

**Brett Romano Ely**  
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Education:

**University of Oregon** PhD, Human Physiology  
**James Madison University** M.S., Nutrition and Exercise Physiology  
**James Madison University** B.S., Dietetics

Positions and Employment:

2023-Present Assistant Professor, **Providence College**  
Dept of Health Science, Providence, RI

2018-2023 Assistant Professor, **Salem State University**  
Dept of Sport & Movement Science, Salem, MA

2012-2018 Graduate Employee, **University of Oregon**  
Dept of Human Physiology, Eugene, OR

2006-2012 Research Technician & Coordinator, **USARIEM**  
Thermal and Mountain Medicine Division, Natick, MA

Select Publications:

Larson EA, **Ely BR**, Brunt VE, Francisco MA, Harris SM, Halliwill JR and Minson CT. Brachial and carotid hemodynamic response to hot water immersion in men and women. *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*, 321(6):R823-R832, 2021.

**Ely BR**, Ely MR. Running in the heat: Performance consequences and strategies to prepare for hot-weather racing. *Strength and Conditioning Journal*. 42(1):90-96, 2020.

**Ely BR**, Francisco MA, Halliwill JR, Bryan SD, Comrada LN, Larson EA, Brunt VE, Minson CT. Heat therapy reduces sympathetic activity and improves cardiovascular risk profile in obese women with polycystic ovary syndrome. *American Journal of Physiology-Regulatory, Integrative, and Comparative Physiology*. 317(5): R30-R640, 2019.

**Ely BR**, Clayton ZS, McMurdy CE, Pfeiffer J, Wiedenfeld Needham K, Comrada LN, Minson CT. Heat therapy improves glucose tolerance and adipose tissue insulin signaling in obese women with polycystic ovary syndrome. *American Journal of Physiology-Endocrinology & Metabolism*. 2317(1): E172-E182, 2019.

**Ely BR**, Blanchard LA, Steele JR, Francisco MA, Chevront SN, Minson CT. Physiological responses to over-dressing and exercise-heat stress in trained runners. *Medicine and Science in Sports and Exercise* 50(6):1285-1296, 2018.

**Ely BR**, Clayton ZS, McCurdy CE, Pfeiffer J, Minson CT. Meta-inflammation and cardiometabolic disease in obesity: Can heat therapy help? *Temperature* 4:1-13, 2017.

Brunt VE, Jeckell AT, **Ely BR**, Howard MJ, Thijssen DH, Minson CT. Acute hot water immersion is protective against impaired vascular function following forearm ischemia-reperfusion in young healthy humans. *American Journal of Physiology: Regulatory, Integrative, and Comparative Physiology* 311(6): R1060-R1067, 2016.

Brunt VE, Howard MJ, Francisco MA, **Ely BR**, Minson CT. Passive heat therapy improves endothelial function, arterial stiffness and blood pressure in sedentary humans. *Journal of Physiology* 594(18):5329-42, 2016.

**Ely BR**, Lovering AT, Horowitz M, Minson CT. Heat acclimation and cross tolerance to hypoxia: bridging the gap between cellular and systemic responses. *Temperature* 1(2): 107-114, 2014.

Cheuvront SN, Fraser CG, Kenefick RW, **Ely BR**, Sawka MN. Reference change values for monitoring dehydration. *Clinical Chemistry & Laboratory Medicine*. 49(6):1033-1037, 2011.

**Ely BR**, Ely MR, Cheuvront SN. Marginal effects of a large caffeine dose on heat balance during exercise-heat stress. *International Journal of Sports Nutrition & Exercise Metabolism*, 21(1): 65-70, 2011.

Cheuvront SN, **Ely BR**, Kenefick RW, Sawka MN. Biological variation and diagnostic accuracy of dehydration assessment markers. *American Journal of Clinical Nutrition* 92:565-573, 2010.

**Ely BR**, Cheuvront SN. Efficacy of nutritional ergogenic aids in hot environments. *Current Topics in Nutraceutical Research* 8(1): 1-6, 2010.

Kenefick RW, Cheuvront SN, Palombo LJ, **Ely BR**, Sawka MN. Skin temperature modifies the impact of hypohydration on aerobic performance. *Journal of Applied Physiology* 109: 79-86, 2010.

**Ely BR**, Cheuvront SN, Kenefick RW, Sawka MN. Aerobic performance is degraded, despite modest hyperthermia, in hot environments. *Medicine & Science in Sports & exercise*, 42: 135-141, 2010.

**Ely BR**, Ely MR, Cheuvront SN, Kenefick RW, DeGroot DW, Montain SJ. Evidence against a 40°C core temperature threshold for fatigue in humans. *Journal of Applied Physiology*, 107: 1519-1525, 2009

Kenefick RW, **Ely BR**, Cheuvront SN, Palombo LJ, Goodman DA, Sawka MN. Prior heat stress: impact on subsequent aerobic exercise performance. *Medicine & Science in Sports & Exercise*, 41(6): 1311-1316, 2009

#### Awards & Honors:

2021 New England ACSM New Investigator award  
2019 New England ACSM undergraduate student research award (faculty advisor)  
2018 American Physiological Society Environmental and Exercise Physiology Nike Loren G. Myhre Predoctoral Research Award  
2017 PhD Research Award, ACSM Environmental and Occupational Physiology Interest Group  
2017 Moshberger Graduate Scholarship, University of Oregon Dept of Human Physiology  
2017 Gail E. Butterfield Nutrition Travel award, American College of Sports Medicine (ACSM)  
2017 President's Cup for best graduate student research, ACSM Northwest Chapter  
2017 Joint Undergraduate Mentorship Program (JUMP) mentorship award  
2016 Moshberger Graduate Scholarship, University of Oregon Dept of Human Physiology  
2015-2017 Eugene & Clarissa Evonuk Memorial Fellowship  
2015-2017 American Heart Association Predoctoral Fellowship

#### Personal:

- Four time U.S. Olympic Trials qualifier (Women's marathon; 2004-2016)
- Represented United States in 2011 Pan American Games Marathon