



A
NUTRITION & FOOD TIMING

B
MYTHS & MISCONCEPTIONS

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| SA1 | 10:00am-11:00am EDT 9:00am-10:00am CDT 7:00am-8:00am PDT | Fuel for Performance <i>Howard</i> | Feasting & Fasting? <i>Layne</i> |
| SA2 | 11:15am-12:15pm EDT 10:15am- 11:15am CDT 8:15am-9:15am PDT | Micronutrients Broken Down <i>Howard</i> | Diet Myths & Misconceptions <i>Bryce</i> |
| SA3 | 12:30pm-1:30pm EDT 11:30am-12:30pm CDT 9:30am-10:30am PDT | Functional Foods for a Fantastic You <i>Fearheiley</i> | Metabolism 101: Nourish to Flourish Panel <i>Kooperman, Layne, Digsby & Bryce</i> |
| LUNCH: 1:30pm-2:00pm EDT, 12:30pm-1:00pm CDT, 10:30am-11:00am PDT | | | |
| SA4 | 2:00pm - 3:00pm EDT 1:00pm - 2:00pm CDT 11:00am - 12:00pm PDT | Mealtime Makeover for Effortless Weight Loss <i>Seti</i> | Low Insulin Diet - How Hormones Affect Weight Loss <i>Foe</i> |
| SA5 | 3:15pm- 4:15pm EDT 2:15pm - 3:15pm CDT 12:15pm - 1:15pm PDT | Getting Clients Lean Healthfully <i>Digsby</i> | Diet vs. Exercise: Food Choices Always Win <i>Fearheiley</i> |
| SA6 | 4:30pm - 5:30pm EDT 3:30pm - 4:30pm CDT 1:30pm - 2:30pm PDT | Nutrition Math - Calories, Grams & Size, Oh My! <i>Toole</i> | Intermittent Fasting - Fact or Fiction <i>Bryce</i> |

C
COACHING & BUSINESS

D
SLEEP & SPECIALTIES

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|---|--|------------|
| The Ecosystem of Nutrition <i>Foss</i> | Sleep & Nutrition: Influence on Body Composition <i>Lambe</i> | SA1 |
| All Things Creatine: Performance, Cognition, and More <i>Mike</i> | Five Fat-Burning Hormones <i>Layne</i> | SA2 |
| Master of Mindful Eating <i>Seti</i> | Unleash the Power of Superfruits! <i>Davis</i> | SA3 |
| LUNCH: 1:30pm-2:00pm EDT, 12:30pm-1:00pm CDT, 10:30am-11:00am PDT | | |
| How to Know if You're Under-Eating <i>Digsby</i> | Words Matter: Eating Disorders & the Fitness Industry <i>Conti</i> | SA4 |
| Eat to Lose! <i>Seti</i> | Sports Supplements and Recovery for Older Adults <i>Mike</i> | SA5 |
| Maximizing Protein Intake for Coaches & Trainers <i>Mike</i> | Childhood & Adolescent Obesity: Healthy Guidance <i>Fearheiley</i> | SA6 |

