physiology Graduate Assistant of the Year, *Indiana State*

*University*

2017 Graduate Student Research Fund, *Indiana State University* ($ 424)

2016 – 2018 Graduate Assistantship, Exercise Science Laboratory, *Indiana State*

*University* ($16,800)

2014 Science without Borders International Exchange Scholarship, *CNPq*, Brazil

**Teaching Experience**

2018 – 2020 KN 152L Introduction to Exercise Science and Health. Laboratory

instructor. 2 sections. Enrollment: 25 students/section. University of Illinois at Chicago.

2016 – 2018 PE 381L Exercise Physiology. Laboratory Instructor. 4 sections

Enrollment: 20 students/ section. *Indiana State University*.

2016 – 2018 PE 448L Fitness Appraisal and Exercise Prescription, Laboratory

instructor. 4 sections. Enrollment: 20 students/section. Indiana State University.

**Manuscript Publications - Published**

1. Coovert D, Levisa D, Jarrett S, Lima C, **Lima N,** et al. Blood flow patterns during incremental and steady-state aerobic exercise. J Sports Med Phys Fitness 2017 May 30. DOI: 10.23736/S0022-4707.17.07142-0

**Manuscript Publications – Under Review/ In preparation**

1. **Lima NL**, Krishna H, Gerber BS, Heffernan KS, Gump BB, Lefferts WK. Greater Physical Activity is Associated with Lower Pulsatile Load but not Aortic Stiffness in Children. In preparation.

**Abstracts and Presentations**

1. **Lima NS**, Rosenberg AJ, Grigoriadis G, Schroeder EC, Lefferts WK, Baynard T. Increased cerebral blood flow during acute resistance exercise is similar between young and older adults. Accepted for presentation at Experimental Biology 2020.
2. Sherman SR, Rosenberg AJ, Schroeder EC, Lefferts WK, **Lima NS**, Grigoriadis G, Baynard T. No sex differences in cerebral blood velocity responses during resistance exercise. Accepted for presentation at Experimental Biology 2020
3. **Lima NS**, Schroeder EC, Hilgenkamp TIM, Lefferts WK, Fernhall B, Baynard T. Sex differences in microvascular reperfusion during acute inflammation. Poster – North American Artery Conference 2019.
4. **Lima NS**, Rosenberg AJ, Grigoriadis G, Schroeder EC, Lefferts WK, Baynard T. Visceral adiposity is associated with lower cerebral blood velocity in older adults. Poster – American College of Sports Medicine Annual Meeting 2019.
5. **Lima NS**, Gaspari AF, Abbott HA, Finch AE. Beetroot Juice Supplementation Did Not Change Exercise Capacity and Physical Function and Had Minimal Effects on Blood Pressure of Breast Cancer Survivors. Poster at Experimental Biology 2019.
6. **Lima NS**, Evans L. How Aerobic Exercise Influence Blood Flow Patterns. Presented atSummer Undergraduate Research Experiences. Terre Haute, IN, USA, 2015.
7. **Lima NS**, Abssamra MEV, Feriani FJ, Carozzi N, Oliveira JCMF, Rodrigues B.

Resistance Training Associated with Pyridostigmine Bromide Increases Vagal Tonus in Rats. Presented at the VI Sports Science Congress and V International Symposium of Sport Science. Campinas, SP, Brazil, 2015.

**Professional Memberships and Certifications**

2018 – Present American Physiological Society (APS)

2018 – Present American College of Sports Medicine (ACSM)

2017 – Present American Red Cross First Aid/CPR/AED Certified

**Service**

2019 – Present Kinesiology Graduate Student Council Representative. *UIC*

2015 Presenter - Studying abroad during undergraduate work. Presented at the

VI Sports Science Congress and V International Symposium of Sport Science. Campinas, SP, Brazil