



Summary

Ralph is an exercise physiologist with post-graduate qualifications in the areas of heart disease and public health. He also has industry experience working in rehabilitation, the local government sector and in research management. Ralph began his PhD candidature (full-time) at the ACBRD in February 2018. His research interests are in type 2 diabetes and weight management, investigating the association of personality and the ability to modify unhealthy lifestyle behaviours.

Peer-reviewed publications

- Patterson JA, Selig SE, Toia D, **Geerling RH**, Bamroongsuk V and Hare DL. Comparing methods for prescribing exercise for individuals with chronic heart failure. *Journal of Exercise Physiology*. 2005; 8:4
- Williams, AD, Selig, SE, Hare, DL, Hayes, A, Krum, H, Patterson, J, **Geerling RH**, Toia, D and Carey, MF. Reduced exercise tolerance in chronic heart failure may be related to factors other than impaired skeletal muscle oxidative capacity. *Journal of Cardiac Failure*, 2004; 10(2): 141-48
- Selig SE, Carey MF, Menzies DG, Patterson J, **Geerling RH**, Williams AD, Bamroongsuk V, Toia D, Krum H, Hare DL. Moderate-intensity resistance exercise training in patients with chronic heart failure improves strength, endurance, heart rate variability and forearm blood flow. *Journal of Cardiac Failure*, 2004; 10(1): 21-30
- Selig SE, Carey MF, Menzies DG, Patterson J, **Geerling RH**, Williams AD, Bamroongsuk V, Toia D, Krum H and Hare DL. Reliability of isokinetic strength and aerobic power testing for patients with chronic heart failure. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 2002; 22(4): 282-9

Peer-reviewed publications

Weight Management Challenges and Strategies in Adults with Type 2 Diabetes.