

Program Agenda

**-INFORMATION UPDATED REGULARLY-
AGENDA SUBJECT TO CHANGE**

THURSDAY | MAY 3, 2018

5:00 - 8:00
PM

Registration Open

FRIDAY | MAY 4, 2018

8:00 - 8:10
AM

Opening Remarks

Stella Volpe, PhD, RD, LDN, FACSM

Symposium Chair

8:10 - 9:10
AM

Keynote Speaker

[All About Altitude](#)

Robert Roach, PhD

9:15 -
10:15 AM

Sponsored Session by GOED: Global Organization for EPA and DHA

[Emerging Research on Omega-3's and Brain Health: For The Athlete and For
Everyday Health](#)

Michael Lewis, MD, MPH, MBA, FACPM, FACN

10:20 -
10:45 AM

Coffee Break

10:50 -
11:50 AM

Unopposed Session

[Making Clinical Sense of Needless Controversies: Updates to Microbiome,
Dietary Fat and High Blood Pressure](#)

Harold Edward Bays, MD, FOMA, FTOS, FACC, FACE, FNLA

<p>11:55 AM- 3:30 PM</p>	<p align="center">Activity Break, Workshop or Leisure Time at Keystone</p> <p align="center"><u>Click here for a list of available activities.</u></p> <p align="center">Workshop (Separate Registration Required)</p> <p><u>No Kitchen? No Problem! Planning and Preparing Foods for Outdoor Adventures</u></p> <p align="center">Aaron Owens Mayhew, MS, RDN, CD Kentz Willis, MS Ingrid Skoog, MS, RD, CSSD</p> <p align="center">Only 40 Spots Available - <u>Click here to register now!</u></p>
<p>3:30 - 3:55 PM</p>	<p align="center">Coffee Break</p>
<p>4:00 - 5:00 PM</p>	<p align="center">Unopposed Session</p> <p><u>The New Runners' High? Possible Linkages Between Cannabis and Exercise Participation and Performance</u></p> <p align="center">Angela D. Bryan, PhD</p>
<p>5:05 -6:05 PM</p>	<p align="center">Concurrent Sessions</p> <p><u>"Breaking through the Trifecta: Obesity, Binge Eating Disorder and Bariatrics"</u> Megan A. Kniskern MS, RD, LD/N, CEDRD-S</p> <p><u>Effect of Nitric Oxide on Exercise Performance, Training Adaptation and Cardiovascular Health</u> John L. Ivy, PhD, FACSM, FNAK Nathan Bryan PhD</p>
<p>6:10 - 7:10 PM</p>	<p align="center">Concurrent Sessions</p> <p><u>The Art and Science of the Non-Diet Approach: Connecting the Mind and Body to Achieve Peak Performance</u> Leslie Schilling, MA, RDN, CSSD, CSCS Rebecca Scritchfield, MA, RDN, EP-C</p>

	<p><u>Nutrition Guidelines for Treating Patients with Familial Chylomicronemia Syndrome</u> Wahida Karmally, DrPH, RD, CDE, CLS, FNLA</p>
7:15 - 9:00 PM	<p>Symposium Opening Reception Sponsored By POM Wonderful</p>
SATURDAY MAY 5, 2018	
8:00 - 9:00 AM	<p>Keynote Speaker <u>Exercise and Bone Health: All It's Cracked Up To Be?</u> Wendy Kohrt, PhD, FACSM</p>
9:05 - 10:05 AM	<p>Sponsored Session by Bell Institute of Health, Nutrition & Food Safety <u>Applying Science to Performance: Engage</u> Leslie Bonci, MS, RD, CSSD</p>
10:10 - 10:35 AM	<p>Coffee Break in Exhibit Hall</p>
10:40 - 11:40 AM	<p>Concurrent Sessions <u>No limits: Is 70 the new 40? Research Update on Nutrition, Aging, and Exercise.</u> Christine Rosenbloom, PhD, RDN, FAND Bob Murray, PhD, ACSM <u>Developing a High School Sports Nutrition Program</u> Brett Singer MS, RD, CSSD, LD Christina Curry, MS, RD, LD</p>
11:45 AM - 3:30 PM	<p>Activity Break, Workshop or Leisure Time at Keystone Workshop (Separate Registration required and will be open soon!) <u>Food On the Go; Any Court, Pool, Field, Slope, Rink, Road, Trail</u> Mary Ellen Kelly, MS, RD, CSSD, LDN Tommy Jensen, MS, RD, CSSD, CISSN, LMNT Jacque Sacramella, MS, RD, CSSD</p>
3:30 - 3:55 PM	<p>Coffee Break in Exhibit Hall</p>
4:00 - 5:00 PM	<p>Sponsored Session: National Cattleman's Beef Association</p>

	<p><u>WISE Choices: Lean Beef's Role in a Higher-Protein Diet for Weight Loss</u> James O. Hill, PhD, FACSM, FTOS</p>
5:05 - 6:05 PM	<p>Concurrent Sessions</p> <p><u>The Benefits of a Wellness Program on the Long-term Health and Performance of Fire Fighters</u> Deanne Allegro MS, RD, LD Henry N. Williford EdD, FACSM, C-EP</p> <p><u>Reclaiming Victory: Guiding an Athlete from an Eating Disorder to a New Relationship with Their Sport and Body</u> Lauren Anton, MS, RD, CPT</p>
6:15 - 8:15 PM	Awards Banquet Dinner and Cinco de Mayo Celebration
8:30 PM	Evening Activities
SUNDAY MAY 6, 2018	
8:00 - 9:00 AM	<p>Keynote Speaker</p> <p><u>The Debate Continues: Should Athletes Supplement with Antioxidants?</u> Scott K. Powers, PhD, FACSM</p>
9:05 - 10:05 AM	<p>Concurrent Sessions</p> <p><u>Sport Rock Climbing: Nutrition and Hydration Considerations for One of the Newest Olympic Events</u> Dr. Lanae Joubert, PhD, RDN, CSSD, CSCS Abigail Larson, PhD, RD, CSSD, CSCS</p> <p><u>The Breakfast Controversy: Is it Really the Most Important Meal of the Day or Another Excuse to Eat Dessert?</u> Lauren Harris-Pincus, MS, RDN</p>
10:10 - 10:25 AM	Short Break
10:25 - 11:25 AM	<p>Unopposed Session</p> <p><u>The Extreme and Unique Practice of Permission, Acceptance, and Social Justice: The Evidence for Health at Every Size Approaches in Nutrition Therapy</u> Julie Duffy Dillon, MS, RD, NCC, LDN, CEDRD</p>

11:30 - 12:30 PM	<p style="text-align: center;">Concurrent Sessions</p> <p style="text-align: center;"><u>A New Paradigm: Filling the Gap in Sports Nutrition Guidance for Active People</u> Asker Jeukendrup, PhD Nanna Meyer, PhD, RD, CSSD, FACSM</p> <p style="text-align: center;"><u>How What We Eat Affects Cognition and May Prevent or Delay Dementia: The Role of the Health Practitioner</u> Lenore Arab, PhD</p>
12:30 - 12:40 PM	<p style="text-align: center;">Closing Remarks</p>