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Melissa J. Benton, PhD, RN, FACS is currently an Associate Professor in the Beth-El College of Nursing and Health Sciences at the University of Colorado at Colorado Springs. She has been a member of ACSM since 2004 and a Fellow since 2010. Her activities as a member of ACSM include participation in the Strategic Health Initiative on Aging as well as the Aging Interest Group, of which she is a past co-Chair. Prior to relocating to Colorado in 2013, she was a member of the Southeast Chapter of ACSM. Dr. Benton received her MSN from the School of Nursing at California State University Dominguez Hills in 1994, and her PhD from the Department of Exercise and Wellness at Arizona State University in 2006. She is certified as a Clinical Nurse Specialist in Gerontological Nursing and her clinical practice has been in the areas of physical rehabilitation, aging, and chronic disease. Dr. Benton's primary research focus is evaluation of the clinical applications of resistance exercise in healthy and chronically ill middle-aged and older adults. She has a particular interest in women's health, with middle-aged women being her population of choice. Her outcomes of interest include lean mass and body composition, strength, function, energy expenditure and quality of life. Dr. Benton regularly presents her research at ACSM national and regional conferences in collaboration with colleagues from both Nursing and Exercise Science. One of her goals as a member of ACSM is to increase nursing's visibility within the organization. She hopes to achieve this by fostering graduate and undergraduate nursing student awareness of exercise and physical activity as health promotion interventions and encouraging participation in ACSM at both the regional and national levels.