Cara L. Sidman is an Associate Professor in the School of Health and Applied Human Sciences at the University of North Carolina Wilmington. She has been developing curriculum, coordinating, and/or teaching university studies physical activity and lifetime wellness courses in online, hybrid, and face-to-face formats for over 12 years. She earned her Bachelor’s degree in Physical Education and Health from UNCW, her Master’s in Exercise Science from Appalachian State University, and her PhD in Curriculum and Instruction (Exercise and Wellness) from Arizona State University. Dr. Sidman’s scholarship includes the study and promotion of the multidimensional approach to behavior change and balance among all wellness dimensions (i.e., spiritual, emotional, social, intellectual, and physical). Her research focus has been on mindfulness, exercise self-efficacy, intrinsic motivation, and perceived wellness among college students, the comparison of online, hybrid, and face-to-face course delivery formats, and promoting physical activity and healthy eating behaviors.