

# Judy Staveley

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A Professor and a triathlete who teaches at several colleges in the Maryland area. She is currently the CEO of The Platform Magazine. She serves as a spokeswoman and advocate for several biological, health medicine and forensic science organizations. Additionally, as a triathlete, and National Health/Fitness Specialist she assists in several community programs to initiative “health in youth sports” and is part of the USA Swimming, USA hockey and USAT organizations. Judy Staveley was born in San Antonio, Texas and currently resides in Maryland.

Her education was completed at the University of Alaska Anchorage (pre-med curriculum). She graduated with honors, leadership honors along with the honor Society Tribeta. A Bachelor of Science in Biological Sciences with research focused on toxicology was awarded to Staveley. Staveley pursued her dream of becoming a Forensic Scientist, by enrolling and completing a Masters of Science degree in Forensic Science specializing in DNA and Serology at the medical school of University of Florida – Gainesville School of Pharmacy. She continued with schooling and pursued a second Masters degree in Biological Sciences and Emerging Diseases. Finally she completed her doctoral in Health Psychology and continued to pursue her career in teaching Biological Sciences and Health Psychology.

While mentoring athletes at the University of Alaska Anchorage, she took up marathons, cycling, triathlons and swimming along with other sports. She started to compete in triathlons in the year of 2004. She completed her first triathlon in 2004 with team in training, combining sport and charity for the first time. She continues to compete in multisport events, marathons, and ultramarathons.

Staveley achieved her childhood dreams when she won the Chancellors AWARD for teaching at the University level. This award was given by the students of the University of Alaska Anchorage and was considered to be a heart filled achievement. This achievement led her to pursue a Ph.D. in Health Psychology. Professor Staveley is a highly regarded speaker in health and wellness. Topics range from motivating athletes in health activities and sciences. Her Focus is to continue to promote the biological and psychological aspects of health and promote healthier lifestyles. Staveley has been featured in numerous media articles, presentations and television appearances. She remains active in her athletic and charitable pursuits and raises money for cancer, autism, and many other charitable nonprofit organizations to help support families in need.