

**Updated
January 2016**

Curriculum Vitae

Name: **Arthur S. Leon, M.S., M.D.**

Address: **5628 Glen Avenue
Minnetonka, Minnesota**

Date of Birth: **April 26, 1931** Birthplace: **Brooklyn, New York**
(Family moved to Miami, Florida 1936)

Marital Status: **Married, three children**

Wife has Ph.D. in Psychology and is a Professor and former Director of the Clinical Training Program in the Department of Psychology, College of Liberal Arts and the Graduate School, University of Minnesota.

Education

High School: Miami Senior High, Miami, Florida

Undergraduate: University of Florida, Gainesville, Florida
B.S. (Chemistry) with high honors, June 1952

Graduate: University of Wisconsin, Madison, Wisconsin
M.S. (Biochemistry), January, 1954
M.D., June 1957
Course and language requirements completed for a Ph.D. in Biochemistry,
University of Wisconsin, 1957

Internship: Henry Ford Hospital, Detroit, Michigan
July, 1957 — July, 1958 (Rotating)

Residency: Internal Medicine, Fellow, The Lahey Clinic, Boston, Massachusetts
July, 1958 - July, 1960

Cardiology, Fellow, University of Miami, School of Medicine and Jackson Memorial Hospital, Miami, Florida. July, 1960 - July, 1961

Military Service

U.S. Army Reserve: April, 1954 - 1991 (Retired), Colonel Medical Corp.

Active Duty, Army Medical Corp: August, 1961 - September, 1967

Oct, 1990 - January 1991 ("Desert Shield")

Immediate Past Affiliation: Deputy Commander Professional Services, Chief of Medicine and Cardiology Sections and Officer-in-Charge of Physical Examination Section 5501 U.S. Army Hospital, Fort Snelling, Minnesota 55111 - 1981-1988

Final Rank: Colonel

Military Honors: Army Commendation Medal 1964, 1986
Army Meritorious Service Medal, 1993

Current State Medical Licensure

Minnesota, No. 2133472

Affiliations

- (1) Division of Kinesiology, School of Kinesiology & Leisure Studies, Henry L. Taylor Professor and Director of Laboratory of Physiological Hygiene & Exercise Science, July 1, 1991-present.
- (2) Division of Epidemiology (incorporating Laboratory of Physiological Hygiene), School of Public Health, University of Minnesota, Associate Professor 1973-1979, Professor 1979;
 - Director of Applied Physiology-Nutrition Section, August 1973-July 1991.
 - Director of Graduate Studies, 1978-1983.
- (3) Department of Medicine, Division of Cardiology The Medical School, University of Minnesota.
 - Associate Professor 1973-1979. Adjunct Professor 1979-present.
 - Attending Physician, Department of Medicine & Cardiology, 1973 - 1976
 - Chief Cardiologist, Lipid Research Clinic and Heart Disease Prevention Clinic 1973 - 2002.
- (4) Graduate Faculty Status?
 - (a) **LAB OF PHYSIOLOGICAL HYGIENE/DIVISION OF EPIDEMIOLOGY/SCHOOL OF PUBLIC HEALTH:**
Full Faculty Status, LPH, 1974-2010 (program merged with Epidemiology)
 - (b) **FOOD SCIENCES AND NUTRITION**
Full Faculty Status, Nutrition: 1976 - Present.
Associate Status, Nutrition Faculty: 1974 - 1976.
Member Nutrition Graduate Studies Executive Committee, 1977 - 1984.
 - (c) **PHYSIOLOGY**
Full Faculty Status, Physiology, 1984 – 2010.
Associate Status, Physiology, 1977 - 1984
 - (d) **SCHOOL OF KINESIOLOGY AND LEISURE STUDIES**
Full-Faculty Status, 1987 - Present.
Associate Status, 1984 -1986

- (5) NHLBI Multiple Risk Factor Intervention Trial (MRFIT):
- Director Hypertension Clinic, Minnesota Clinic Center (LPH), 1973-1979
 - Director of Chemistry Laboratory, Minnesota Clinical Center (LPH), 1973-1979
 - Member of following national MRFIT committees, subcommittees, task forces, etc.
 - Laboratory Committee, 1973-1975
 - Intervention Committee, 1975-1977
 - Hypertension-Toxicity Subcommittee, 1975-1983est
 - Intervention Evaluation Task Force, 1976-1978
 - Physical Activity Program Task Force, 1975-1977
- (6) NHLBI, Lipid Research Clinic, Coronary Primary Prevention Trial (CPPT) and Prevalence Study-Mortality Follow-up Minnesota Clinic. Co-investigator, Director of Exercise Testing Laboratory (Chief Cardiologist) and member of Study Endpoints Committee. 1973-1984.
- (7) NHLBI Program on Surgical Control of Hyperlipidemia (POSCH) Chief Cardiologist and Director of Exercise Testing Laboratory, January 1985 - July 1990. Endpoint Reviewer 1985-Present.
- (8) Boynton Health Service. Exercise testing of athletes, other students, faculty and outside patients referred because of suspected cardiac problems. 1973 to 2006
- (9) Director of the Cholesterol Management Clinic (Division of Cardiology), St. Paul Ramsey Medical Center, 1994 to 1997.

University College Committees

- Executive Committee, The Medical School, 1974 - present
- Health Sciences Policy and Review Council, 1977-1980
- Nutrition Graduate Studies Executive Committee, 1977 - 1992.
- School of Public Health Appointments, Promotions and Tenure Committee, 1978 - 1980.
- College of Education and Human Development (CEHD) Promotion and Tenure Review Committee: 1992-1994; 1996-1998; 2001-2002; 2005-2006, 2010-2011; 2011-2012; Chairman 1994.
- Department of Physiology Graduate Faculty Appointment and Review Committee, 1994-2002.
- CEHD Ad Hoc Committee on Grants Management Task Force, Chairman 1995.
- CEHD Research Committee, 2005-2006.
- Psychology and Education Policy and Review Committee, 2005-2007.
- CEHD Faculty Leave Committee, 2009-2010.

University Courses Taught

- PH 5008** **Epidemiology Preventive Medicine Seminar.** Lecturer, 1992.
- PH 5380** **Applied Human Nutrition.** Instructor, 1975-1993.
- PH 5383** **Pathobiology of Human Disease.** Lecturer, 1990-Present.
- PH 5384** **Applied Physiology.** Lecturer, 1988 - 1991.
- PH 5384** **Applied Physiology.** Lecturer, 1988 - 1991.
- PH 5385** **Exercise Physiology in Health and Disease.** Rochester Campus. Instructor, 1978, 1979, 1985.

- PH 5386 Public Health Aspects of Cardiovascular Diseases.** Lecturer, 1973 - 1988.
- PH 5399 Pathophysiology of Human Disease.** Lecturer, 1990-present.
- PH 5903 Nutrition Assessment.** Lecturer, 1991 - present.
- PH 5387 Detection of Coronary Heart Disease.** Course developer, Current Course.
- KIN 5387** Instructor, 1975-79; Lecturer, 1980-Present
- KIN 5385 Exercise for Special Populations.** Instructor, Lecturer, 1990-present.
(current title: Exercise for Disease Prevention and Mangement).
- PH 5388 Exercise Testing, Conditioning and Rehabilitation.** [Now **KIN5-388**]
Instructor, 1975-1979; Lecturer, 1980-Present
- PH 5389 Practical Experience: Graded Exercise Testing & Rehabil.** [Now **KIN5-389**]
Instructor, 1975 - present
- KIN 8980 Graduate Research Seminar,** 1991 - present.
- KIN 5141 Nutrition for Health & Human Performance.** Instructor, 1994 - present.
- KIN 5720 Current Knowledge in Cardiac Rehab.** Lecturer, Spring 2004.
- KIN 3385 Human Physiology for Kinesiology Students.** Lecturer, 2003-present
- CHS 3607 Relationship of Lifestyle to Health and Disease,** College of Liberal Arts
Honors Course. Instructor, 1977
- Clinical Nutrition for the Practicing Physician.** Program Co-Chairman and lecturer.
Continuing Medical Education, Department of Food Science & Nutrition,
University of Minnesota Medical School, December 1977; December 1979;
December 1988.
- PHSL 5111/8111 Human Physiology** (for Medical Students). Lecturer, 1990.

Also Guest Lecturer in other Medical School, Cardiology Residency Teaching Program, and Postgraduate Medical Education Courses.

Graduate Students: Advisor or Co-Advisor

| | | | |
|-----------------|-------------------|-----------|---|
| PhD Candidates: | Completed: | 17 | |
| | | 4 | Physiological Hygiene |
| | | 2 | Physiology |
| | | 10 | Exercise Physiology, (Kinesiology) |
| | | 1 | Medicine |
| MS Candidates: | Completed: | 25 | |
| | | 3 | Nutrition, |
| | | 16 | Exercise Physiology, (<u>Kinesiology</u>) |
| | | 1 | Physiological Hygiene, |
| | | 5 | Physiology, |
| | | 1 | Epidemiology |
| MPH Students: | Completed: | 7 | |

Grants While at University of Minnesota, 1973-2010

A. Funded by NIHLBI

1. Exercise in the Management of Maturity Onset Diabetes. 2 yrs. (1980 - 1982), \$320,000. (PI)
2. A Comparison of the Effects of Diet and Exercise on Blood Lipid Levels. 2 yrs. (1983 - 1985), \$360,000. (PI)
3. A Comparison of Different Methods for Assessing Physical Activity and Physical Fitness in Populations. 2 yrs. \$220,000 1987-1988. (PI)
4. Treatment of Mild Hypertension Study (TOMHS). Total: 7,480,92 (9/85-7/92).
5. Training Grant for Physicians in Nutrition Research. 7 yrs. (5/1/90-4/31/97) (PI: F. Cera and A. Levine) - Role: Faculty Preceptor.
6. Cholesterol Reduction in Seniors Program. NIH 001 HL44327. 2 years. 12/1/91 - 6/30/92: \$170,368.; 7/1/92-6/30/92: \$257,580. Heart Disease Prevention Clinic. (PI: D. B. Hunninghake, M.D.).
7. HERITAGE Family Study: Genetics, Response to Exercise and Risk Factors. NIH #1-RO1 HL47323-01 Direct Cost for 1992 - 2005. \$2.2 million (PI Minnesota Center).
8. Minnesota Obesity Center Grant. NIDDK (DK-94-020): Obesity/Nutrition. 1995 – 2006 Direct Cost - all years: \$5,212,049. (PI: A. Levin/VA Medical Center).
9. Dietary Interventions for Clinical Trials: Physical Activity and Cardiovascular Health (TRIM). NIH #HL41332 - 5/01/98 - 4/30/99. Direct Costs: \$723,125. (PI: R.W. Jeffrey/Epidemiology).
10. A Fall Prevention Program for High Risk Elderly Women. Consultant. 12/01/99 - 11/30/2004, Total Costs: \$2,002,685. (PI: J. Wyman, Sch. of Nsg.-U of MN).
11. Trial Activity for Adolescent Girls - Field Center (TAAG). NIH #U01 HL66845, 9/30/00-8/31/06, Direct Costs: \$2,267,582. (PI: Leslie A. Lytle/Epidemiology).
12. Strength Training for Obesity Prevention. NIH Proposal No. 1 R01 DK60743-01 03/15/02-2/8/06. Total Award: \$536,597 yr. 01. All years: \$1,668,218 (Direct Costs included) (PI: Kathryn Schmitz/Epid., A.Leon, Co-Investigator).
13. The Utility of Upper Extremity Aerobic Training for Critical Limb Ischemia. Direct Costs: \$250,000 - 12/01/03- 11/30/07. (Dr. Diane Treat-Jacobson PI, Dr. A. Leon (Co-PI)).
14. Exercise Training to Reduce Claudication: Arm Ergometry vs. Treadmill Walking, (Exert Study). NIH Proposal No. 1R01-090854-01. 1/30/09-1/30/14. Total Award \$3,638, 585 (PI, Diane Treat-Jacobson (School of Nursing), A. leon, Co-Investigator).

B. Titles of Grants Approved, but not Funded by NIH

1. Effect of Coffee Alone or With Cigarette Smoking on Blood Lipid Levels.
2. Effect of Smoking and Smoking Cessation on Resting Metabolic Rate and Body Weight.
3. Effect of Acute Exercise on Subsequent Resting Metabolic Rate During Recovery.
4. Effect of Antihypertensive Therapy on Blood Lipid Levels.
5. Effect of Fish Oils on Blood Lipid Levels and Platelet Aggregation Levels.
6. Effects of Diet, Weight Loss, and Exercise on Coronary Risk Factors i
7. Blood Lipid and Platelet Responses to Changes in Diet Fat.

8. Effect of Exercise on Mood.
9. Physicians Exercise Promotion Study. 1994 (Runner-up RFP).
10. Exercise and Recurrence of Rectal Polyps.
11. Exercise Dose and Risk Factors in Post-Menopausal Women (METS)

C. Funded by the American Heart Association.

1. Effect of 2000 kcal a Week of Walking and Stair Climbing on Risk Factors for Coronary Heart Disease. 2 yrs. \$60,000, 1984-85. (PI)
2. Clinic-Based Physical Activity Promotion to Reduce Heart Disease Risk Factors. 3 yrs. 01/01/99 - 12/31/2002. Collaboration with Park-Nicollet Institute for Research and Education. Total Award: \$492,807. (PI)
3. Predictors of a Successful Response to Exercise Training for Patients with Peripheral Arterial Disease. 01/01/03 through 12/31/07. (PI.: Diane Treat-Jacobson, School of Nursing) All Years; \$260,000.

D. Funded by Biomedical Research Support Grants from the School of Public Health (\$4,500 to \$10,000 each)—(Principal Investigator)

1. Effects of Regular Vigorous Walking on Body Composition and Blood Lipids of Obese Young Men.
2. Effects of Smoking and Smoking Cessation on Resting Metabolic Rate and Heart Rhythm.
3. Metabolic Effects of Coffee on Work Performance.
4. Resting Metabolic Rate Following Prolonged Exercise in Trained and Untrained Men.
5. Effects of Rebounding or Jogging on the Minitrampoline on Physical Fitness, Body Composition and Blood Lipid Levels in Young Women
6. A Comparison of the Effects of 12 Miles a Week of Walking or Jogging on Physical Fitness, Body Composition, and Blood Lipid Levels of Women.
7. Effects of 40 Weeks of Walking 12 Miles a Week on Physical Fitness.
8. Relationship of Physical Activity Habits to Physical Fitness and Life Satisfaction in 60 to 80 Year Old Women.
9. Effects of a 1 Year Walking Program on Physical Fitness, Body Composition and Blood Lipids in Sedentary Women.
10. Effects of Exercise on Mood.

E. Funded by Other Sources

1. Effect of Thiazide Diuretics and Chlorothalidone on Blood Lipid Levels. \$200,000 - Merck, Sharpe & Dohme (PI)
2. A Comparison of the Effects of Aldomet and Propranolol for Treatment of Hypertension on Blood Lipid Levels and on Static and Dynamic Work Performance. \$250,000 - Merck, Sharp & Dohme (PI)
3. Use of Prazosin in Simultaneous Management of Hypertension and Hypercholesterolemia. \$125,000 - Pfizer Inc. (PI).
4. Long-Term Safety of Aspartame (NutraSweet) as Compared to Placebo in 100 Men and Women. \$350,000 - Searle Laboratories, Inc. (PI)

5. Phase II and III Clinical Pharmacological Safety and Efficacy Trial Antihypertensive, Lipid Lowering, Anti-anginal, and Anti-arrhythmic Drugs -- About 30 at \$80,000 to \$200,000 each. (PI).
6. Sandoz Pharmaceuticals: Heart Disease Prevention Clinic. Total 1991-92: \$793,261. 1985-1992: \$2,213,147. D.B. Hunninghake, M.D. (PI).
7. Forced Air Cooling Following Exercise-Induced Heat Stress. DepT. Anesthesiology, Univ.of Minnesota Medical School. Funded through a gift to Minnesota Medical Foundation - August 1991. (Paul A. Iaizzo, Ph.D. (PI).
8. An Evaluation of Long-Term Safety, and Efficacy of Controlled-Release Niacin in the Treatment of Hyperlipidemia. 1992-1993. \$94,944. Upsher-Smith Lab. (D. B. Hunninghake, M.D. (PI).
9. Hormone Replacement Study (HERS) for Coronary Disease. 10/92 - 12/31/98. \$1,698,358. Wyeth-Ayrest Co. (D.B. Hunninghake, M.D. (PI).
10. Optimizing Cognitive Readiness under Combat Conditions. Funded by U.S. Army (MURI-8). 6/01/01-5/31/04. Total Award: \$300,000; Total Direct Cost:: \$207,000 (47% overhead)-MN Center). (PI).
11. Insulin Action: Role of Skeletal Muscle and Insulin-Mediated Blood Flow. Funded by Veteran's Affairs. 2003-2004. Direct Costs: \$493,600. (D. Dengel, PI, Leon, Co-PI).
[Current]
12. Minute Volume and Peak Inhalation flow Measurements During Moderate and Heavy Exercise. 3-M Corp., 4/01/04-12/31/04, \$35,000). (D. Dengel, PI, Leon, Co-PI).
[Current]
13. Comparison of Arm vs. Leg Exercise for Walking Ability in Patients with Peripheral Artery Disease. Funded by AHA for \$260,000 (2003-2009. Diane Treat-Jacobson, School of Nursing, PI, A. Leon, Co-I.
14. "Lite-Hearten". How Exercise and Relation Techniques Impact Endothelial in Women. Funded by MNPLS. Heart Institute Foundation. Total Award \$3,275,294, 07/01/08 to 06/30-13 (Ruth Llundquist, School Nursing, PI, A. Leon, Co-I).
15. Comparison of Efficacy and Mechanisms of Arm Ergometry and Treadmill Walking Capacity in PAD Patients with Claudication (Exert Study). Founded by NHLBI (1-RO1-HL90854-01AI) for \$3,638, 585 (7/01/2008-6/30/2013, Dieane-Trat-Jacobson, School of Nursing PI, A. Leon Co-I (20% effort).
16. Upper Body Ergometry Exercise Training in PAD Patients with Critical Limb Ischemia submitted and currently under reievw by NHLBI for 2014-2019, \$550,000, Dieane Trat-Jacobson, School of Nursing, PI, A. Leon, Co-I (20% support).Not funded. To be resubmitted.
17. FIT-AD: NIA-funded 2014-2019 (3 million dollars). Co-Investigator 10% effort. PI Associated Professor Fang Yu, School of Nursing. The effect of exercise training on cognitive functions of men and women with early Alzheimer Disease dementia.

Past Positions

1967—1973

- Director, Clinical Research/Special Treatment Unit, Newark Beth Israel Medical Center, College of Medicine and Dentistry of New Jersey (Newark), (sponsored by Hoffmann-LaRoche, Inc.), September 1967-September 1973.
- Research Associate, Department of Medical Pharmacology, Hoffmann-LaRoche Inc., Nutley, N.J., September 1967-September 1973
- Instructor, Assistant Professor, Associate Professor, Department of Medicine, College of Medicine and Dentistry of New Jersey in Newark, 1967-1973.
- Attending Physician, Department of Medicine and Emergency Room, Newark Beth Israel Medical Center, September 1967-September 1973. Assistant Editor, Journal Newark Beth Israel Medical Center, 1971-1973.
- Attending Physician, Department of Medicine, Martland Hospital, College of Medicine and Dentistry of New Jersey, Newark, N.J., Nov. 1967-Sept. 1973. New Jersey College of Medicine.
- Chief of Hypertension Clinic, Newark Beth Israel Medical Center, Sept.1967—Sept. 1973).
- Chief of Medical Services, and Physical Examination Section, and Officer-in Charge Community Action Projects, 322nd General Hospital (1000 Bd), U.S Army Reserve, Newark, N.J., September 1967-September 1973.

1964—1967

- Research Cardiologist, Department of Cardiorespiratory Disease, Walter Reed Army Institute of Research, Washington, D.C. (Dr. Donald Gregg's Laboratory), Oct. 1964 - Sept. 1967.
- Member of Medical Evaluation Team, Gemini and Apollo Projects, Feb. 1966-Sept. 1967.

1961—1964

- Chief of General Medicine and Cardiology 34th General Army Hospital, Orleans, France (Principal U.S. Armed Forces Hospital in France) October 1961-October 1964. (USAR Call-Up for Berlin Crisis).
- Cardiology Consultant U.S. Armed Forces in France, October 1961-October 1964.
- Director of Intern Education, above hospital, April 1962-July 1964.

1952—1957

- Laboratory Assistant, Cancer Research, Hines (Illinois) V.A. Hospital, Summer 1952.
- Research Assistant, Biochemistry and Medicine, University of Wisconsin, 1952-1955.
- Housefellow Undergraduate Dorms, University of Wisconsin, 1954-1956.

Public Service and Offices Held

- U.S. Army Reserve, 1954-present (Colonel MC) - See Military (pages 2 & 3)

- Minneapolis Metropolitan Council: Research and Development of Medical and Fitness Standards for Suburban Police, 1975 - 1977.
- Vinland National Sports-Health Rehabilitation Center for the Disabled, Minneapolis, Minnesota: Consultant, 1975-78; Board of Directors, 1978-present
- Director of Downtown Minneapolis YMCA Cardiovascular Testing Clinic and Cardiac Rehabilitation Program, 1975-1979
- Consultant to National Institutes of Health, Bethesda, MD., Cardiovascular Diseases and Exercise Physiology, 1975-present NIH Study Group on Coronary Heart Disease Prevention.
- Minnesota Nutritional Information Center, Consultant 1978-1979; Board of Directors, 1979-1980.
- Consultant to Courage Center, Golden Valley, Minnesota, 1978-1983
- State Senate Ad Hoc Committee on Adequacy of Nutritional Education in Minnesota, 1978
- Consultant on Age Discrimination Cases, U.S. Equal Employment Opportunity Commissions, 1980 to 1991.
- Hennepin County Affiliate of Minnesota Division of the American Lung Association, Board of Directors, 1978-1984.
- Minnesota Heart Association, Minneapolis - Board of Directors 1978-1986; Secretary, Hennepin County Division, 1978-80; Chairman of Life Style and Community Services Committees, 1978- present; Vice-President: 1980-81, President: 1982-83.
- American College of Sports Medicine, Board of Trustees, 1976-1979; 1982-1983; Vice President, 1977-1979; nominated for President-elect 1979, President, Northland Chapter 1977. Chairman of Constitution and Bylaws Committees 1978-1979; Chairman of Ad Hoc Committee on Armed Forces Relations 1980-Present, Associate Editor of ACSM Journal (Med. Sci. Sports) 1985-1990.
- YMCA Health Enhancement Policy Advisory Committee and Medical Director of Cardiac Rehabilitation Program, 1983 - 1986.
- Advisory Board, Melpomene Institute for Women's Health Research, 1983 - present.
- Fellow, AHA Council on Cardiovascular Epidemiology's Pathology Research Grant Review Committee - 1984-1986.
- Member, Board of Directors, Rockport Walking Research Institute, 1985-1992. Minnesota Governors' Council on Physical Fitness. 1986 -1996 (phased out).
- American Association Cardiovascular Pulmonary Rehabilitation (AACVPR) - Chairman, Research Committee - 1987 to present, Board of Directors, 1989 - present.
- Professional Postgraduate Services International (PPSI), Member, Resolutions Advisory Board, 1987 - 1992.
- Member of Task Force for American College of Cardiology's Bethesda Conference #20, "Insurability and Employability of the Patient with Ischemic Heart Disease", 1988.
- FDA Advisory Committee on Marketing of Cardiovascular and Renal Drugs, 1990-1995.
- Member of NIH Study Group for Selection of NIH-funded Physician-Scientist Awards, 1990-1993.
- Member of NIH Study Group for Selection of NIH-funded Physician-Scientist Awards, 1990-1993.
- Medical Editor for General Learning Corporation's Health Communication Group 1992- to present.

- Agency for Health Care Policy and Research (AHCPR). Co- Investigator on grant awarded
- American Assoc. of Cardiovascular & Pulmonary Rehabilitation (AACVPR) for establishing clinical guidelines for cardiac rehabilitation - \$1,137,000. Jointly funded by AHCPR and NHLBI - Fall 1992.
- Scientific Advisory Board of Life Fitness Institute, Spring 1993-present. Chairman, Research Grant Committee - 1994-95.
- Associate Editor and Contributor to 2 Chapters, Surgeon General's Report on Physical Activity and Health. U.S. Department of Health and Human Services, National Centers for Chronic Disease Prevention and Health Promotion. 1994-1996.
- Medical Editor, "Your Health & Fitness" (Lay Health Journal). 1992 - Present.
- ACSM Research Grant Award Committee 1998-2001. American Heart Association Committee on Exercise and Cardiac Rehabilitation 1998-2010. Ad Hoc Research Grant Reviewer for American Association of PE, HEALTH, Recreation and Dance (AAPHERD), 2000.
- NIH Study Section Grant Reviewer, 2009.
- Am. Col. Of Cardiology Abstract Reviewer for 2009 Annual meeting.
- NASA Cardiovascular Health of Crew Research Proposal Reviewer, 2010.

Honors

- Phi Beta Kappa, Phi Kappa Phi, Phi Eta Sigma, Gamma Sigma Epsilon (Chemical frat), University of Florida
- High Honors Graduate, University of Florida, 1952
- American Chemical Society's Outstanding Student Award, University of Florida, 1952
- American Men and Women of Science, since 1972
- Minneapolis YMCA Recognition Award for Public Service, 1977
- Who's Who in the Midwest, since 1978 Who's Who in America, since 1981. Who's Who in the World, since 1983. Who's Who in Medicine and Health Sciences, 2003. American
- William G. Anderson Award Alliance for Health, Physical Education, and Kinesiology in recognition for significant contributions through work in allied or auxiliary fields, to the general purposes of the Alliance and its associations. At 96th Annual Convention, Boston, Massachusetts - April 14, 1981
- Invited participant at White House Conferences on Physical Fitness 1976, 1981.
- "Order of Horse Collar Knights", University of Kuopio (Finland) for 25 years of research on Exercise in the Prevention of Coronary Heart Disease, July 1989
- Henry L. Taylor Professorship in Exercise Science and Health Enhancement, University of Minnesota, April, 1991
- American College of Sports Medicine Citation Award, 1995. past Vice-President (2 terms) and past member Board of Directors.
- Co-winner of Sport Science Award of the International Olympic Committee (IOC) President for excellence in the area of Exercise Research in biomedical Sciences (to HERITAGE Family Study PIs) April 2001.
- Selected as one of the "World's Top Cardiologists" by the International Association of Cardiologists, 2010.
- Awarded "American Board of Cardiology Award of Excellence and Designation as Laureate of the American Board of Cardiology, Sept. 5, 2013.

- Picture and Biosketch included in c.M. Typion's History of Exercise Physiology, Human Kinetics, 2014.
- ACSM's 2016 Honor Award

Professional Journal Reviewer

- American J. of Medicine
- American Journal of Cardiology
- American Journal of the College of Cardiology
- American Journal of Clinical Nutrition
- American Journal of Epidemiology
- American Journal of Public Health
- Archives of Internal Medicine
- Circulation
- Controlled Clinical Trials
- International Journal of Sports Medicine
- JAMA
- Journal of Applied Physiology
- Journal of Cardiac and Pulmonary Rehabilitation (Editorial Board)
- Journal of Clinical Epidemiology
- Journal of Laboratory & Clinical Medicine
- Mayo Clinic Proceedings
- Medicine & Science in Sports (Associate Editor - 1985-1990)
- Metabolism
- New England Journal of Medicine
- Obesity Research
- Physician and Sports Medicine
- Postgraduate Medicine
- Preventive Medicine (Guest Editor - Exercise Edition – 1984)
- Journal of Public Health Nutrition
- Research Quarterly Exercise and Sports
- Sports Medicine (New Zealand)
- Annals of Internal Med.
- Asian J. of Preventive Med.
- Journal of Am. Board of Family Practice
- Clinical J. of Sports Med.
- Journal of Women's Health
- Journal of Gerontology: Biological Science
- Journal of Rehabilitation (Stockholm)
- ISRN Cardiology (Editorial Board)
- American Journal of Lifestyle Medicine (Editorial Board).
- Journal of Human Resources and Sustainability Research (Associate Editor, 2013).

Professional Societies

- Fellow, American Academy of Kinesiology and PE. 1998.

- Fellow, American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). Board of Directors 1990-1992, Chairman of Research Committee, 1990-1994.
- Fellow, American College of Cardiology
- Fellow, American College of Chest Physicians
- Fellow, American Academy of Kinesiology and Physical Education
- Fellow, American College of Nutrition
- Fellow, American College of Sports Medicine. ACSM Liaison with the AHA.
- Fellow, Cardiovascular Epidemiology and Prevention Council, and the Council on Metabolism, Diet, Physical Activity of the American Heart Association.
- New York Academy of Science
- American College of Clinical Pharmacology
- American Heart Association, Council on Cardiovascular Epidemiology and member of Exercise and Cardiac Rehabilitation Committee
- American Heart Association & Minnesota Heart Association. Past secretary, V.P., and President, Hennepin County Affiliate.
- Fellow, American Institute of Nutrition
- American Lung Association, Minnesota Affiliate, Board of Directors 1978-1980
- American Physiological Society
- Fellow, American Society for Clinical Pharmacology and Therapeutics

Bibliography

Monographs, Books and Book Chapters

1. Leon, A.S.: Hyaluronosulfate from bovine heart valves. Master Degree Dissertation, Madison, WI: University of Wisconsin, Department of Biochemistry, 1954.
2. Leon, A.S.: The biochemistry of heart valve connective tissue. Doctoral Dissertation, Madison, WI: University of Wisconsin, School of Medicine, 1957.
3. Bloor, C.M. and Leon, A.S.: The genetic determination of coronary artery patterns: A possible factor in atherogenesis. In: Atherosclerosis: Recent Advances. Ann. N.Y. Acad. Sci. 149:860, 1968.
4. Leon, A.S.: The Coronary Circulation. In: The Clinical Pharmacology of Cardiovascular New Drugs, Am. College of Cardiology, Atlantic City, N.J., April 21, 1970.
5. Leon, A.S.: Comparative cardiovascular adaptation to exercise. In: Comparative Pathophysiology of Circulatory Disturbances. Vol. 22, Advances in Experimental Medicine and Biology Series. C.M. Bloor (ed.), Plenum Press, New York, 1972, pp. 105-117.
6. Pettinger, W.A., Augusto, L. and Leon, A.S.: Alteration of renin release by stress and adrenergic receptor and related drugs in unanesthetized rats. In: Comparative Pathophysiology of Circulatory Disturbances, Vol. 22, Advances in Experimental Medicine and Biology Series. C.M. Bloor (ed.) Plenum Press, New York, 1972, pp. 105-117.
7. Leon, A.S. and Abrams, W.B.: Drug therapy of power failure. In: Coronary Heart Disease, Likoff, Spiegel, and Insull (eds.) Grune and Stratton, New York, 1972, Chapter 45, pp. 431-443.

8. Leon, A.S.: Relationship of Exercise Habits to Health and Quality of Life. In: The Vinland National Center. A New Concept in Health. T. Dahl (ed.), The White House, Washington, D.C., 1976, pp. 33-56, 1976.
9. Leon, A.S.: Relationship of exercise habits to health and quality of life. Chapter in a White Paper, The Vinland National Center--A New Concept in Health, pp. 32-56, 1976.
10. Leon, A.S. and Amundson, G. (eds.): Proceedings of the First International Conference on Lifestyle and Health, University of Minnesota, Minneapolis, MN., 1979.
11. Leon, A.S. and Halvorson, D.K.: Physiological, metabolic and psychological benefits of endurance exercise. In: Proceedings of the First International Conference on Lifestyle and Health, A.S. Leon and G. Amundson (eds): University of Minnesota, Minneapolis, MN., 1979, pp. 153-166.
12. Leon, A.S.: Treadmill Exercise Training. Advances in Primary Care: A Continuing Education Program, New York, 1979.
13. Leon, A.S. and Blackburn, H.: The role of exercise in the rehabilitation of the coronary heart disease patient. Advances in Primary Care: A Continuing Medical Education Program. #20, 1979.
14. Dawson, A.K. and Leon, A.S.: Effect of Cardiac Work Loads on Vulnerability to Fibrillation in the Ischemic Canine Ventricle: The Role of Heart Rate. In: Neural Mechanisms in Cardiac Arrhythmias, Perspectives in Cardiovascular Research. V:2, P.J. Schwartz et al (eds.), Rover Press, New York, 1978, pp. 283-286.
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Oral Presentations (Selected)

1962-1971

1. "Non-Rheumatic Myocarditis", U.S. Army Europe Medical Surgical Training Conference. Garmisch, Germany, May 1962.
2. "The Association of Diffuse Obstructive Pulmonary Emphysema and Chronic Gastro-duodenal Ulcerations", American Medical Association, Atlantic City, New Jersey, June 1963.
3. "A Genetic Basis for Coronary Artery Patterns", American Society for Experimental Pathology, Atlantic City, New Jersey, April 1966.
4. "The Genetic Determination of Coronary Artery Patterns: A Possible Factor in Atherogenesis", New York Academy of Sciences Symposium on Recent Advances in Atherosclerosis, New York, New York, November 1966.
5. "Quantitative Analysis of Coronary Artery Inheritance", Federation of American Societies for Experimental Biology, Chicago, Illinois, April 1967.
6. "Effects of Exercise on Plasma Lactic Dehydrogenase (LDH) and Isoenzyme Levels in Trained and Untrained Rats", American Physiological Society, Washington, D.C., August 1967.
7. "The Interaction of Age and Exercise on Organ and Cellular Development in Rats", Federation of American Societies for Experimental Biology, Atlantic City, New Jersey, April 1968.
8. "Correlation of Clinical, Biochemical, and Pharmacologic Effects of a Monamine Oxidase Inhibitor", American Federation for Clinical Research, Atlantic City, New Jersey, May 1968.
9. "The Effects of Dimethylsulfoxide (DMSO) on the Healing of Experimental Myocardial Necrosis", American Association of Pathologists and Bacteriologists, San Francisco, California, March 1969.
10. "The Coronary Circulation", American College of Cardiology Course in "The Clinical Pharmacology of Cardiovascular Drugs", Atlantic City, New Jersey, April 1970.

11. "Exercise Effects on the Heart at Different Ages", Annual Meeting American College of Sports Medicine, Albuquerque, New Mexico, May 1970.
12. "Effect of L-dopa on the Cardiovascular and Sympathetic Nervous Systems", American Therapeutic Society, Chicago, Illinois, June 1970.
13. "Role of Catecholamines in Arrhythmias", American Medical Association, Chicago, Illinois, June 1970.
14. "Exercise Effect on the Heart at Different Ages", American Heart Association, Atlantic City, New Jersey, November 12-17, 1970.

1971

15. "The Effects of Levodopa on Systems and Coronary Hemodynamics of Intact Conscious Dogs", American College of Cardiology, Washington, D.C., February 3-7, 1971.
16. "Drug Treatment of Pump Failure", Hahnemann Medical College Symposium on Coronary Heart Disease, Philadelphia, PA., March 29-April 2, 1971.
17. "Decreased Isoproterenol-induced Myocardial Necrosis in Rats with Dimethylsulfoxide (DMSO)", Federation of American Societies for Experimental Biology, Chicago, Illinois, April 12-19, 1971.
18. "The Effect of Pyridoxine on the Absorption, Metabolism and Therapeutic Activity of Levodopa in Patients with Parkinson's Disease", American Society for Clinical Pharmacology and Therapeutics, Atlantic City, New Jersey, April 29-May 1, 1971.
19. "Exercise Effects on the Kidneys at Different Ages", Annual Meeting American College of Sports Medicine, Toronto, Canada, May 20-22, 1971.
20. "Myocardial, Metabolic and Pathophysiologic Changes in Cardiogenic Shock", Symposium on Cardiogenic Shock, Philadelphia General Hospital, September 29, 1971.
21. "Comparative Cardiovascular Adaptation to Exercise in Animals and Man and the Relevance to Coronary Heart Disease", Symposium on Comparative Pathophysiology of Circulatory Disturbances, Kroc Foundation for Advancement of Medical Science, Santa Ynez, California, November 7-9, 1971.
22. "The Effects of Levodopa on Systems and Coronary Hemodynamics of Intact Conscious Dogs", American College of Cardiology, Washington, D.C., February 3-7, 1971.

1972

23. "Effects of Exercise on Serum Renin Activity" and Chairman of Session on "Cardiovascular Effects of Exercise", Annual Meeting American College of Sports Medicine, Philadelphia, Pennsylvania, May 1-4, 1972.
24. "The Pathophysiology of Cardiogenic Shock", Symposium on "Drugs for Cardiogenic Shock" 3rd International Symposium on Clinical Pharmacology, International Society of Clinical Pharmacology, Regensburg, Germany, August 10-13, 1972
25. "Effect of Exercise on Heart, Adrenal and Brain Catecholamine Levels", 23rd Autumn Meeting, American Physiologic Society, Penn State University, August 27-31, 1972.

26. "The Role of Exercise in Coronary Heart Disease", Symposium on Sports Medicine and Athletic Injuries, Newark Beth Israel Medical Center, Newark, New Jersey, October 10, 1972 (Also Chairman of Symposium).
27. "Stimulation of Renin Release by Exercise and Blockade by Propranolol", 45th Scientific Session American Heart Association, Dallas, Texas, November 16-19, 1972.
28. Chairman, Session on Cardiovascular Drugs, Annual Meeting of American Society for Clinical Pharmacology and Therapeutics, New Orleans, Louisiana, March 22-23, 1973.

1973

29. Discussant, Symposium on "Advances Coronary Artery Circulation", Walter Reed Army Institute of Research, Washington, D.C., March 29-30, 1973.
30. "Systemic and Coronary Hemodynamic Effects of a New Myocardial Stimulant 4-(3,4-Dimethoxybenzyl)-2-Imidazolidinone in the Conscious Dog", Annual Meeting FASEB (Pharmacology Section) Atlantic City, New Jersey, April 15-20, 1973.
31. "Effects of Swimming on Plasma, Heart, Adrenal, and Brain Catecholamine Levels in Rat", Annual Meeting FASEB (Physiology Section), Atlantic City, New Jersey, April 15-20, 1973.
32. "Effects of Partial and Complete Detraining on Exercise-Induced Cardiovascular Changes", Annual Meeting American College of Sports Medicine, Seattle, Washington, May 7-9, 1973.
33. "Hypertension: Epidemiology and Public Health Aspects", Essex County Heart Association and Newark Beth Israel Medical Center Symposium on Hypertension, South Orange, New Jersey, April 30, 1973.
34. "Drug Interaction with Food and Beverages", New Jersey Dietetic Association Meeting, Newark, New Jersey, June 19, 1973

1974

35. "Effects of Sympathetic Nervous System Stimulation on Serum Dopamine-Beta - Hydroxylase Activity", Annual Meeting FASEB (Pharmacology Section), Atlantic City, New Jersey, April 7-12, 1974.
36. "Effect of Exercise on Serum Dopamine-Beta-Hydroxylase Activity", Annual Meeting of the American College of Sports Medicine, Knoxville, Tennessee,

1975

37. "Diet, Lipids and Drugs", Cardiovascular Continuing Education Program for Nurses, Bloomington, Minnesota, January 31, January 31-February 1, 1975.
38. "Effect of Exercise Training on Male Gonads and Plasma Testosterone Levels in Rats", Annual Meeting of the American College of Sports Medicine, New Orleans, Louisiana, May 22-24, 1975.
39. "Exercise Physiology Related to the Diagnosis of Coronary Heart Disease" and "Physical Performance Evaluation", IMC Seminar on "Coronary Disease-Prevention, Detection and Rehabilitation", S. Fallsberg, New York, August 22-24, 1975.

40. "Effect of Exercise Conditioning and Subsequent Deconditioning on the Heart and Its Blood Supply", The Paavo Nurmi Foundation Symposium on "Physical Activity and Ischaemic Heart Disease", September 18-20, 1975, Helsinki, Finland.
41. "Etiology and Therapy of Hypertension" (Invited Guest Speaker). 61st Annual National Meeting American Academy of Periodontology, September 24- 27, 1975, Minneapolis, MN.
42. "Can Exercise Prevent Heart Attacks?" (Featured Speaker), Minnesota Assoc. for Health, Physical Education and Recreation and Northland Chapter, American College of Sports Medicine, October 16, 1975, St. Paul, Minnesota.
43. "Relationship of Physical Activity to Coronary Heart Disease" and "Exercise Physiology Related to Diagnosis of Coronary Heart Disease, YMCA and Minnesota Heart Association Seminar on Exercise Testing, Prescription Writing, Cardiac Rehabilitation and Fitness, November 7, 8, 1975, Minneapolis, Minnesota.

1976

44. "Relationship of Habitual Physical Activity to Objective Treadmill Performance", American Heart Association Council on Epidemiology, Annual Conference on Epidemiology, February 27-28, 1976.
45. "Prognostic Value of Cardiovascular and ECG Responses to Stress Testing"; "Clinical Assessment of Functional Aerobic Capacity"; "Adaptation to Exercise in Cardiac Patients" and "Effect of Exercise Programs on Coronary Risk Factors". First Brazilian Symposium on Exercise Testing and Cardiovascular Rehabilitation, Guarujá (Sao Paulo), Brazil, S.A., April 12-13, 1976.
46. "Exercise Testing Seminar, Sponsored by Quinton Seminars, Minnesota State Medical Association Meeting, Rochester Methodist Hospital, Rochester, Minnesota, May 19, 1976.
47. "Effects of Intensity and Duration of Training on Serum Dopamine-Beta-Hydroxylase Activity and Maximal Oxygen Uptake", Annual Meeting American College of Sports Medicine, Anaheim, California, May 5-8, 1976
48. "Effect of Underwater and Surface Swimming on Body Weight and Food Consumption in Young Male and Female Rats", Annual Meeting of the American College of Sports Medicine, Anaheim, California, May 5-8, 1976.
49. "Fat Lot of Good It'll Do You", a 24-week televised weekly series on Management of Obesity with Diet and Exercise, Channel 11, Minneapolis, Minnesota, January to July, 1976.
50. "Relationship of Exercise Habits to Health and Quality of Life", White House Conference on "Health Sports for the Handicapped". The Vinland National Center, A New Concept for Expanding Rehabilitation". The White House, Washington, D.C., July 2, 1976, and at College of St. Thomas, November 11, 1976.
51. "The Relationship of Physical Activity to Coronary Heart Disease and Life Expectancy", Conference on the Marathon: Physiological, Medical, Epidemiological and Psychological Studies. New York Academy of Sciences, New York City, NY, October 25-28, 1976.
52. "Exercise Therapy for the Coronary Heart Disease Patient", Continuing Education Seminar, Metropolitan Medical Center, Minneapolis, Minnesota October 6, 1976.

53. "Exercise and Heart Disease", St. Mary's Jogging Seminar, St. Mary's Hospital, Minneapolis, MN, October 29, 1976.

1977

54. Participant in Symposium entitled "Cardiovascular Fitness for the Sedentary Professional." Topics discussed were: (1) risk factors and coronary heart disease, (2) heart adaptation to exercise and (3) exercise testing, assessment and prescription. Mt. Telemark, Cable, Wisconsin, February 20-24, 1977.
55. Program Chairman at Annual Meeting of the Northland Chapter of the American College of Sports Medicine, Presented paper on "Effects of Life Habit and Body Composition on Work Performance". March 12, 1977.
56. "Medical Contributions to Physical Fitness", Governor's Physical Fitness Conference (Minnesotans United to Develop Healthier Lifestyles), April 14-16, 1977, Bloomington, MN.
57. "Metabolic Aspects of Adaptation to Exercise", Postgraduate Course: Exercise: Current Concepts in Clinical Cardiopulmonary Disease". American College of Chest Physicians and the Lankenau Hospital of Philadelphia, PA, May 11-13, 1977.
58. "Effects of Exercise on Health and Quality of Life: Disease Prevention, Vigor, and Longevity", The 30th Annual Upper Midwest Hospital Conference Minneapolis, MN, May 11-13, 1977.
59. "Exercise Effects on Body Composition, Work Capacity and Carbohydrate and Lipid Metabolism on Obese Young Men", 24th Annual Meeting, American College of Sports Medicine, Chicago, Illinois, May 25-28, 1977.
60. "Cholesterol: To Treat or Not to Treat" and "Can Exercise Prevent CHD?", Nebraska Heart Association's Scientific Sessions, Omaha, NE, May 20, 1977.
61. "Fat Lot 1977", a 12-week televised series on Channel 11, "Management of Obesity, Minneapolis, MN, April to June 1977.
62. "Moderator of workshop on exercise and physical fitness: General Mills Family Forum "Parenting in the Crucial Years", Washington, D.C., October 16-17, 1977.
63. Chairman of Scientific Program on Distance Running: Physiological, Psychological, and Medical Aspects. Held in conjunction with the AAU Women's National Marathon. Presented papers on "Training Effects of Exercise" and Energy Requirements During Exercise". Minneapolis, MN. October 22, 1977.
64. "Exercise and Coronary Heart Disease", NIH Symposium on Exercise for the Elderly. Bethesda, MD., October 27-30, 1977.

1978

65. "Facts and Fallacies About Diets for Athletes". Presented at National Meeting American Alliance for Health, Physical Education and Recreation, Kansas City, Kansas, April 6-9, 1978.
66. Keynote speaker at Dallas Dietetic Association Educational Seminar, Topic "Challenges in Public Health: Emphasis on Nutrition". Baylor University Medical Center, Dallas, TX. April 17, 1978.
67. "Exercise in Prevention of Coronary Heart Disease", Annual Meeting of American College of Nutrition, Bloomington, MN., June 1-2, 1978.

68. "Physiological and Psychological Benefits of Exercise", First International Conference on Lifestyle and Health, Aboard the MS Southward, June 24-July 1, 1978 (also program chairman for the above conference).
69. "Coronary Disease - Exercise Testing and Rehabilitation Therapy", Faculty of International Medical Corporation Conference, Lake Geneva, Wisconsin, August 11-13, 1978.
70. "Relationship of Diet to Coronary Heart Disease", Symposium for Industrial Food Technologists, Minneapolis, MN, October 25, 1978.
71. "Calories, Obesity and Health", University of Minnesota Conference on Revised U.S. Dietary Goals. Implications for the Nation's Health. St. Paul, MN, November 10, 1978.
72. "Interaction of Exercise and Nutrition", Governor's Conference on Food and Nutrition, St. Paul, MN, November 17-18, 1978 "The Potential for Prevention of Heart Attacks", American College of Sports Medicine Lecture Tour: University of South Carolina, Columbia, SC; University of North Carolina, Charlotte, NC; Wake Forest University, Winston-Salem, NC; and University of Virginia, Charlottesville, VA, December 4-8, 1978.

1979

73. "Effects of Sodium Pentobarbital on Ventricular Fibrillation Threshold", 63rd Annual Meeting, Fed. Am. Exper. Biology (APS), Dallas, Texas, April 1979.
74. "Exercise as Therapy for Ischemic Heart Disease, The Evidence for Exercise", Symposium on Controversies for Internal Medicine, San Jose HealthCenter, Santa Clara, California, May 12, 1979.
75. "Diet and Exercise in the Management of Diabetes", and "The Potential for Prevention of Heart Attacks", 45th Annual Meeting, Northland Chapter, American College of Sports Medicine, University of Nebraska Medical Center, Omaha, April 27-28, 1979.
76. "Pathogenesis of Coronary Atherosclerosis" and Relationship of Diet to Coronary Heart Disease", 2nd Annual Cardiac Rehabilitation Symposium, Mt. Sinai Medical Center, Milwaukee, WI, May 3-5, 1979.
77. "Effect of Exercise in Control of Diabetes" and "Workshop on Exercise Prescriptions", 26th Annual Meeting American College of Sports Medicine and Pan Pacific Conference, Honolulu, Hawaii, May 24-26, 1979.
78. "Effects of Exercise Training in Patients with Ischemic Heart Disease", and "Effects of Exercise in Patients with Diabetes Mellitus", Continuing Medical Education Symposium on Exercise: Use in the Diagnosis and Therapy of Ischemic Heart Disease, University of Michigan Medical School, Ann Arbor, MI, October 8-9, 1979.
79. "Acute and Chronic Effect of Exercise"; "Potential for Prevention of CHD by Multi-risk Factor Interventions", and "Exercise and Diet in Prevention and Control of Adult Onset Diabetic", 5th Annual South Dakota Medical Assoc. Winter Continuing Medical Education Seminar, Spearfish, South Dakota, January 31-February 2, 1980.

1980

80. "Acute and Chronic Effect of Exercise"; "Potential for Prevention of CHD by Multi-risk Factor Interventions", and "Exercise and Diet in Prevention and Control of Adult

- Onset Diabetic", 5th Annual South Dakota Medical Assoc. Winter Continuing Medical Education Seminar, Spearfish, South Dakota, January 31-February 2, 1980.
81. National Lecture Tour of New Zealand. Topics: "CHD Prevention", "Exercise and Health", and "Cardiac Rehabilitation". April 13-15, 1980.
 82. "Exercise Tolerance and Training of Maturity-Onset Diabetics" and "Failure of Exercise Alone to Control Maturity-Onset Diabetes", 27th Annual Meeting of American College of Sports Medicine, Las Vegas, NE, May 18-30, 1980.
 83. "Limitations of Epidemiological and Clinical Trials on Effect of Exercise on CHD Morbidity and Mortality" and "Exercise and the Diabetic", 3rd Annual Mt. Sinai Symposium on "Cardiac Rehabilitation: Critical Issues and Practical Concerns", Milwaukee, Wisconsin, June 11-14, 1980.
 84. "Coronary Risk Factors"; Behavioral Strategies for Increasing Physical Activity" in Behavioral Therapy, Jerusalem, Israel, July 12-18, 1980.
 85. Exercise and Health and Quality of Life", Minnesota Medical Association Auxiliary "Shape Up For Life", Interlachen Country Club, Minneapolis, MN, September 18, 1980, (Guest Speaker).
 86. "Dietary Influences on Atherosclerosis and Coronary Disease", Sheraton Airport Inn, Minnesota Dietetic Association, Minneapolis, MN, October 31, 1980, (Guest Speaker).

1981

87. " The Introduction to Intense Exercise and Is Intense Exercise Beneficial for Homo-Sapiens!", Brotman Medical Center 19th Annual Scientific Seminar, Beverly Hills, CA. February 1, 1981.
88. Anatomy and Physiology of the Heart", Cardiac Rehabilitation Workshop, College of St. Catherine, St. Paul, MN, March 30, 1981.
89. "Effect of Diet on Weight Control, Hypertension and Diabetes", "What Diet should be Recommended?", Mt. Sinai 4th Annual Symposium: New Dimensions in Cardiac Rehabilitation, Milwaukee, WI, May 6, 1981.
90. Exercise and Heart Disease". Course in Techniques of Preventive Medicine, MN. Medical Assoc. 128th Annual Meeting, Bloomington, MN. May 20-22, 1981.
91. Exercise-Obesity-Diabetes", LPH/CME Coronary Risk Factor Workshop, Spring Hill, May 31, 1981.
92. "The Diabetic Patient and Athletic Performance", Conference on "Nutritional Determinants of Athletic Performance", sponsored by Shaklee Corp., American College of Sports Medicine, Stanford Heart Disease Prevention Program, San Francisco, CA, September 24-25, 1981.
93. "Exercise for Rehabilitation of Heart Disease". White House Symposium on Physical Fitness and Sports Medicine, Washington, D.C., Nov. 22-23, 1981.

1982

94. "Relationship of Diet and Nutritional Factors to Colorectal Disease", Colon/Rectal Conference, Sponsored by 5501 U.S. Army Hospital, Bethesda Lutheran Medical Center, the University of Minnesota and the American Heart Association. April 17, 1982.

95. "Dietary Trials in the Treatment of Hyperlipidemia", 5th Annual Symposium "Cardiac Rehabilitation: Update 1982", Mt. Sinai Hospital, Milwaukee, Wisconsin and University of Wisconsin Continuing Medical Education, May 5, 1982.
96. "Physical Activity and Diabetes" Workshop on Heart Attack Prevention, Sponsored by School of Public Health, Laboratory of Physiological Hygiene, and Continuing Medical Education, University of Minnesota, Spring Hill, Wayzata, Minnesota, June 2, 1982.
97. "Physical Activity in Cardiovascular Health", Exercise-Heart Disease Symposium, University of Kuopio, Kuopio, Finland. August 12-19, 1982.
98. "The Role of Exercise and Prevention of Heart Attack", Wellness Seminar No. 2, Albert Lea Council on Health and Wellness, Albert Lea, Minnesota, October 7, 1982.
99. "Antihypertensive Drugs-Blood Lipids", American College of Chest Physicians 48th Annual Scientific Assembly and World Conference, Toronto, Ontario, Canada. October 11-15, 1982.
100. "Can Exercise Alone Correct Metabolic Derangements? A Controlled Experiment", Minnesota Endocrine Club, University of Minnesota, October 16, 1982.
101. "Epidemiological Evidence on the Role of Exercise in the Prevention of Cardiovascular Diseases", 1982 Annual Meeting of American Health Foundation's Food and Nutrition Committee, New York City, NY, 1-2 December, 1982
102. "What is Coronary Heart Disease?" (Weight Management); Minnesota Management Institute Health Seminar. Minneapolis, MN, 10 December 1982.

1983

103. "Exercise and Diabetes Workshop, Co-Sponsored by: Am. Diabetes Assoc. Minnesota Affiliate, Inc. & Abbott Northwestern Hospital. "Exercise and Coronary Risk Factors in the Diabetic", Minneapolis, MN, January 18, 1983.
104. "Long Term Cardiovascular Benefits of Diet and Exercise Control"; Best Foods' Food and Nutrition Advisory Council Mtg., Union, New Jersey, March 31, 1983,
105. "Diabetes and the Athlete", 1983 Athletic Training Workshop, Coffman Memorial Union, University of Minnesota, Minneapolis, MN, April 2, 1983.
106. "Diet and Exercise--What is the Relationship to Heart Disease?", Exercise and Nutrition Conference. Sponsored by University of Minnesota in cooperation with General Mills, Inc., 5501 U.S. Army Hospital, Minneapolis, MN., April 5, 1983.
107. "Effect of Exercise on Risk Factors for Coronary Heart Disease". 55th Annual Meeting of Am. Acad. of Physical Education, Hotel Leamington, Minneapolis, MN. April, 1983.
108. "Benefits of Exercise", Health Fest '83, Council for Health Interdisciplinary Participation, University of Minnesota, Minneapolis, MN, April 13, 1983.
109. "Pros and Cons of Dietary Manipulation: Medical Hazards vs. Weight Control", 6th Annual Cardiac Rehabilitation Symposium: Update 1983, Sponsored by Mt. Sinai Medical Center, Milwaukee & University of Wisconsin (CME) Course, Red Carpet Inn, Milwaukee, WI, May 3-6, 1983
110. "Methods for Determining Body Composition", Program on Body Fat by Skinfold Caliper, National Guard Armory, Camp Ripley, Little, Falls, Minnesota, June, 1983.
111. "Metabolic Demands for Marathon Running", 5th Annual Medical Research Symposium, University of Minnesota Duluth School of Medicine in conjunction with Grandma's Marathon, Duluth, Minnesota, June 9, 1983.

112. "Exercise in Diabetics: Effects of Conditioning at Constant Body Weight" (Poster Presentation), Research Symposium on Diabetes and Exercise. Sponsored by University of Vermont, and American Diabetes Association, Burlington, VT., July 23, 1983.
113. "Exercise and Sudden Death", Exercise and Cardiac Rehabilitation Symposium 1983 and 5th Annual Cardiology Run for Fun. The Towsley Center for CME, University of Michigan Medical School, Ann Arbor, MI., September 21, 1983.
114. Sports Medicine Symposium, "Exercise Benefits, Risks and Prescriptions", Sponsored by Professional Resources in Nursing, Minneapolis, MN., October 12, 1983.
115. 5th Annual Scientific Sessions, AHA, Indiana Affiliate, Inc. - "Effects of Exercise on Lipids" and Moderator for "Practical Application of Diet and Exercise. Indianapolis, Indiana, October 20, 1983.
116. "Fuels for Sport: Energy Sources for Exercise. 3rd Annual Sports Health Forum, Sponsored by American Red Cross, Fairview Hosp. Inst. for Athletic Medicine and the Minnesota State High School League. Thunderbird Motel, Bloomington, MN, November 5, 1983.

1984

117. "Plasma Lipid Levels with Enalapril, a New ACE Inhibitor Alone and in Combination with HCTZ", FASEB Annual Meeting, St. Louis, MO., April 4, 1984.
118. "Sports Medicine", Professional Resources in Nursing (PRN). Rosedale, Minnesota. April 11, 1984.
119. "Role of Alterations in Serum Lipid Levels Associated with Antihypertensive Therapy and How These Changes May Affect Overall CV Morbidity and Mortality" Workshop, Pfizer Labs Inc., New Orleans, LA. (Royal Orleans Hotel) April 13, 1984.
120. (1) "Prevention and Safe Management of Obesity." (2) "Implementation of the Lipid Reserch Clinic Coronary Primary Prevention Trial." (3) "Potenal Benefits of a Cardiac Rehabilitation Program", 7th Annual Symposium on Cardiac Rehabilitation: Update 1984", sponsored by Mt. Sinai Medical Center (Milwaukee) and University of Wisconsin Continuing Medical Educaton, April 30-May 4, 1984.
121. "Current Status of Coronary Risk Factors" (Invited Lecturer), Minnesota Medical Association Annual Meeting, Bloomington, MN. May 9-12, 1984.
122. "What is Coronary Heart Disease? Is It Preventable?" Minnesota Management Institute, University of Minnesota, St. Paul, MN. May 11, 1984.
123. "The Graded Treadmill Exercise Test in the CPPT (Poster Session)", NHLBI Workshop on the Lipid Research Clinic Coronary Primary Prevention Trial, June 6-7, 1984, Bethesda, MD.
124. "The LRC Coronary Primary Prevention Trial and Its Implications", at a Symposium on Initial Therapy in Hypertension: Selection for Optimal Coronary Risk Management. Temple University School of Medicine (Continuing Medical Education Program), June 6, 1984, Philadelphia, PA.
125. "Dietary Recommendations for Weight Control". Workshop on Heart Attack Prevention, Division of Epidemiology, Univ. of Minnesota, (Continuing Medical Education), September 24, 1984, Wilder Forest Conference Center, Stillwater, Minnesota.

126. "Diet and Breast Cancer", Symposium on Female Breast Cancer. St. Paul Surgical Society, Department of Family Practice, University of Minnesota (Continuing Medical Education), October 5, 1984, St. Paul, Minnesota.
127. "Role of Cholesterol and Diet in Coronary Heart Disease", American Academy of Family Physicians, October 11, 1984, Kansas City, MO.
128. "Problems and Solutions in Management of Essential Hypertension", Cardiovascular Colloquim Medical Education, October 17, 1984, Ollagala, Nebraska.
129. Review of Principles and Practices. St. Paul Ramsey Medical Center, Department of Medicine, Section of Cardiology, University of Minnesota(Continuing Medical Education), December 6, 1984, Radisson Plaza Hotel, St. Paul, MN.

1985

130. "The Diabetic Patient" and "The Lipid Research Clinic Prevention Trial Results". Symposium on Cardiac Rehabilitation: Status '85. Sponsored by Texas Heart Institute, Houston, Texas. February 20-22, 1985.
131. "Sports Medicine", Professional Resources in Nursing, April 10, 1985, Rosedale, MN.
132. "Exercise and Heart Disease" - Diet/Heart Link: An Update 1985. April 27, 1985, University of Minnesota Rochester Center, Rochester, Minnesota.
133. "Weighing Your Choices", Minnesota Management Institute, University of Minnesota, May 10, 1985, Midland Hills Country Club, St. Paul, MN.
134. "Prevention of Cardiovascular Disease", Mercy Hospital Medical Center Heart Day Seminar, May 10, 1985, Des Moines, Iowa.
135. "Obesity as a Public Health Phenomenon and Dietary Recommendations for Weight Control" - Workshop on Heart Attack Prevention, Division of Epidemiology, University of Minnesota, (Continuing Medical Education), May 20, 1985, Wilder Forest Conference Center, Stillwater, Minnesota.
136. "Diet and Exercise Effects on Blood Lipids", Conference on Lipid Disorders, Continuing Medical Education, Sept. 6, 1985, Willey Hall, University of Minnesota, Minneapolis, MN

1986

137. "The Renin-Angiotensin-Aldosterone System in Hypertension", St. Francis Medical Center, La Crossse, Wisconsin, March 20, 1986.
138. "Role of Diet and Exercise in Health and Human Performance", American Academy of Pediatrics, May 16, 1986, Orlando, Florida.
139. "The Relationship Between Cholesterol and Coronary Heart Disease", 10th Annual Preventive Cardiovascular Medicine & Rehabilitation Symposium, Burgess Hospital, May 2, 1986, Kalamazoo, Michigan.
140. "Newer Therapeutic Approaches in Cardiovascular Disease", Medical Education Program (MSD), May 15, 1986, (1) Beaver Dam Memorial Hospital, Beaver Dam, Wisconsin; (2) Milwaukee Medical Clinic, Milwaukee, Wisconsin.

1987

141. "Dietary Strategies to Improve Health and Reduce CHD", at the Conference on Cardiopulmonary Rehabilitation: Status '87, Sponsored by University of Florida, School of Medicine, and American Heart Association, February 10-13, 1987, Orlando, Florida
142. "Leisure Time Physical Activity and Risk of Fatal and Nonfatal MI", for MRFIT Group and Epidemiology at the Annual Meeting of the ACSM, May 26-30, 1987. Las Vegas, NE.
143. "Physiological Interactions of Physical Activity and Diet in the Etiology and Prevention of Ischaemic Heart Disease" 12th Puijo Symposium: Physical Activity and Cardiovascular Health, August 16-18, 1987, Kuopio, Finland.

1988

144. "The Role of Exercise in the Management of Hypertension". Professional Postgraduate Services Conference for Family Physicians". February 17-20, 1988, Tampa, FL.
145. "The Management of Hyperlipoproteinemias". 2nd Annual Cardiopulmonary Rehabilitation Symposium. February 22-25, 1988, Orlando, FL.
146. "Community-wide Strategies to Reduce Risk of CHD". 2nd Annual Cardiopulmonary Rehabilitation Symposium. February 22-25, 1988. Orlando, FL
147. "Assessment of Physical Activity and Its Role in CHD". Fitness Research Center, University of Michigan. March 25, 1988, Ann Arbor, Michigan.
148. "Twenty Years of Research on the Role of Exercise in the Prevention of CHD". The Minnesota Academy of Science Annual Meeting, Macalester College, April 29-30, 1988, St. Paul, MN.
149. "Safety of Chronic Administration of Large Doses of Aspartame". Annual Meeting of the Federation of American Societies of Experimental Biology, May 2-5, Las Vegas, NE.
150. "Comparison of the effects of prazosin and propranolol on blood lipids, lipoproteins and apolipoprotein levels in patients with hypertension and hypercholesterolemia". Symposium on Blood Pressure Reduction and CHD Risk Factor Management. June 21-22, 1988, NYC.
151. "Nutrition and the Athlete". 10th Ann. Adolescent Medicine & Health Care Conference. Univ. of Minn. CME, October 7-8, 1988, St. Paul, MN.

1989

152. "Scientific Evidence of the Value of Cardiac Rehabilitation following a Acute Myocardial Infarction and (2) Exercise in the Prevention and Management of the Diabetic Patient". University of Florida. Cardiopulmon.Rehabilitative Status '89, February 13-16, 1989, Orlando, FLA.
153. "The Value of Physical Activity and Exercise Programs in the Primary and Secondary Prevention of Myocardial Infarction". Second Annual University of Minnesota CME Course on Prevention of Coronary Artery Disease. February 24-25, 1989, Minneapolis, MN.
154. "Physical Activity and 10.5 Year Mortality from CVD, Cancer, and All-Causes in MRFIT. 36th Annual Meeting ACSM, Baltimore, MD., May 31-June 2, 1989.

155. "The Use of Questionnaires to Assess Physical Activity in Adults". In: Symposium: "Physical Activity Measurements: Recent Advances, Future Directions". (W. Haskell, Chairman). 36th Annual Meeting ACSM, May 31 - June 3, 1989, Baltimore, MD.
156. "New Approaches and Considerations During Treatment of Hypertension". 12th Puijo Symposium on "Physical Activity & Hypertension". July 3-6, 1989, Kuopio, Finland

1990

157. "Exercise Conditioning in Cardiovascular Patients". (2) "Management of Hyperglycemia and Rehabilitation of the Diabetic". American College of Chest Physician's "Cardiopulmonary Wellness & Rehabilitation Postgraduate Course", February 18-21, 1990, Sun Valley, Idaho.
158. "Treating Hypertensives Age 55 and Over and Use of Benazepril in This Population". Ciba-Geigy Symposium on "ACE Inhibitors in the 1990's and Clinical Trial Results", February 22-25, 1990, Chandler, Arizona.
159. "Exercise Physiology and Exercise Testing " FDA Seminar (5 hr) presentation FDA and CDER Scientists. Rockville, Maryland. March 29, 1990.
160. "Ischaemic Heart Disease". Symposium "Exercise and Nutrition in Primary Prevention of Diseases", World Congress on Sport for All. Tampere, Finland, June 30, 1990.
161. "Physical Activity and Risk of Ischemic Heart Disease: Update 1990. Internal Medicine Grand Rounds, Fitzsimons Army Medical Center, Denver, Colorado, October 25, 1990.
162. "Occupational and Lesiure Time Activity and Risk of Coronary Disease". AHA Subcommittee on Cardiovascular Conferences of the Committee on Scientific Sessions (Guest Speaker). Dallas, TX, November 11, 1992.
163. "Sports as Diabetes Therapy". International Sportmedicine Konigsthermen-Symposium, Berlin, Germany, December 7, 1990.

1991

164. "Benazepril - does it work ihn mature hypertensives?". Presented at Sixth Scientific Meeting of the American Society of Hypertension. May 1991.
165. "Physical Activity and Cardiovascular Health". NIHBI Workshop on Exercise and Health for Women and Children. Co-chaired with William Haskell, Ph.D., Chevy Chase, MD, August 27-29, 1991.
166. "Prevention and Management of Osteoporosis", "Coffee-Use and Risk of CVD", Interaction of Diet and Exercise in Prevention of CHD (Guest Participant). Midwest Seminar of Dental Medicine (Eating for Longevity). Bailey's Harbor, WI September 7-9, 1991.

1992

167. "What Outcomes Can be Really Expect with Risk Factor Modifications"; and "The Diabetic Patient". Cardiopulmonary Rehabilitation Symposium, (Sponsored by The University of Florida, Division of CME, Gainesville, FL.), Orlando, FL, February 16-20, 1992.

168. "Clinical Studies in Muscle Disorders and Function". Participant in Workshop, Chevy Chase, MD, March 30-31, 1992.
169. Assessment of Physical Activity. Presenter/Participant. International Consensus Conference on "Physical Activity, Fitness and Health", Toronto, Canada, May 5-9, 1992.
170. 7th Annual Exercise Specialist Workshop. What Outcome Can We Really Expect from Coronary Risk Factor Modification"? William Beaumont Hospital, Birmingham, MI, August 10-14, 1992.
171. Strategy Development Workshop for Public Education on Weight and Obesity. Sponsored by NIH/NIHDI Obesity Education. "Physical Activity and Weight." Bethesda, MD., September 23-25, 1992.
172. CME Cardiopulmonary Medicine Conference. "Physical Inactivity: A Risk Factor for CHD". (Sponsored by St. Paul-Ramsey Medical Center, Department of Family Medicine. St. Paul, MN, December 3-4, 1992.
173. National Task Force on Prevention and Treatment of Obesity, NIDDK Workshop. Moderator: "Exercise and Obesity: Reduction of Health Risks". Bethesda, MD, December 15-17, 1992.

1993

174. CDC Sponsored Consensus Workshop on "Physical Activity and Public Health". Atlanta, GA, March 31-April 1, 1993.
175. 13th International Puijo Symposium "Diet, Exercise, and Women's Health". Talk: "Current Concepts of Exercise Prescription for Prevention of Atherosclerosis". Kuopio, Finland, June 20-23, 1993.
176. ACSM/CDC Physical Activity Statement (Workshop on PA in Older Adults). Cooper Institute of Aerobics Research, Dallas, TX Nov. 28-30, 1993.

1994

177. Minnesota Governor's Council on Physical Fitness & Sports. "Creating Unique Lifestyle Fitness Partnerships". Presentation: "Benefits of Physical Fitness and Physical Activity -- Gain Without Pain". Blaine, MN, February 10, 1994.
178. American College of Sports Medicine Annual Scientific Meeting. ILSI N.A. Symposium on "Physical Activity, Nutrition and Chronic Disease": Topic: "Coronary Heart Disease" and Panel Discussion Participant: "Integrating Diet and Exercise Into a Healthy Lifestyle". Indianapolis, IN, June 4, 1994.
179. American Academy of Kinesiology & Physical Education. "Evidence of the Role of Physical Activity and Cardiorespiratory Fitness in the Prevention of Coronary Heart Disease. Tucson, AZ, September 30, 1994.

1995

180. Northwestern College of Chiropractic and Alumni Association. Wm Mason Memorial Lecture. Title: "Eating Habits, Physical Activity and Risk of CHD". Bloomington, MN . February 4, 1995.

181. Physical Activity and 15.8 Year Mortality in the Multiple Risk Factor Intervention Trial (MRFIT). ACSM, Minneapolis, MN, May 3- June 3, 1995.
182. Laboratory of Physiological Hygiene's Contribution to Understanding the Role of Physical Activity to Risk of Coronary Heart Disease. ACSM, Minneapolis, MN, May 31 - June 3, 1995.
183. Nutrition, Physical Activity and Coronary Heart Disease. In: American Academy of Nutrition Postgraduate Course on "Nutrition, Exercise Performance and Health", Minneapolis, MN. June 4, 1995.
184. "What Do We Know About CHD and Physical Activity?". Northland Chapter ACSM, Sioux Falls, SÍ, October 5, 1995.
185. "Annual Contribution of Regular Moderate-Intensity Physical Activity to Reduce Risk of Coronary Heart Disease". NIH Consensus Conference on Physical Activity and Cardio-vascular Health. Bethesda, MD, December 18-20, 1995.

1996

186. Leon, A.S. Colloquium of the NIH Consensus Conference on "Physical Activity and Cardiovascular Health". ACSM Meeting, Cincinnati, OH, May 28-June 2, 1996.
187. Leon, A.S.: Invited Speaker: International XIV Puijo Symposium "Physical Activity, Diet and Cardiovascular Diseases - A Fresh Look Beyond Old Factors". Title of Talk: Clinical Trials on Physical Exercise and CHD Risk Factors: Current State of the Art. Kuopio, Finland, June 24-28, 1996.
188. Leon, A.S.: Invited Speaker: "Problems and Solutions in Longitudinal Research International Conference. Title of talk: Leisure-Time Physical Activity and the 16 Year Risk of Mortality from CHD and All-Cause in the Multiple Risk Factor Intervention Trial (MRFIT). Amsterdam, The Netherlands. August 31 - September 2, 1996.
189. Leon, A.S. "The Surgeon Generals Report on Physical Activity (PA) on Health: Evidence for the Protective Effects of PA Against Cardiovascular Disease" at the Health Partners-St. Paul Ramsey Medical Center Annual Cardiovascular Conference, December 5-6, 1996, St. Paul, MN.
190. Leon AS. Colloquium of the NIH Consensus Conference on "Physical Activity and Cardiovascular Health". ACSM Meeting, Cincinnati, OH, May 29-June 2, 1996.

1998

191. Leon, A.S., Walker, A.J., Schmitz, M.K.H., J.P., Rao, D.C., Skinner, J.S., Wilmore, J.H., Gagnon, J. and Bouchard, C.: Blood lipid responses to exercise in Blacks vs. Whites: The HERITAGE family study. ACSM Annual Scientific Mtg. - Orlando, FL June 2-6, 1998.
192. **Leon AS**, Schmitz MKH, Walker AJ, Després J-P, Rao DC, Skinner JS, Wilmore JH, Gagnon and Bouchard C. Response of blood lipids to aerobic exercise training. The HERITAGE family study. XIII World Congress of Cardiology, Rio de Janeiro, Brazil, April 26 - April 30, 1998.
193. Leon AS. Physical activity in managing the metabolic complications of obesity. 15th International Puijo Symposium, Kuopio, Finland, June 22-25, 1998.

1999

194. Leon, AS: Pathophysiology of Coronary Atherosclerosis: An Update. Special Symposium: "Cardiopulmonary Rehabilitation Status '99". CME - University of Florida, Orlando, FL, February 15-17, 1999.
195. Leon, A.S.: The Multiple Risk Factor Intervention Trial (MRFIT). ACSM 46th Annual Meeting - Seattle, WA, June 2-5, 1999.

2000

196. Leon, A.S.: "Heritability of Cardiovascular Responses to Submaximal Exercise in HERITAGE - Family Study Caucasian Participants. THE HERITAGE Family Study Scientific Meeting, The Pennington Biomedical Research Center, Baton Rouge, LA, February 23-25, 2000.
197. Leon AS: Physical Activity in the Primary and Secondary Prevention of CHD: Epidemiologic and Experimental Evidence. Keynote Speaker - Cardiology Grand Rounds, Henry Ford Medical Center, Detroit MI, 30 August, 2000.
198. Leon AS: "Response of Blood Lipids and Lipoproteins to Exercise Training Alone or Combined with Dietary Intervention". Presented at Consensus Symposium: Dose Response Issues Concerning Physical Activity and Health. Hockey Valley Resort, Ontario, Canada, October 11-15, 2000.
199. Leon AS: Role of Exercise in Prevention and Treatment of Heart Disease. Keynote Speaker Mid-Atlantic Regional Chapter ACSM Annual Scientific Meeting. Poconos, PA, 3 November, 2000.

2001

200. Leon AS: Variability and Blood Lipid Response to Exercise Training in the HERITAGE Family Study. Minnesota Geriatric Center Seminar, Minneapolis, MN, 8 February, 2001
201. Leon AS: Variability and Blood Lipid Response to Exercise Training in the HERITAGE Family Study Special Symposium on The HERITAGE Family Study, ACSM-Northland Chapter, Minneapolis, MN., 6 April 2001.
202. Leon AS: "Familial Aggregation of Cardiovascular Response to Submaximal Exercise in the HERITAGE Family Study", ACSM Annual Meeting, Baltimore, MD -June 1, 2001.
203. Leon AS, "Meta-Analysis of the Effects of Aerobic Exercise Training on Blood Lipids. AHA Scientific Sessions 2001. Anaheim,CA November 10-15, 2001.

2002

204. Midyear Symposium American Psychological Association: Ft. Belvoir, VA. - "Contemporary and Emerging Issues in Human Factors", Engineering and Military Psychology. Sponsored by Am.Psychological Assoc. "Changes in Salivary Amylase and Self-reported Fatigue Across 3 Increasingly Intense Bouts of Exercise. Minnesota MURI group (Walker AJ, Blogren HL, Nichols KG, Leon, AS and Hancock, P.) March 7-8, 2002.

205. Leon AS. "Nutrition for Health and Physical Performance". 2002 National Strength Training & Science Seminar. Blaine, MN. March 17, 2002.
206. Leon AS. "Relationship of Apo E Genotype with exercise-Induced Changes in Blood Lipids in the HERITAGE Family Study. XIV World Congress of Cardiology. Sydney, Australia May 5-9, 2002.
207. Leon AS. Member of People-to-People Ambassador Programs Medical Delegation to Cuba. Dec. 7-15, 2002.

2003

208. Leon, A.S.: "Effects of Oral Contraceptives and Hormone Replacement Therapy on Blood Lipids Before and After Exercise Training THE HERITAGE Family Study" Scientific Meeting, The Pennington Biomedical Research Center, Baton Rouge, LA, February 23-25, 2003.
209. Leon AS. Invited Speaker. (Honorary Lecture) "Biological Mechanisms for Reduced Risk of Coronary Heart Disease by Exercise". Physical Activity & Health: Gender Differences Across the Lifespan. 17th International Puijo Symposium, Kuopio, Finland, June 25-28, 2003.
210. Leon, A.S.: Invited speaker: Session: "Are Athletes Born or Bred"; Presentation: "Familial Resemblance for VO₂ max. in the Sedentary State and in Its Responsiveness to Exercise Training". Moderator, Symposium on "New Frontiers in Cardiac Rehabilitation". AHA Annual Scientific Sessions, Orlando, FL, November 9-12, 2003.

2004

211. Leon, A.S.: Presentation: "Biological Mechanisms for Reduced Risk of Coronary Heart Disease by Regular Exercise". 5th International Heart Health Conference, Milan, Italy, June 12-16, 2004.
212. Leon, A.S.. Removal of barriers to exercise for elderly individuals. American Heart Association Scientific Sessions, New Orleans, November 7-10, 2004.
213. Leon, A.S.: "Public Health Promotion of Physical Activity for Older Adults." AHA 2004 Scientific Session, New Orleans, Nov 6-10.

2005

- 214 Leon, A.S., "Role of exercise in the prevention and management of diabetes. Invited presenter at the International XVIII.Symposium; Kuopio, Finland, June 29-July 2, 2005

2007

- 215, Leon, A.S. Endurance Exercise Training Reduces Lp-PLA2 in VO₂ White Adults: The HERITAGE Family Study. Leon, A.S. ACSM 54th Annual Meeting, New Orleans, LA, May 30-June 2, 2007.

216. Leon, A.S. Chairperson, “Physical Activity, Muscle Metabolism and Insulin Resistance” at the International 19th PUJO Symposium, Kuopio, Finland, June 27-29, 2007.
217. Leon, A.S. Effect of Exercise Training on HDL-cholesterol Levels. IAS-sponsored workshop on “HDL: Structure, Protective Function and Therapeutic Applications”. Santorini, Greece, October 9-12, 2007.

2008

218. Leon, A.S., “Physical activity and coronary heart disease” at the 3rd Annual Building Healthy Lifestyle Conference, Arizona State University-Polytecnic Campus, Meza, Arizona, February 28, 29 and March 1, 2008.
219. Leon, A.S., “Dietary choices as a promoter of CVD,” at the 3rd Annual Building Healthy Lifestyle Conference, Arizona State University-Polytecnic Campus, Meza, Arizona February 28, 29 and March 1, 2008.

2009

220. Leon, A.S. “Cardiometabolic Health Benefits and Risks of Exercise” and session chairperson at the 20th International PUJO Symposium, “Physical Health Promotion and Medical Care”. Kudpio, Finland, June 22-26, 2009.
221. Leon, A.S., Session Chair and Presentor (commentary): Cardiac Rehabilitation and Exercise Training Sessions. American Heart Association 2009. Scientific Session, Orlando, FL, Nov. 15-17 2009.
222. Leon, A.S., Session Chair and Moderator: How to Use Exercise as an Intervention to Improve Healthly Functioning, and Risks. American Heart Association Heart Association, Orlando, FL, Nov. 13-17, 2009.

2010

223. Bronas, UG, Treat-Jacobson, D, Leon, AS.. Effects of arm-ergometry exercise training on vascular function in patients with severe PAD. AHA Annual Scientific Session, Chicago IL, 2010.
224. Linquist, R, Bronas, UG, Leon, AS, et al. Psychological markers of stress and anxiety and depression, associated with vascular impairment in women with advanced coronary disease and high stress levels. The Lite Hearten Study. Arizona Heart-Brain Connection Summit, Las Vegas, NV, 2010.
225. Bronas, JG, Treat-Jacobson, D, Leon, AS. Vascular endothelial function in relation to tissue oxygenation in the feet of patients with critical limb ischemia. Annual Meeting of the Ischemia Society for Vascular Med. and Biology, Cleveland, OH, 2010.

2011

226. Leon, A.S. Interaction of aging and exercise on the cardiovascular system of healthy adults. The 21st PUIJU International Symposium, “Physical Exercise, Aging and Disability-Current Evidence,” Kuopio, Finland, June 29-July 2, 2011.
227. Leon, A.S. Exercise and Heart Health. The 4th Annual Institute of Engineering Medical Educational Symposium. “The Heart-Brain Connection”, University of MN, Minneapolis, July 27, 2011.

2012’

228. Treat-Jacobson, Bronas, U., Leon, A.S. Society of Vascular Med. Annual Meeting, Aerobic arm exercise to improve outcome in patients with severe claudication and ischemic chest pain, 2012.

2014

- 229 “Evidence of protective effects of aerobic physical activity and VO₂ max fitness against CVD and all-cause premature mortality, Puijo International Symposium, Kuopio, Finland, June 2014.

2015

- 230 “Regular Exercise Symposium lipoprotein profile AHA Epidemiology and Prevention Annual Meeting. Baltimore, MD, March 2015.