



I am The ROCK

Jeff Lynn

Job: Associate professor of exercise science and rehabilitative sciences. I teach a variety of classes, and I help manage the business of the department. In addition to my official duties, I am excited to spearhead initiatives that have put SRU in the international spotlight for a project called 'Exercise is Medicine.'

Joined SRU: August 2003.

Background: After graduating from Salem High School in Ohio, I spent 10 years studying and working as a financial engineer and pension fund manager. I became disillusioned with the finance industry and returned to school to earn a doctorate in exercise physiology from Kent State University. I spent two years doing research at the University of Colorado Medical School before coming to SRU.

Interests: I run for fun. Two weeks ago I ran a 50-mile race, which was my fifth ultra-marathon. I have also run 29 marathons (26.2 miles). I enjoy spending time outdoors with trees, rocks, trails and my wildlife friends. My pleasure reading is usually philosophy, as I've always seen myself as an amateur philosopher.

Person I would most like to have dinner with:
Ralph Waldo Emerson.

Why I work at The Rock: My experience at SRU has been one of opportunities and encouragement. Whenever I have wanted to embark on any initiative, I have been met with enthusiastic support from both the administration and my colleagues. In a very real way, I am 'livin' the dream.'

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