

# JENNA B. GILLEN

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## ACADEMIC WORK EXPERIENCE

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Jan 2019 - present      Assistant Professor, Faculty of Kinesiology & Physical Education, University of Toronto, Toronto, ON, Canada  
Jan 2017- Dec 2018      Postdoctoral Fellow, Faculty of Kinesiology & Physical Education, University of Toronto, Toronto, ON, Canada  
Jan – Dec 2016          Postdoctoral Fellow, School of Kinesiology, University of Michigan, Ann Arbor, MI, USA  
Oct – Nov 2015          Visiting Scholar, Department of Movement Sciences, Maastricht University, Maastricht, Limburg, Netherlands

## EDUCATION

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2015                      PhD, Exercise Physiology, Department of Kinesiology, McMaster University, Hamilton, ON, Canada  
2010                      B.Sc. (Honours), Department of Kinesiology, McMaster University, Hamilton, ON, Canada

## SELECT ACTIVE RESEARCH GRANTS

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- 1. Role: Co-PI.** PI: Amy Kirkham (University of Toronto). Co-PI: **Jenna Gillen** (University of Toronto) Co-Is: JoAnne Arcand (Ontario Tech University), Robert Bentley (University of Toronto), Linda Trinh (University of Toronto), Lorraine Lipscombe (Women's College Hospital), Paula Harvey (Women's College Hospital). *Quantifying the cardiovascular and metabolic health benefits of Canada's physical activity guidelines in pre and postmenopausal women*. Canadian Institutes of Health Research (CIHR) Project Grant. October 2023- September 2028. \$948,600. Status: Active
- 2. Role: PI.** PI: **Jenna Gillen** (University of Toronto) and Amy Kirkham (University of Toronto). *"Understanding and Treating Cancer, Cardiovascular, and Metabolic Disease in Women: A Holistic, Lifestyle Approach"*. Canadian Foundation for Innovation John Evans Leaders Fund. 2022-2027. \$477,000. Status: Active
- 3. Role: Co-PI.** PI: Amy Kirkham (University of Toronto). Co-PI: **Jenna Gillen** (University of Toronto). Co-I: Catherine Sabiston (University of Toronto), Sarah Neil-Sztramko (McMaster University). *"Proof-of-Concept of Time-Restricted Eating as a Novel Lifestyle Intervention for Breast Cancer Prevention."* Phase 1 Canadian Cancer Society/Canadian Institutes of Health Research Action Grant. Jan-Dec 2022. \$200 000. Status: Active
- 4. Role: PI.** PI: **Jenna Gillen** (University of Toronto). Co-I: Andrea Josse (York University). *"Influence of post-exercise Greek yogurt consumption on 24 hr glycemic control in women with overweight/obesity - a crossover study"*. Dairy Farmers of Canada Nutrition Research Funding Program. June 2022-May 2024. \$110,830. Status: Active

**5. Role: PI.** PI: **Jenna Gillen** (University of Toronto). “*Regulation of human skeletal muscle glucose metabolism in response to exercise*”. Natural Sciences and Engineering Research Council (NSERC) Discovery Grant. April 2020-2025. \$165,000. Status: Active

## SELECT INTERNATIONAL INVITED PRESENTATIONS

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1. **Gillen, J.B.** Eat: Postprandial exercise is more effective for blood glucose management. American Diabetes Association Annual Meeting, San Diego CA, United States, June 23, 2023
2. **Gillen, J.B.** Does sex influence exercise-induced improvements in glucose metabolism and insulin sensitivity? American Physiology Summit, Long Beach, CA, United States, April 22, 2023.
3. **Gillen, J.B.** Low-volume high-intensity interval training and skeletal muscle insulin sensitivity. International Biochemistry of Exercise Conference (IBEC). Toronto, ON, Canada, May 25, 2022.
4. **Gillen, J.B.** Time-efficient interval training to improve health and fitness. Experimental Biology (EB) Annual Meeting, Indianapolis, IN, April 29, 2021 [Virtual due to COVID-19]
5. **Gillen, J.B.** High intensity interval training: Benefits and practical recommendations. The Obesity Society's Obesity Week, Las Vegas, United States, Nov 5, 2019.

## SELECT PEER-REVIEWED PUBLICATIONS

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**NOTE:** trainees are underlined; asterisk (\*) indicates corresponding author.

1. Islam, H., **Gillen, J.B.\*** (2023) Skeletal muscle mechanisms contributing to improved glycemic control following intense interval exercise and training. *Sports Medicine and Health Science*, 5(1): 20-28 doi: 10.1016/j.smhs.2023.01.002
2. Estafanos, S., Friesen, B., Govette, A., **Gillen, J.B.\***. (2022) Carbohydrate-energy replacement following high-intensity interval exercise blunts next-day glycemic control in untrained women. *Front Nutr*, 9: 868511
3. Skelly, L.E., Bailleul, C., **Gillen, J.B.\*** (2021) Physiological responses to low-volume interval training in women (2021). *Sports Med Open*, 7(1):99. doi: 10.1186/s40798-021-00390-y.
4. **Gillen, J.B.\***, Estafanos, S., Govette, A. (2021). Exercise-nutrient interactions for improved glycemic control and insulin sensitivity. *Appl Physiol Nutr Metab* 46(8): 856-65. [Invited review for 2020 CNS-APNM Award for Nutrition Translation].
5. Skelly, L.E., **Gillen, J.B.**, Frankish, B.P., MacInnis, M.J., Godkin, F.E., Tarnopolsky, M.A., Murphy, R.M., Gibala, M.J. (2021) Human skeletal muscle fiber type-specific responses to sprint interval and moderate-intensity continuous exercise: acute and training-induced changes. *J Appl Physiol*, doi: 10.1152/jappphysiol.00862.2020, Online ahead of print.
6. **Gillen, J.B.\*** (2020) Commentaries on Point:Counterpoint: Investigators should/should not control for menstrual cycle phase when performing studies of vascular control. *J Appl Physiol*, 129: 1131-2. [Invited commentary]
7. **Gillen J.B.\***, Estafanos S., Williamson E., Hodson N., Malowany J.M., Kumbhare D.A., Moore, D.R. (2021) Interrupting prolonged sitting with repeated chair stands or short walks reduces postprandial insulinemia in healthy adults. *J Appl Physiol*, 130(1): 104-113.
8. Skelly, L.E., **Gillen, J.B.\***. (2018) Finding the metabolic stress “sweet spot”: Implications for sprint interval training-induced muscle remodeling. *J Physiol*, 596(19): 4573-74
9. **Gillen, J.B.**, Martin, B.J., MacInnis, M.J., Skelly, L.E., Tarnopolsky, M.A., Gibala, M.J. (2016) Twelve weeks of sprint interval training improves cardiometabolic health similar to traditional endurance training despite a five-fold lower exercise volume. *PLoS One*. 11(4): e0154075.
10. **Gillen, J.B.**, Percival, M.E., Ludzki, A., Tarnopolsky, M.A., Gibala, M.J. (2013) Interval training in the fed or fasted state improves body composition and muscle oxidative capacity in overweight women. *Obesity*. 21: 2249-2255.