

EDUCATION

- Ph.D. University of Florida, Health and Human Performance** **2014**
Emphasis: Health Behavior
Dissertation: *Complementary and Alternative Medicine Use in the United States: Mental, Physical, and Occupational Health*
- M.S. University of Wisconsin-Madison, Zoology** **2001**
Emphasis: Ecology
Thesis: *Effects of Elevated Carbon Dioxide and Ozone on Tree-Insect-Parasitoid Interactions*
- B.S. University of Georgia, Ecology** **1998**
Emphasis: Plant-Insect Interactions

PROFESSIONAL EXPERIENCE

Wellness Coordinator & Health Promotion Specialist June 2015 - December 2017
Office of Human Resources, University of Florida

- Plan, implement and evaluate health promotion programs for UF and UF Health Shands employees
- Plan and coordinate university-wide wellness fairs and a national professional conference
- Lead ongoing classes, workshops and trainings for UF and UF Health Shands employees
- Supervise interns in the areas of health promotion, event planning and communications
- Develop surveys and analyze data as needed to drive strategic plan for worklife programs and policies
- Write articles for the Wellness section of the monthly employee newsletter
- Manage and design communications for the Wellness listserv
- Serve as co-chair of UF-UF Health Shands Wellness Committee and UF Tobacco-Free Task Force
- Serve as active member of:
 - Healthy Gators Coalition
 - National BHAC Summit 2017 Planning Committee
 - UF BHAC Summit 2017 Steering Committee
 - UF Food Service Advisory Presidential Committee
 - UF Mindfulness Project Team

Program Coordinator May 2008 - September 2009
Retreat and Renewal Programs, Kripalu Center for Yoga and Health

- Managed on-going health education program and assisted in curriculum development
- Co-managed over 50 employees and managed departmental payroll
- Supervised program assistant
- Led yoga and meditation classes

Residential Staff September 2008 - February 2009
College Internship Project, Berkshire Center

- Assisted college students with autism spectrum disorder in life and interpersonal skills
- Managed conflict and crisis situations

Department Head

April 2003 - October 2004

Library, Omega Institute for Holistic Health

- Managed new and growing collection of holistic health resources
- Developed protocols and oversaw cataloging of print and media resources
- Hired and managed staff
- Served as donation liaison

TEACHING EXPERIENCE

Lecturer

January 2018 to Present

Department of Health Education and Behavior, University of Florida

- Develop, implement and evaluate residential and online courses at the undergraduate and graduate level
- Serve on university, college and department-level committees

Yoga Teacher

January 2002 to Present

Community Education Programs, Kripalu Center for Yoga and Health,

Omega Institute for Holistic Studies, UF College of Medicine and Veterinary Medicine, and Private Studios

- Teach classes in the traditions of Kripalu, Kundalini, and Restorative
- Design and lead workshops in yoga and meditation
- Certified in 200-hour programs from Kundalini Research Institute, Nosara Institute, and Sivananda

Faculty

September 2014 - December 2015

Florida School of Traditional Midwifery

- Served as instructor for Research Evaluation

Adjunct Faculty

January - May 2015

Department of Health Education and Behavior, University of Florida

- Served as instructor for online courses:
 - HSC 3201: Community and Environmental Health
 - HSC 4133/5138: Human Sexuality Education
 - HSC 4143/5142: Drug Education
- Supervised Graduate Teaching Assistant

Online Instructor

January 2014 - May 2015

Department of Health Education and Behavior, University of Florida Online

- Served as instructor for:
 - HSC 3201: Community and Environmental Health
 - All sections of HSC 4694: Worksite Health Promotion

Graduate Teaching Assistant

August 2010 - December 2014

Department of Health Education and Behavior, University of Florida

- Served as instructor for the following undergraduate courses:
 - HSC 4694: Worksite Health Promotion
 - HSC 3134: Emotional Health and Health Counseling
 - HSC 3102: Personal and Family Health

- Assisted in instructing the following undergraduate courses:
 - HSC 4694: Worksite Health Promotion
 - HSC 4579: Women's Health Issues
 - HSC 4302: Materials and Methods in Health Education
 - HSC 3102: Personal and Family Health
 - HSC 3527: Medical Terminology
- Assisted in instructing graduate-level course, HSC 6318: Planning Health Education Programs

Faculty

May - June 2010

Dragon Rises College of Oriental Medicine

- Served as instructor of graduate-level Western Biochemistry course

Adjunct Faculty

May 2009 - June 2010

Department of Natural Sciences, Santa Fe College

- Served as instructor for the following undergraduate courses:
 - Introduction to Biology
 - General Biology

Adjunct Faculty

August 2005 - April 2008

Department of Natural Sciences, Santa Fe Community College

- Served as instructor for the following undergraduate courses:
 - Introduction to Biology
 - General Biology

Graduate Teaching Assistant

August - December 2001

Department of Zoology, University of Wisconsin-Madison

- Served as instructor for zoology laboratory and discussions sections for Animal Biology

RESEARCH EXPERIENCE

Contracted Researcher

October 2016 - September 2017

Amrit Yoga Institute

- Quantified the effects of yoga nidra training on facets of mindfulness, stress, coping, sleep and health
- Developed survey instruments for pre, post, and 90-day follow-up data collection in Qualtrics
- Analyzed data (SPSS), provided summary report and consultation for future direction of the program

Graduate Research Assistant

January - May 2012

Department of Health Education and Behavior, University of Florida

- Conducted cross-sectional study to examine health behaviors among UF employees
- Conducted cross-sectional study to assess knowledge of HPV among male students at UF

Graduate Research Assistant

September 1999 - August 2001

Department of Entomology, University of Wisconsin-Madison

- Researched the effects of elevated carbon dioxide and ozone, alone and in combination, on the foliar chemical composition of trees and how those effects, in turn, altered herbivorous insect-parasitoid interactions in large-scale 2x2 factorial experiment
- Hired, trained, and supervised undergraduate research assistants

Research Technician

May 1999 - August 1999

Department of Entomology, University of Wisconsin-Madison

- Assessed the effects of phenolic glycosides on gypsy moth midguts
- Performed dissections
- Assisted in the refinement of chemical assays

Research Technician

October 1998 - April 1999

Institute of Ecology, University of Georgia

- Assisted with studies assessing the effects of nutrient enrichment on food webs
- Conducted fieldwork in streams located throughout Georgia and North Carolina
- Built and installed sampling devices for field studies
- Assisted in establishment of a new lab, preparation of manuscripts and administrative duties

Research Assistant

June 1998 - January 1999

Institute of Ecology, University of Georgia and International Institute of Tropical Forestry

- Assisted with assessing the impacts of dams on stream communities and effects of shrimp species composition on algal biomass and litter decomposition rates
- Conducted fieldwork in tropical rivers of Puerto Rico
- Processed algal biomass, leaf litter, and shrimp samples

PUBLICATIONS

Holton, M. K., Barry, A. E., & Chaney, J. D. (2016). Employee stress management: An examination of adaptive and maladaptive coping strategies. *Work: A Journal of Prevention, Assessment & Rehabilitation*, 53, 299-305.

Holton, M. K. & Barry, A. E. (2014). Do side effects/injuries from yoga practice result in discontinued use? Results of a national survey. *International Journal of Yoga*, 7(2), 152-154.

Piazza-Gardner, A., Barry, A. E., & **Holton, M. K.** (2015). Assessing the alcohol-BMI relationship among a national sample of college students. *Health Education Journal*, 74(4), 496-504.
doi:10.1177/0017896914547289

Holton M. K., Lindroth, R., & Nordheim, E.V. (2003). Influence of foliar quality on tree-insect-parasitoid interactions: effects of elevated CO₂, O₃, and plant genotype. *Oecologia*, 137(2), 233-244.

PRESENTATIONS

Holton, M. K. (February 2017). *Mindfulness & guided meditations*. North American Veterinary Community Conference 2017. (Invited Presenter)

Grunwald, S., Ardelt, M., Puig, A., Lasseter, N. J., Ritz, L. A., Dolen, N. F., Lewis, F., Snyder, J., Drake, T., Tannen, T., Murphy, M., Brown, A., **Holton, M. K.**, Turner, E., & Lindner, A. S. (March 2016). *Embracing mindfulness - breath-by-breath - at the University of Florida*. Contemplative Practices for the 21st Century University Conference. (Presentation)

- Holton, M. K.** & Barry, A. E. (April 2014). *Yoga-related injuries: are injuries resulting in discontinued practice common?* University of Florida College of Health and Human Performance Stanley Lecture Research Symposium. (Poster)
- Holton, M. K.** (April 2014). *Yoga and meditation*. University of Florida and UF Health Employee Spring Wellness Event. (Invited Workshop Presenter)
- Holton, M. K.** (April 2014). *Complementary and alternative medicine use*. University of Florida, Department of Health Education and Behavior, HSC 3102: Personal and Family Health. (Invited Guest Lecture)
- Menn, M., Payne-Purvis, C. M., **Holton, M. K.**, Dodd, V. J., Chaney, E. H., & Chaney, J. D. (October 2013). *Knowledge about male HPV among undergraduates*. Florida Alliance for Health, Physical Education, Recreation, Dance, and Sport. (Poster)
- Holton, M. K.** (February 2013). *Yoga for health promotion*. University of Florida, Department of Health Education and Behavior, HSC 4579: Women's Health Issues. (Invited Guest Lecture)
- Holton, M. K.**, Stollefson, M., & Chaney, D. (April 2012). *Self-efficacy and yoga-based interventions*. University of Florida College of Health and Human Performance Stanley Lecture Research Symposium. (Poster)
- Menn, M., **Holton, M. K.**, & Chaney, D. (February 2012). *Personal factors associated with university employee high-risk drinking*. Southern District AAHPERD Convention. (Poster)
- Menn, M., Payne-Purvis, C. M., **Holton, M. K.**, Chaney, B., Chaney, D., & Dodd, V. J. (January 2012). *Personal characteristics and sexual behaviors related to college males' knowledge of HPV: an exploratory study*. International Conference on the Health Risks of Youth. (Poster)
- Menn, M., Chaney, J. D., **Holton, M. K.**, Haberman, S., Emmeree, J., & Varnes, J. (June 2011). *Investigation of protective alcohol consequences of high-risk drinking among students at a large university*. American College Health Association Annual Meeting. (Poster)
- Holton, M. K.** & Lindroth, R. (2001). *Effects of elevated atmospheric CO₂ and O₃ on tree-insect-parasitoid interactions*. Ecological Society of America Annual Meeting. (Published Abstract & Poster)
- Lindroth, R., Kopper, B., & **Holton, M. K.** (2001). *Effects of elevated CO₂ and O₃ on tritrophic interactions*. Gordon Plant-Insect Interactions Conference. (Poster)

AWARDS AND GRANTS

Florida Department of Health Tobacco-Free Funding, \$3,000	2017
City of Gainesville Conference Grant, \$5,000	2016
Healthy Gators Program Funding, \$2500, \$3500	2015, 2016
Health Solutions Endowed Scholarship, University of Florida,	2014

College of Health & Human Performance

University of Florida Prairie Project Graduate Fellow 2012

Grinter Fellowship, University of Florida Graduate School 2011–2012

Fagerberg-Varnes Graduate Scholarship, University of Florida,
College of Health & Human Performance 2011

Grinter Fellowship, University of Florida Graduate School 2010–2011

Training Scholarship Award, Omega Institute for Holistic Studies 2003, 2004, 2010

PROFESSIONAL AFFILIATIONS AND CERTIFICATIONS

Reviewer for *International Journal of Behavioral Medicine*, *Journal of ISAKOS*, *International Journal of Yoga Therapy* and *Journal of Occupational and Environmental Medicine*

Member of National Consortium for Building Healthy Academic Communities (BHAC) since 2015

Member of BHAC Research and Evidence-Based Practices Committee since 2015

Certified Faculty and Member of the Wellness Council of America since 2012

Registered Teacher and Member of the International Kundalini Yoga Teachers Association since 2005

Registered Teacher and Member of the Yoga Alliance since 2002

Member of Society for Public Health Education 2013-2016

Member of International Association of Yoga Therapists 2014-2015