



# **Dana Ryan, Ph.D., M.A**

## **Senior Manager, Sports Performance and Education**

### **United States**

Dana Ryan, Ph.D., is responsible for helping establish Herbalife as a global leader in sports nutrition. Her primary focus is supporting Herbalife-sponsored athletes around the world by developing nutrition and sports performance programs, as well as designing and managing sports clinical trials. Dr. Ryan has worked with members of the LA Galaxy, Flamengo, Pumas, Barcelona FC and Liga in Ecuador, Football Players training for the NFL Combine and others in support of their nutrition programs.

Before joining Herbalife, Ryan taught exercise physiology and related courses at Cal State Los Angeles, and concurrently conducted research at UCLA on the impact of community-based nutrition and physical activity programs on heart disease risk. Ryan completed her Ph.D. in physical activity, nutrition and wellness at Arizona State, where she studied the impact of Vitamin D supplementation on endothelial function, inflammation and VO2max in older adults. She also holds a Master's degree in kinesiology and a certificate in nutrition for optimal health, wellness and performance.

She is a passionate athlete, was the coxswain for the University of Washington Division 1 crew team as an undergraduate, and then went on to coach High School rowing in San Diego and Arizona for eight years.