

LEE ANN JOLLY

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Lee Ann Jolly

Lee Ann Jolly, Ph.D., is an AFAA certified trainer and physiologist and co-founder of Jolly Bodies, LLC. She began teaching group exercise in 2005 while pursuing her undergraduate degree in biology. Seeking to integrate her formal education with her knowledge in group exercise program development, Lee Ann obtained her doctorate in molecular physiology in 2016. For the past 15 years, Lee Ann's focus has been to develop group exercise programs that are engaging, effective, and empowering. Identifying a great need for increasing consumer knowledge regarding the health and fitness industry, Lee Ann is deeply focused on educating and empowering the people in her community with information that supports sustainable health and fitness lifestyles. Through warm, fuzzy coaching, community exercise, and empowerment, **Lee Ann's mission is to reinvent fitness to fit the lives of all people seeking to obtain a sustainable, healthy lifestyle.**

HIGHLIGHTS

- Ph.D. in Physiology (for scientific highlights, including publications, speaking engagements, and awards, please refer to page 4)
- Selected speaker for the International Health, Racquet, and Sportsclub Association (IHRSA)
- Selected as a 2019 IHRSA "Rising Star of the Health and Fitness Industry". The IHRSA Rising Stars initiative was founded to showcase young talent within the health and fitness sector internationally. Twenty-two recipients were nominated by employers, peers or colleagues, and finalists were chosen by an IHRSA committee.
- AFAA group training certified
- NASM/AFAA accredited continuing education provider (QUICKSHOTS)
- ACE continuing education provider (QUICKSHOTS)
- Development & trademarking of original group exercise programming (highlighted in next section)
- Development of QUICKSHOTS training program for group exercise instructors
- Co-Director of Community Building and Culture through group exercise for the Little Rock Athletic Club

- Precision Nutrition L1 certified
- Certifications in Beyond Barre, P90X, Schwinn cycling, PiYo, and Insanity
- Selected as Lululemon Athletica ambassador for the city of Little Rock, Arkansas

GROUP EXERCISE PROGRAMMING

Each group exercise program designed by Lee Ann is a part of a master plan to market, develop, and offer innovative programming to facilities (multipurpose or boutique settings) seeking to breathe life back into existing programming and connect with members through group exercise.

QUICKSHOTS, Jan 2018-present.

Lee Ann designed, accredited, trademarked, and expanded a small group training program named "QUICKSHOTS" for the Little Rock Athletic Club.

QUICKSHOTS is a series of fast-paced, 30-minute small group training sessions designed to deliver effective workouts in half the time of a traditional workout while still providing maximum benefit to participants. Each workout is unique and consists of 10-15 cumulative minutes of high intensity cardiovascular training and 15-20 minutes of cumulative targeted resistance training focused on upper body (UB), lower body (LB), or core.

Lee Ann has authored a training manual and developed an accredited training program to certify group exercise instructors to teach QUICKSHOTS. Since June 2018, Lee Ann has certified a team of 15 coaches and expanded QUICKSHOTS classes to 40 offerings per week in two locations (The Little Rock Athletic Club and the Little Rock Racquet Club).

Link to more detailed information regarding QUICKSHOTS, coaching, and new, original group exercise programming:

<https://www.jollybodiesfitness.com/move>

Link to footage from class:

<https://www.jollybodiesfitness.com/media-1?wix-vod-video-id=041b484a51ad447c9e013454d56c0ad7&wix-vod-comp-id=comp-joxcm8gf#>

SPEAKING ENGAGEMENTS

“Putting motion into your motions – a practical guide to movement for attorneys” Continuing education approved course for attorneys in the state of Arkansas, 2019. Fayetteville, AR & Little Rock, AR.

Talking points:

- Explore the four main components of metabolism
- Practical ways to increase movement in a largely sedentary career
- Benefits of increased movement physically and mentally (job performance)

“Authenticity in an automated age” Invitation to speak at the IHRSA (International Health, Raquet, and Sportsclub Association) International Convention & Trade Show, 2017. San Diego, CA.

Talking points:

- Learn about customer service and a return to service industry roots
- Review the pros and cons of automation vs. authenticity
- Explore what authenticity looks like within a large-scale organization
- Learn how to generate relational and emotional equity between employees and clients in a health club setting
- Explore how authenticity and automation work together to improve customer service

“Exercise physiology and fuel utilization” UAMS graduate school and school of medicine physiology course. 2014 and 2016. Little Rock, AR.

“How to easily incorporate exercise and healthy eating habits into daily life” Corporate sponsored invitation to speak at First Collection Services, a call center in Little Rock that houses 275 employees that due to the nature of the occupation, are sedentary during working hours. Was invited by the CEO to help educate employees on simple ways in which they could incorporate exercise and healthy eating habits into their daily lives without feeling overwhelmed. 2016. Little Rock, AR.

PROFESSIONAL DEVELOPMENT (for certifications, please see “highlights” section)

Attendee, IDEA World Fitness Expo/Summit

7/2019

Anaheim, CA

Selected Attendee, Lululemon Ambassador Onboarding Summit

6/2019

Kansas City, KS

Attendee/Invited speaker, International Health, Raquet, and Sportsclub Association) International Convention & Trade Show

3/2018
San Diego, CA

Attendee/Speaker, International Health, Raquet, and Sportsclub Association) International Convention & Trade Show

3/2017
Los Angeles, CA

MEDIA

"Fit for Fitness", 3-part interview feature on THV11, Little Rock, AR, 2018.

<https://www.thv11.com/video/news/health/fit-for-fitness-high-or-low-impact/91-8312294>

"**Decoding your DNA**", Interview feature on THV11, Little Rock, AR, 2018.

Link to interview: <https://www.thv11.com/article/tech/science/unraveling-the-mysteries-of-at-home-dna-tests/91-546536702>

"**New Tech Delivers Genetic Roadmap**" Interview featured in FIT Arkansas Magazine, 2018 Spring Issue.

Link to article: <http://www.pageturnpro.com/Arkansas-Business-Group/82797-FIT-Arkansas-2018/default.html#page/13>

"**Little Rock's Top 5 Best Workout Classes To Get Your Pulse Racing**" Little Rock Soiree Magazine online article. Featured HI2T2 in article.

Link to article: <http://www.littlerocksoiree.com/post/113236/little-rocks-top-5-best-workout-classes-to-get-your-pulse-racing>

For a more comprehensive look into Lee Ann's mission, values, and accomplishments in the health and fitness industry, please visit www.jollybodiesfitness.com

EDUCATION AND SCIENTIFIC BACKGROUND

Bachelor of Science, Biology. University of Arkansas, Fayetteville, Arkansas, 2009.

Doctorate, Physiology, University of Arkansas for Medical Sciences, Little Rock, Arkansas

2016. Department of Physiology and Biophysics, UAMS, Mentor: Aime T. Franco. The goal of my research was to determine the molecular events leading to the development of follicular and papillary thyroid cancers (FTCs and PTCs, respectively) by utilizing novel *in vivo* mouse models of thyroid cancer that recapitulate the human condition as well as a variety of biochemical techniques. FTCs are commonly associated with mutations of RAS proteins, while PTCs are commonly associated with mutations in BRAF. I used *in vivo* model systems as well as ex-vivo model systems derived from these models in order to determine the differential effects of Ras versus Raf activation on the thyroid tumor microenvironment.

PUBLICATIONS

Hinson AM, Massoll NA, **Jolly LA**, Stack BC Jr, Bodenner DL, Franco AT. Structural alterations in tumor-draining lymph nodes before papillary thyroid carcinoma metastasis. *Head Neck* 2017 Aug;39(8). Online First 2017 May 3, doi: 10.1002/hed.24807.

Jolly LA, Massoll N, Franco AT. "Immune Suppression Mediated by Myeloid and Lymphoid Derived Immune Cells in the Tumor Microenvironment Facilitates Progression of Thyroid Cancers Driven by HrasG12V and Pten Loss." *J Clin. Cell. Immunology*. 2016 Oct;7(5). Online First 2016 Sep 16, doi: 10.4172/2155-9899.1000451.

Jolly LA, Novitsky S, Owens P, Massoll N, Cheng N, Fang W, Moses HL, Franco AT. "Fibroblast-mediated collagen remodeling within the tumor microenvironment facilitates progression of thyroid cancers driven by Braf^{V600E} and Pten loss." *Cancer Research*, Online First 2016 Jan 27; doi: 10.1158/0008-5472.CAN-15-2351.

Hamdan H, Kockara NT, **Jolly LA**, Haun S, Wight PA. "Control of human PLP1 expression through transcriptional regulatory elements and alternatively spliced exons in intron 1". *ASN Neuro*. 2015 Feb 18;7(1). pii: 1759091415569910. doi: 10.1177/1759091415569910.

ORAL PRESENTATIONS

Jolly, LA. Hras^{G12V} and Pten loss leads to development of follicular thyroid tumors enriched with lymphocytes. **Selected for presentation** at the St. Jude National Graduate Student Symposium, 2016. Memphis, TN.

Jolly, LA. Hras^{G12V} and Pten loss cooperate in follicular thyroid cancer progression and metastasis, recruiting a tumor stroma enriched with myeloid and lymphoid derived immune cells. **Selected for presentation** at the American Association for Cancer Research Tumor Metastasis conference, 2015. Austin, TX.

Jolly, LA. "Fibroblasts and macrophages in the thyroid tumor microenvironment: conspirators in thyroid cancer progression". **Selected for presentation** at the inaugural Graduate Student Association Symposium, 2015. Little Rock, AR

King, LA. "Immune and stromal heterogeneity in the thyroid tumor microenvironment in mouse models of thyroid carcinoma." UAMS Department of Physiology and Biophysics Graduate Student Seminar series, 2014. Little Rock, AR

King, LA. "Physiological and molecular consequences of oncogenic Ras and Raf activation in mouse models of thyroid carcinoma." UAMS Department of Physiology and Biophysics Graduate Student Workshop series, 2013. Little Rock, AR

King, LA. "Exploring the roles of the MAP kinase cascade proteins Ras and Raf in the development and progression of thyroid carcinoma." UAMS Department of Physiology and Biophysics Graduate Student Workshop series, 2013. Little Rock, AR

King, LA. "Transcriptional regulation of myelin proteolipid protein gene expression by intron 1 regulatory elements." UAMS Department of Physiology and Biophysics Graduate Student Workshop series, 2012. Little Rock, AR.

King, LA. "The potential role of ribosomal protein metallopeptidase-1 in the prevention of head and neck squamous cell carcinoma." UAMS Department of Physiology and Biophysics Graduate Student Workshop series, 2011. Little Rock, AR.

ABSTRACTS

Jolly, LA, Massoll N, Franco AT. "Hras^{G12V} and Pten loss leads to development of follicular thyroid tumors enriched with lymphocytes." St. Jude National Graduate Student Symposium, 2016. Memphis, TN. **Selected for oral and poster presentation given by Jolly.**

Jolly, LA, Massoll N, Franco AT. " Hras^{G12V} and Pten loss cooperate in follicular thyroid cancer progression and metastasis, recruiting a tumor stroma enriched with myeloid and lymphoid derived immune cells." AACR Tumor Metastasis conference, 2015. Austin, TX. **Selected for oral presentation given by Jolly.**

Franco A, **Jolly LA**, Russell S, Massoll N, Goldstein L, Clague- DeHart ,J. "The Role of Thyroid Hormones in Breast Tumorigenesis: A Translational Study Utilizing Mouse Models, Cell Culture and Patient Data". San Antonio Breast Cancer Conference, 2015. San Antonio, TX.

Jolly LA, Massoll N, Franco AT. "Murine follicular thyroid tumors recruit a tumor microenvironment enriched with myeloid and lymphoid derived immune cells." 15th International Thyroid Conference of the American Thyroid Association, 2015. Lake Buena Vista, FL. **Selected for oral presentation given by Franco.**

Hinson D, **Jolly LA**, Ferrando AA, Stack BC, Wilkerson BM, Waggoner S, Bodenner, DL, Franco AT. "In Vitro Detection of Aromatic Compounds by Scent Trained Canines to Discriminate Between Papillary Thyroid Cancer and Benign Thyroid Disease in Human Patients." 15th International Thyroid Conference of the American Thyroid Association, 2015. Lake Buena Vista, FL.

King LA, Novitsky S, Owens P, Ricarte-Filho J, Franco AT. "Differential recruitment of myeloid derived immune cells and fibroblasts to the thyroid tumor microenvironment in mouse models of papillary and follicular thyroid cancer." American Association for Cancer Research Tumor Immunology and Immunotherapy: A New Chapter, 2014. Orlando, FL

King LA, Franco AT. "Type I Collagen Is Differentially Regulated in Mouse Models of Follicular versus. Papillary Thyroid Cancer." 16th International Congress of Endocrinology & the Endocrine Society's 96th Annual Meeting & Expo, 2014. Chicago, IL. **Finalist for Presidential Poster Competition.**

King LA, Knauf J, Ghossein R, Fagin J, Franco AT. "Ras versus Raf activation determines follicular versus papillary thyroid cancer development." Annual Meeting of the American Association for Cancer Research, 2013. Washington, DC.

Franco AT, **King LA**, West N. "Mode of MAPK activation dictates phenotype in murine models of thyroid carcinoma." The Endocrine Society's 95th Annual Meeting & Expo, 2013. San Francisco, CA. **Selected for oral presentation given by Franco.**

HONORS AND AWARDS

Selected Speaker-Class of 2016 UAMS Graduate School Graduation Ceremony

Selected Attendee-St. Jude National Graduate Student Symposium 2016. One of 44 students selected out of 1800 applicants across the nation to attend the symposium held on the St. Jude Campus in Memphis, TN, March 28th-April 1st, 2016.

Recipient- UAMS Dean's Wishbone Award 2015. The annual award recipient is chosen by the dean of the graduate school and is given based upon a graduate student's demonstration of leadership and ingenuity. Chosen for this award based on efforts in

spearheading and organizing the inaugural UAMS GSA sponsored graduate student symposium.

Recipient- Endocrine society travel award to attend Early Career Forum at the 16th International Congress of Endocrinology – The Endocrine Society's 96th Annual Meeting & Expo, 2014

Selected attendee, UAMS Student Leadership Academy

4/2014

Little Rock, AR

Each year, 20 students representing all 6 UAMS colleges are selected by a panel to attend a weekend retreat in Little Rock focused on personal leadership development. Topics covered include: how to lead with a focus on diversity, service, and cohesive team-centered care, what role your personal identity plays into your leadership style, and team-based conflict resolution.

Recipient- UAMS Graduate Student Travel Grant to attend American Association for Cancer Research Annual Meeting, 2013

PROFESSIONAL DEVELOPMENT

Attendee, St. Jude National Graduate Student Symposium

3/2016

Memphis, TN

Attendee, AACR Tumor Metastasis Conference

12/2015

Austin, TX

Attendee, AACR Tumor Immunology and Immunotherapy: A New Chapter

12/2014

Orlando, FL

Attendee, International Congress of Endocrinology & the Endocrine Society Annual Meeting & Expo

6/2014

Chicago, IL

Attendee, Annual Meeting of the American Association for Cancer Research

4/2013

Washington, DC

LEADERSHIP EXPERIENCE

President, Graduate Student Association (GSA)

May 2014-May 2015

Little Rock, AR

Spearheaded the development and execution of the inaugural GSA symposium, a one-day event which featured both oral and poster presentations from abstracts that were judged by a panel of faculty members spanning all graduate school departments. Link to article below:

<http://uamshealth.com/news/2015/03/23/students-share-research-in-inaugural-gsa-symposium/>

Selected attendee, UAMS Student Leadership Academy

4/2014

Little Rock, AR

(description listed in awards and honors)

UAMS Graduate School Ambassador

May 2013-May 2016

Little Rock, AR

UAMS Graduate School Ambassadors are nominated by graduate school program directors to serve as a resource to prospective students, give campus tours, and aid graduate school programs with recruitment. Our main focus is to provide outreach to undergraduates interested in obtaining a graduate degree in biological sciences.