

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

Title: TBA - Altitude Training

Robert Roach, PhD

9:15 - 10:15
AM

TBD

10:20 -
10:45 AM

Coffee Break in Exhibit Hall

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

11:55 AM-
3:30 PM

**Activity Break, Workshop or Leisure Time at Keystone
Workshop (Separate Registration required and will be open soon!)**
No Kitchen? No Problem! Planning and Preparing Foods for Outdoor
Adventures

Aaron Owens Mayhew, MS, RDN, CD
Kentz Willis, MS
Ingrid Skoog, MS, RD, CSSD

3:30 - 4:00
PM

Coffee Break in Exhibit Hall

4:00 - 5:00 PM	<p style="text-align: center;">Unopposed Session</p> <p style="text-align: center;"><u>The New Runners' High? Possible Linkages Between Cannabis and Exercise Participation and Performance</u> Angela D. Bryan, PhD</p>
5:05 - 6:05 PM	<p style="text-align: center;">Concurrent Sessions</p> <p style="text-align: center;"><u>"Breaking through the Trifecta: Obesity, Binge Eating Disorder and Bariatrics"</u> Megan A. Kniskern MS, RD, LD/N, CEDRD-S</p> <p style="text-align: center;"><u>Effect of Nitric Oxide on Exercise Performance, Training Adaptation and Cardiovascular Health</u> John L. Ivy, PhD, FACSM, FNAK Nathan Bryan PhD</p>
6:10 - 7:10 PM	<p style="text-align: center;">Concurrent Sessions</p> <p style="text-align: center;"><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 style="text-align: center;"><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 style="text-align: center;">Symposium Opening Reception</p>
SATURDAY MAY 5, 2018	
8:00 - 9:00 AM	<p style="text-align: center;">Keynote Speaker</p> <p style="text-align: center;"><u>Exercise and Bone Health: All It's Cracked Up To Be?</u> Wendy Kohrt, PhD, FACSM</p>
9:05 - 10:05 AM	<p style="text-align: center;">Sponsored Session by Bell Institute of Health, Nutrition & Food Safety</p> <p style="text-align: center;"><u>Applying Science to Performance: Engage</u> Leslie Bonci, MS, RD, CSSD</p>
10:10 - 10:35 AM	<p style="text-align: center;">Coffee Break in Exhibit Hall</p>

	Concurrent Sessions
10:40 - 11:40 AM	<p><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</p> <p><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 style="text-align: center;">Activity Break, Workshop or Leisure Time at Keystone Workshop (Separate Registration required and will be open soon!)</p> <p><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 - 4:00 PM	Coffee Break in Exhibit Hall
4:00 - 5:00 PM	<p style="text-align: center;">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 style="text-align: center;">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	Keynote Speaker

	<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	<p>Short Break</p>
10:30 - 11:30 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>
11:35 AM - 12:35 PM	<p>Concurrent Sessions</p> <p><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><u>How What We Eat Affects Cognition and May Prevent or Delay Dementia: The Role of the Health Practitioner</u> Lenore Arab, PhD</p>
12:40 - 12:50 PM	<p>Closing Remarks</p>