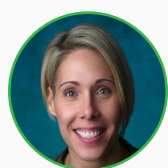




# ASPIRES NUTRITION

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 - 11:15PM 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*