



ASPIRES NUTRITION

March 3, 2023

 1:00PM - 2:15PM EST | 10:00AM - 11:15PM PST | 12:00PM - 1:15PM CST



Presenter:
Alisa Herriman

Lifestyle Nutrition

Developing Your Own Nutrition and Lifestyle Plan

Session #1000



Presenter:
Benjamin Siong

Functional Nutrition

The Science Behind Effective Fat Loss

Session #1001

 2:30PM - 3:30PM EST | 11:30AM - 12:30PM PST | 1:30PM - 2:30PM CST



Presenter: **Robert Wilson-Smith**

Lifestyle Nutrition | Functional

GENERAL SESSION: DIY Hydration Drinks, Power Bars, Protein Smoothies and Energy Drinks

Session #1002

 3:45PM-5:00PM EST | 12:45PM - 2:00PM PST | 2:45PM - 4:00PM CST



Presenter:
**Parvin Zarrin
Ph.D.**

Lifestyle Nutrition

**A Holistic and Nutritional Approach to
Thyroid Health**

Session #1003



Presenter:
Josh Gitalis

Functional Nutrition

**Why Balancing Blood Sugar is the Key
to Longevity**

Session #1004



ASPIRES NUTRITION

March 4, 2023

 10:00AM - 11:15AM EST | 7:00AM - 8:15AM PST | 9:00AM - 10:15AM CST



Presenter:
Eric Williamson

Sports Nutrition

Sex-differences in physiology and metabolism: When should this influence nutrition for active females?

Session #1010



Presenter:
Bridget Fauteux

Mind-Food Connection

Undoing Diet Mentality for Fitness Professionals

Session #1001

 11:30AM - 12:45PM EST | 8:30AM - 9:45AM PST | 10:30AM - 11:45AM CST



Presenter:
Ashley Leone

Sports Nutrition

How to Use Nutrients to Support Sports Injury Recovery

Session #1012



Presenter:
Christie Noua

Mind-Food Connection

Emotional Eating: Making Peace with Ourselves and Food

Session #1013

 1:15PM-2:30PM EST | 10:15PM - 11:30PM PST | 12:15PM - 1:30PM CST



Facilitated by:
Funk Roberts with Ashley Leone, Eric Williamson, Aja Gyimah, Terence Boateng

Sports Nutrition | Mind-Food Connection

Nutrition for Optimizing Athletic Performance

Session #1014