

SCIENCE
INFLUENCERS

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Understanding and Promoting Healthy Weight Loss Through a Behavioral Lens



About Me!

I am a proud first-generation Aggie born and raised in Pawtucket, Rhode Island. Currently, I am a senior pursuing a Bachelor of Science in Kinesiology, with a focus in Exercise Science. During my time at A&M, I have interned for Texas A&M Athletics, directed a Women's Wellness Class, and set records on the Aggie Powerlifting Team! I enjoy my summers back home coaching young athletes, volunteering with the Newport Folk festival, and spending time by the Atlantic Ocean. I am fulfilled through selfless service, curiosity, and community, so upon graduation, I hope to find a career that supports such passions.



Internship Details



1 Location

Providence, Rhode Island

2 Organization

Brown University Health's Weight Control and Diabetes Research Center

3 Supervisor

Jessica Unick, Ph.D.
Associate Professor of Psychiatry and Human Behavior (Research) Brown Medical School

PATH & ELEVATE

During my 10-week internship, I was placed on the **ELEVATE** and **PATH** trial teams.

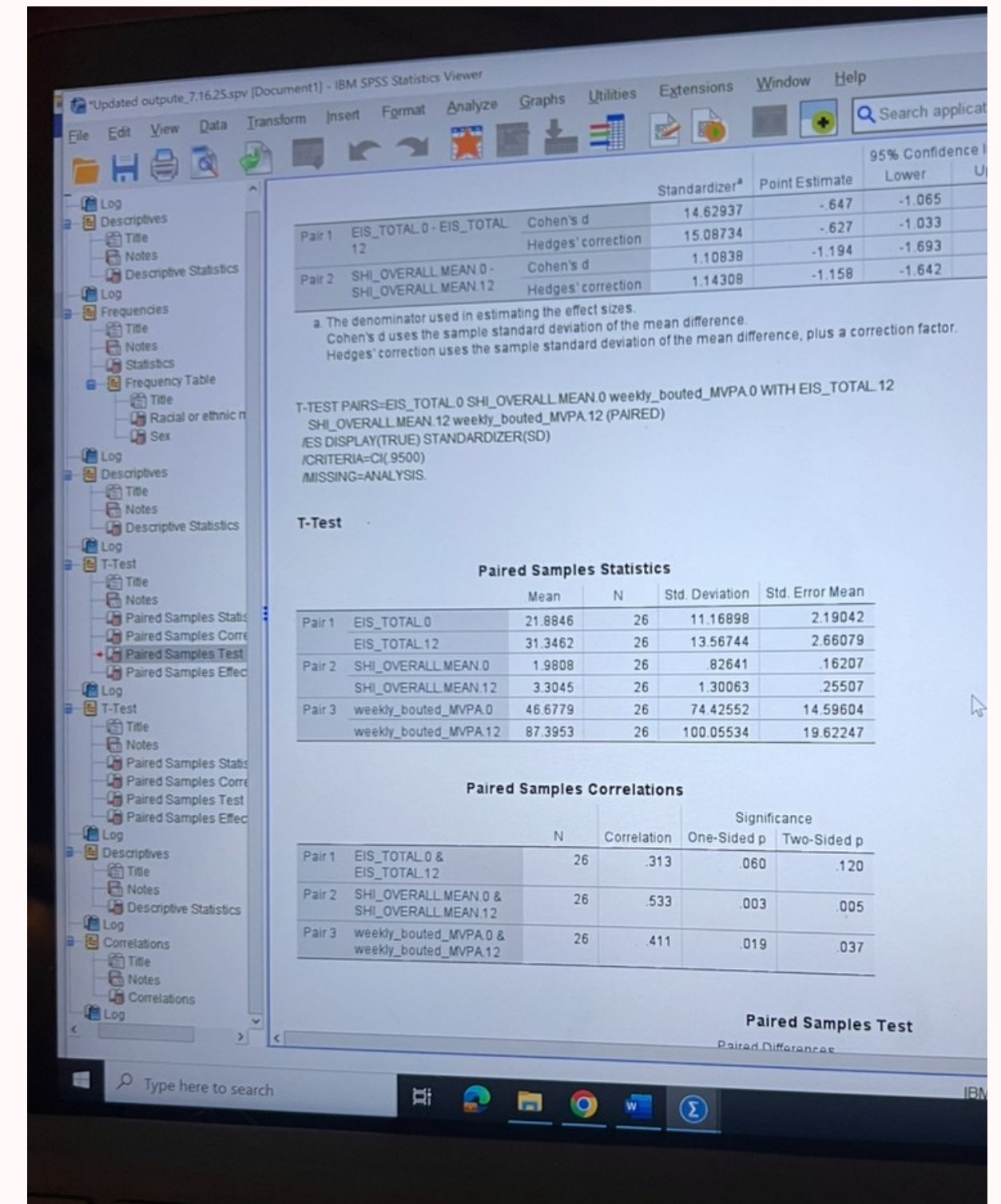
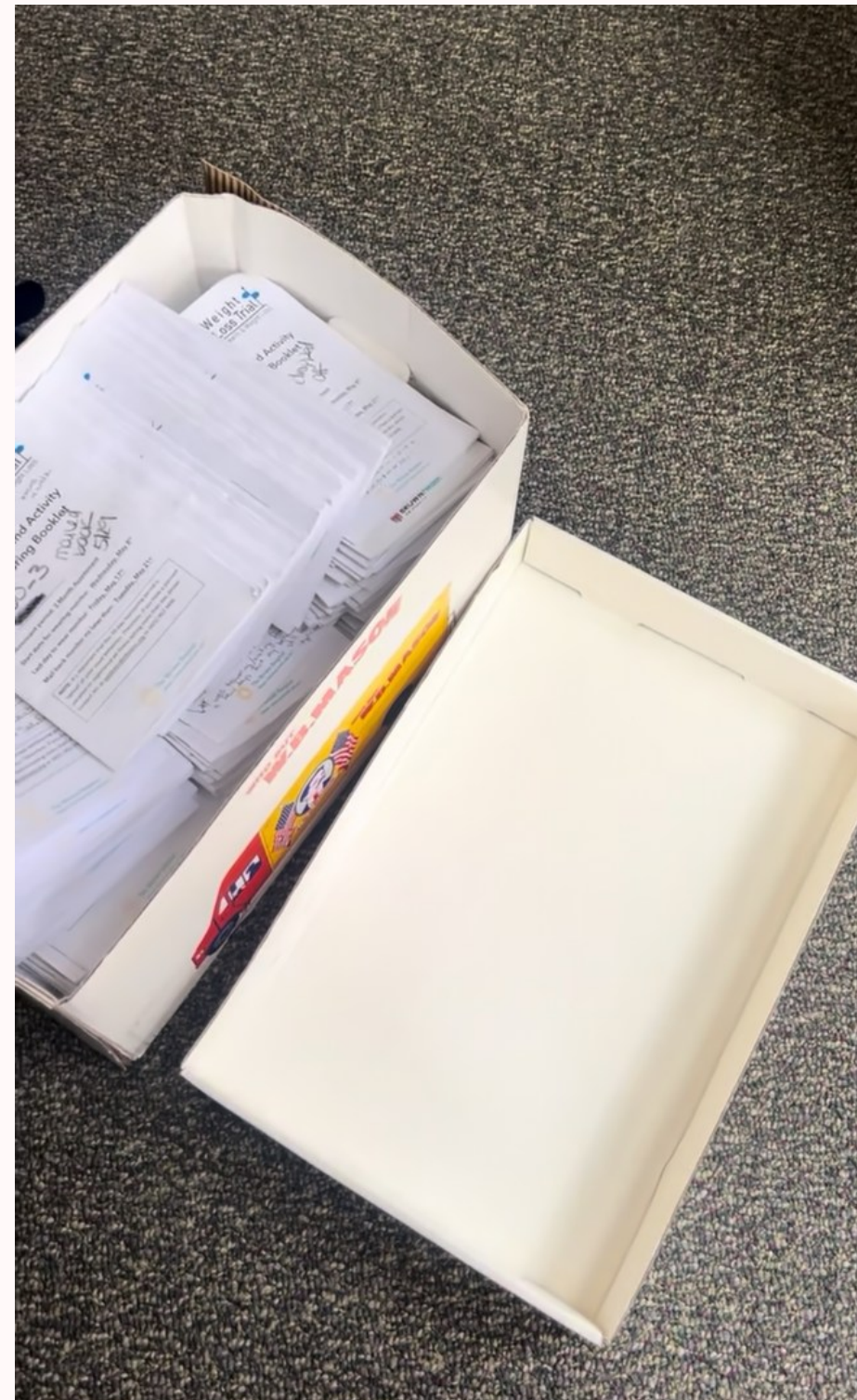
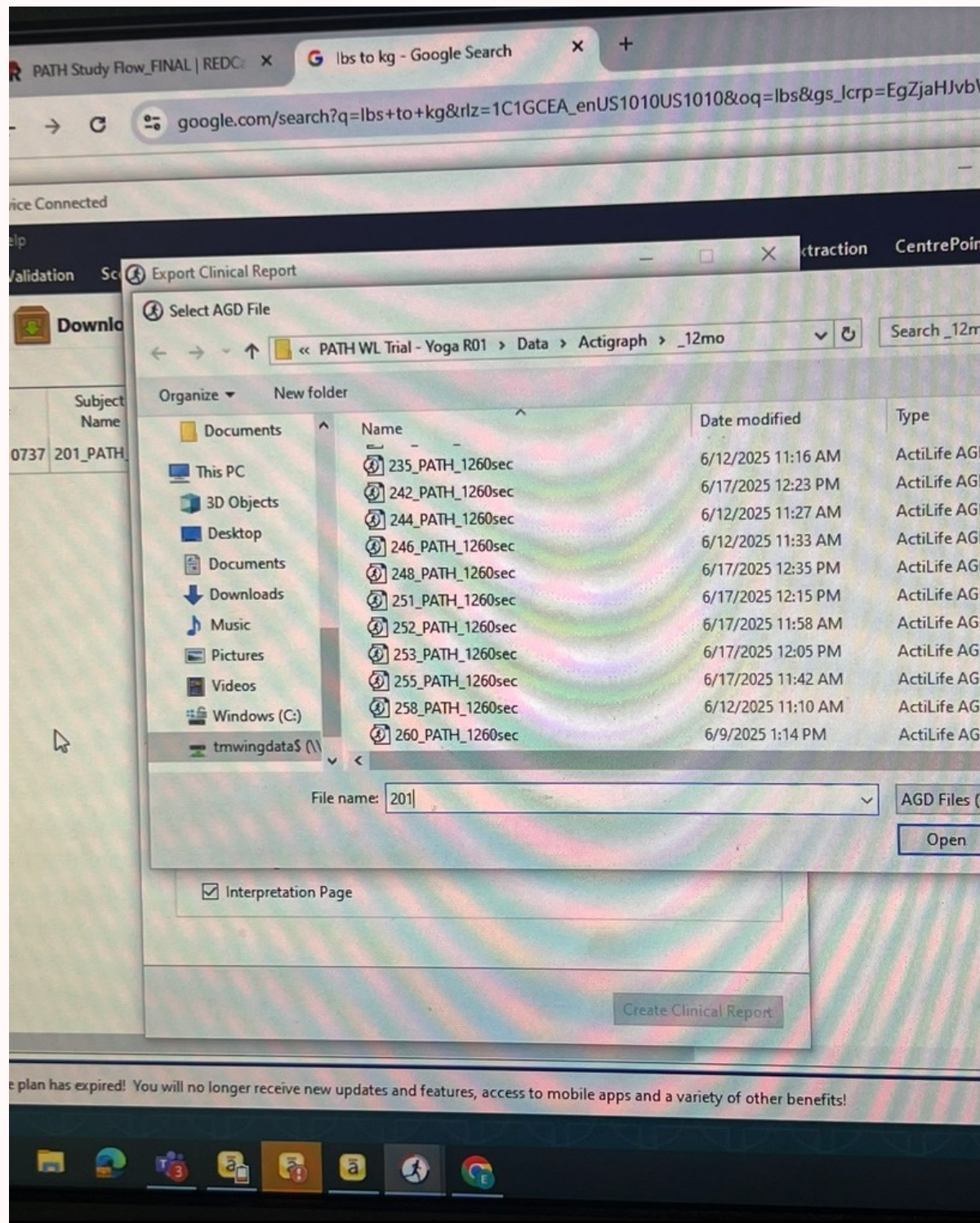
The objective of the **ELEVATE** trial was to compare an automated online program with a group-based video conference program for weight loss, in addition to assessing how **individualized coaching** may affect the participants.

The objective of the **PATH** trial was to discover whether the addition of **online yoga classes**, compared to health and wellness classes, would improve desired outcomes in individuals participating in the online weight loss program.

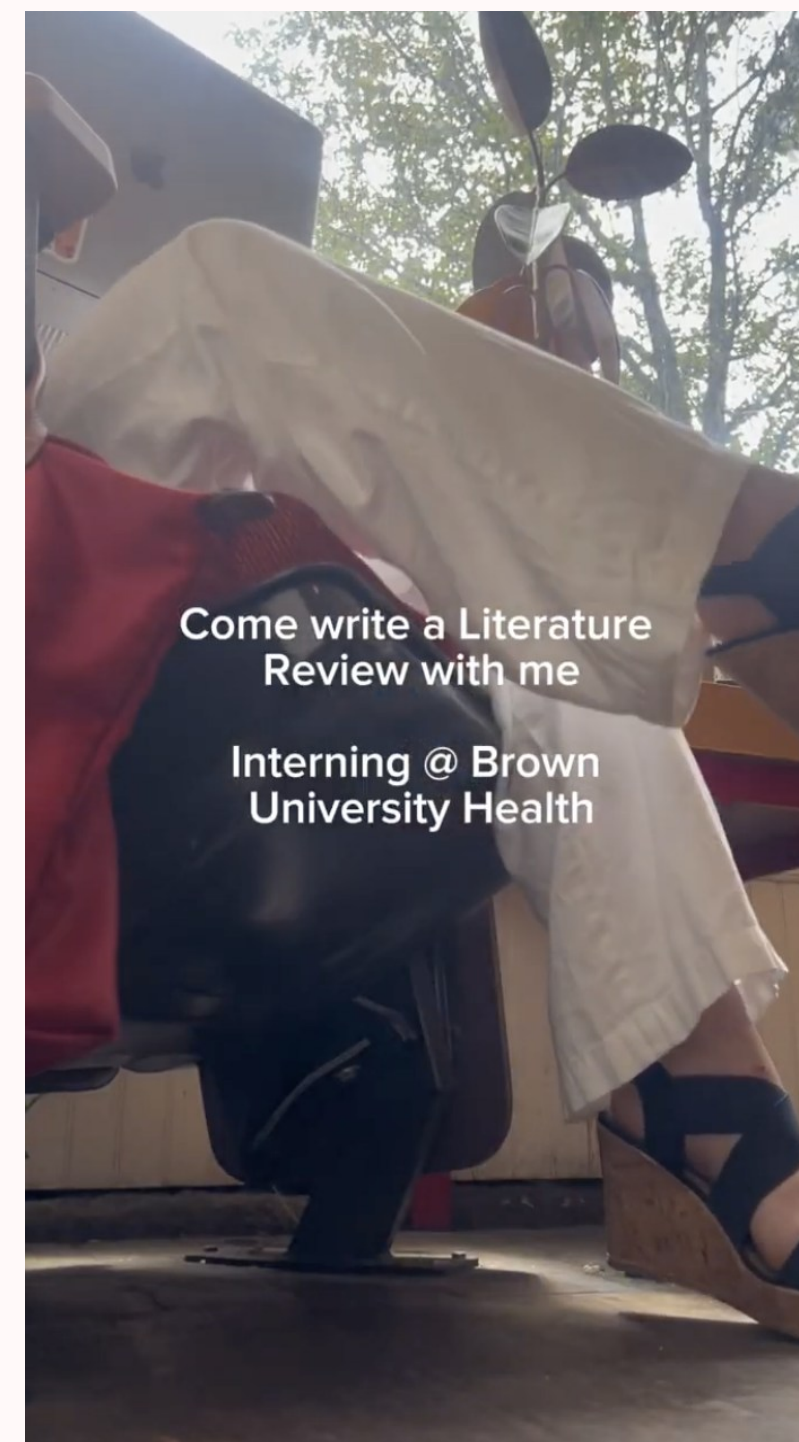
On these teams, I was tasked with **data entry, automating and updating participant reports, ad design and creation, recruitment research, and video revision.**



Data



Internship Vlogs



Study Communication



MOSTENERGIZED!

Are you looking to be more physically active?

If you are at least 1 year out from knee replacement, you may be eligible for our online physical activity study!



BROWNHealth
UNIVERSITY



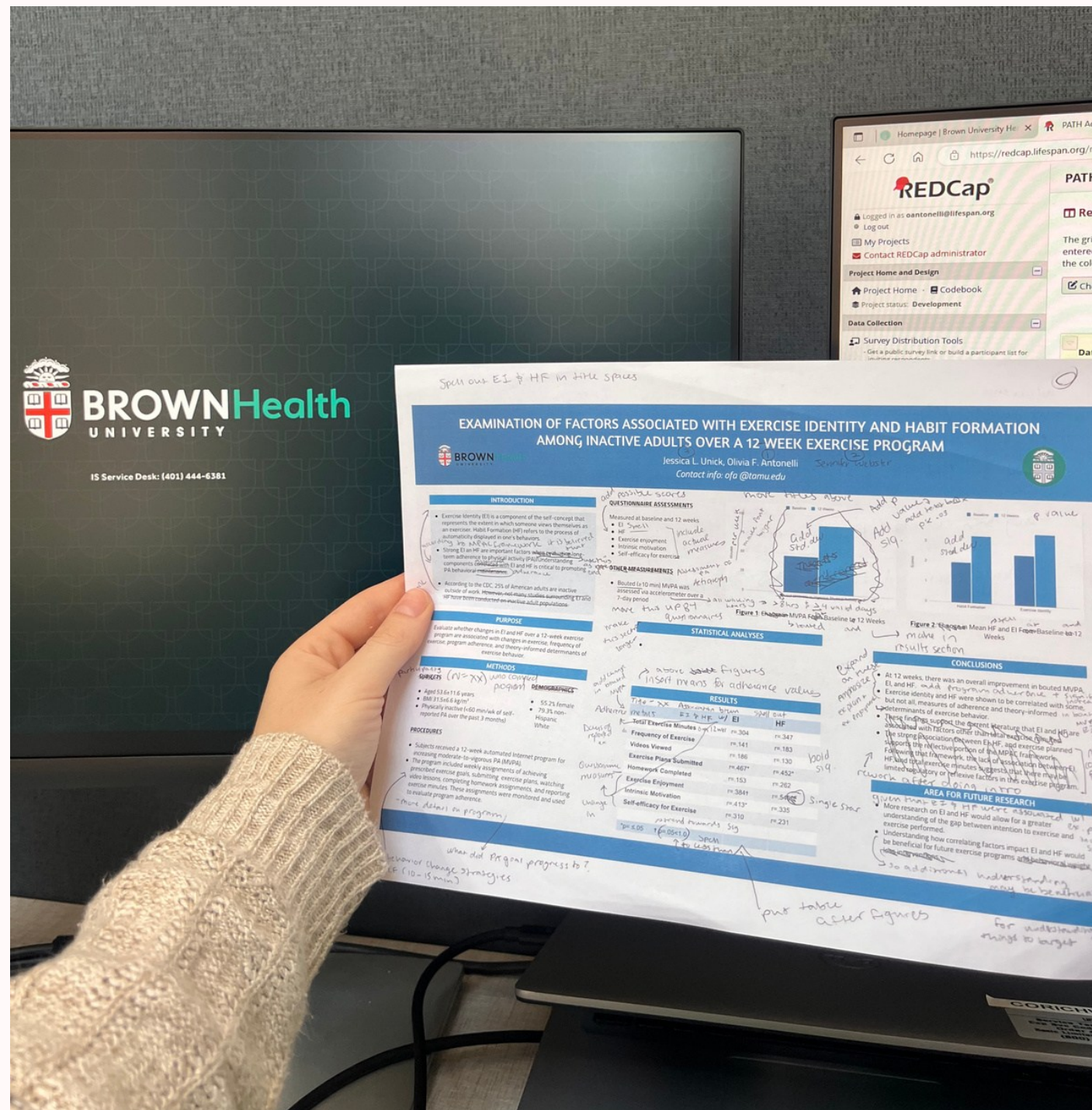
**Arnold School of
Public Health**
UNIVERSITY OF SOUTH CAROLINA



Personal Projects

Examination of Factors Associated With Exercise Identity and Habit Formation Among Inactive Adults Over a 12-Week Exercise Program

After discussing the research question and completing a smaller literature review, Dr Unick and I began meeting weekly to work on a written abstract as well as a poster presentation for the 2026 TACSM Conference! I also worked on a strength program to be used in future studies, in addition to some infographics for Science Influencer outreach.





Strength Program

Strength Training Program

File Edit View Insert Format Tools Extensions Zotero Help

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B I U A

100%

Normal text

Arial

1 2 3 4 5 6 7

Document tabs

Final Program

Hamstrings, Glutes

Chest, Triceps

Quads, Glutes

Shoulders, Triceps

Back, Biceps

Original Program

Day One

Day Two

Day Three

Introduction

Welcome to your strength training program! Strength training is a style of exercise that uses resistance, such as free weights, cables, machines, or even your own body weight, to make your muscles work harder than they're used to. Strength training is important because it builds muscle, improves joint health, and strengthens bones. Strength training is a great addition to any weight-loss program to ensure the priority of overall health!

The purpose of this program is to help you maintain as much muscle as possible while losing weight, as well as build a strong foundation for physical activity.

Getting Started

This program includes three days of strength training, performing the same set of exercises each time you step into the gym. These workouts were created to be done in 45 45-minute to an hour timeframe, with a full body emphasis. It is recommended that there is at least a 24-hour rest period between sessions.

The Importance of Warming Up

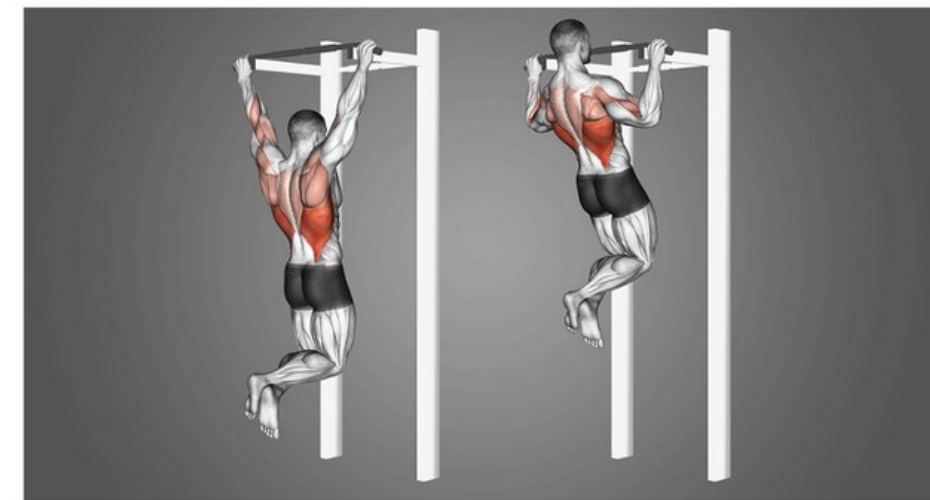
Why is it so important to warm up before lifting? First and foremost, warming up helps prevent injury. By increasing blood flow, activating the central nervous system, and lubricating the joints, your body becomes more prepared to take on heavy weight and unfamiliar movement patterns. Warming up is like preheating the oven; you don't want to skip it! Try this simple full-body warm-up routine:

Warmup (about 10 minutes)

Back, Biceps

Machine or other (options provided due to equipment availability and varying levels of difficulty)

Pullups (Advanced)



T-bar row machine (Intermediate)



Science Communication

Macronutrients: Fats!

FAT

Fats are essential components of the cell's structure! Fats also provide us with insulation and aid with satiety.

All About Fat

- It is one of the **macronutrients**—nutrients we need in larger amounts.
- There are saturated, unsaturated, monounsaturated, polyunsaturated fats, and trans fats.
- Dietary fat and adipose tissue are not the same thing!



Roles of Fat in the Body



Absorption of fat soluble vitamins



Hormone production and regulation



Brain development



Rough dry skin



Poor Sleep



Joint pain

Effects of Fat Deficiency

Sources of Fats



Avocados



Olive Oil



Butter



Peanut Butter



Cheese



Chia Seeds

Macronutrients: Protein!

PROTEIN

Protein is essential for our body's growth, repair and overall health. Proteins are involved in almost all bodily processes!

All About Protein

- It is one of the **macronutrients**—nutrients we need in larger amounts.
- It is made up of building blocks called **amino acids**.
- Essential amino acids come from the food we eat.



Roles of Protein in the Body



Helps repair and build tissues



Strengthen immune system



Moves essential molecules around the body



Enzyme and hormone production



Effects of Protein Deficiency



Muscle weakness



Weakened immune system



Stunted growth



Brittle hair and nails

Sources of Protein



Legumes



Nuts and seeds



Dairy



Egg



Fish



Meat

Macronutrients: Carbs!

CARBOHYDRATE

Carbohydrates are essential for providing the body energy! Carbs also provide us with other nutrients the body needs, such as fiber.

All About Carbs

- It is one of the **macronutrients**—nutrients we need in larger amounts.
- Carbohydrates are broken down into **glucose**, which is the body's main source of energy.
- Carbohydrates are stored as glycogen in muscles



Roles of Carbs in the Body



The body's preferred energy source



Replenish and aid with recovery



Colon health through fiber



Fatigue



Poor Concentration



Constipation

Effects of Carbohydrate Deficiency

Sources of Carbs



Bread



Potatoes



Pasta



Rice



Bananas



Honey



Main Takeaways

Acknowledgements: Thank you to the Science Influencers Program and Drs. Holli Leggette, Gary Wingenbach, and Barbara Gastel. Thank you Dr. Unick and the PATH and ELEVATE teams. I couldn't have done it without you!

My experiences at Brown University Health rewired my idea of what it means to work in research. I enjoyed helping the team and knowing I was contributing to something larger than myself. I also learned that I like working face-to-face with the general population, and love working on recruitment!





Thank you!
Questions?

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