

Obesity & Fitness Expo 2017



16th International Conference and Exhibition on

OBESITY & WEIGHT MANAGEMENT

&

17TH WORLD FITNESS EXPO November 13-15, 2017 | Atlanta, USA

Keynote Forum

Day 1

16th International Conference and Exhibition on**OBESITY & WEIGHT MANAGEMENT**

&

17TH WORLD FITNESS EXPO

November 13-15, 2017 | Atlanta, USA

**Robert G LeFavi***Armstrong State University, USA***The skinny on fat loss: An approach to weight management based on current research**

Success of fitness professionals can be impacted by their ability to properly advise clients on dietary methods for healthy body composition. Recent research has shed new light on the efficacy on a previously proposed weight management regimen and on a new dietary concept, both of which point health/fitness specialists in a similar direction. This presentation will describe the historical and scientific framework of fat loss strategies over the past 70 years and highlight successes and failures therein. A weight loss strategy that appears to have had consistent success will be evaluated, along with recent work in the field. Further, a new concept of weight management will be explained, which will assist in the understanding of the most current research. A theory combining these two ideas and methodologies will be presented. The result will be a new strategy enabling health/fitness professionals to engage clients desiring a reduction in body fat with yet another weight management tool with which to work.

Biography

Robert LeFavi is a PhD holder, is Chairman, Department of Health Sciences, Armstrong State University, Savannah, GA, where he also serves as Professor of Sports Medicine. He has written over 30 scientific articles, made 50 national and international scientific presentations, has authored over 700 articles in the popular press and has been an at-large Science Editor for two international fitness magazines. He is a certified strength and Conditioning Specialist (CSCS) and national coach for USA weightlifting, has been quoted as an expert in *The New York Times*, *Washington Post*, *San Francisco Chronicle* and has appeared on CNN and ESPN.

robert.lefavi@armstrong.edu**Notes:**

16th International Conference and Exhibition on

OBESITY & WEIGHT MANAGEMENT

&

17TH WORLD FITNESS EXPO

November 13-15, 2017 | Atlanta, USA



Marialice Kern

San Francisco State University, USA

The new exercise regime: Active virtual reality games and health

With the increase in technology, individuals have begun thinking about new ways to increase their physical activity levels. People who are easily bored with conventional modes of exercise have begun looking to incorporate Virtual Reality (VR) into their fitness practices. Some VR games have very low activity levels associated with them, while others have very high levels. How much real exercise can you achieve when playing VR games? If you use your heart rate (HR) as the measure, is that just an indicator of your excitement or fear of the image coming at you, or is it a valid measure of exercise intensity? At San Francisco State University, we have been working with the VR Institute to quantify (through measures of oxygen consumption (VO₂) and HR), the level of physical exercise achieved in specific VR games. We have developed a rated system (VRMet) which allows us to compare the caloric expenditure of playing these games to more conventional forms of exercise (i.e., walking, jogging, running, etc.). With this information, individuals can make informed decisions on the use of their time playing VR games and each game's value to their health practices, as well as their added exercise enjoyment. This presentation will explore the evidence we have collected and where our information may lead VR and health in the future.

Biography

Marialice Kern is a Professor and Department Chair of the Kinesiology Department at San Francisco State University, USA. She has received her PhD from the University of California, Berkeley in 1988 and has been teaching at SFSU for 23 years. She is a Fellow of the American College of Sports Medicine and in 2015; she received the Recognition Award from the Southwest Chapter of the American College of Sports Medicine.

mkern@sfsu.edu

Notes:

16th International Conference and Exhibition on**OBESITY & WEIGHT MANAGEMENT**

&

17TH WORLD FITNESS EXPO

November 13-15, 2017 | Atlanta, USA

**Aniceto Baltasar***Alcoy Hospital, Spain***Four decades of bariatric surgery in a community hospital of Spain**

Introduction: Bariatric surgical practice changes in the community setting may be under-reported. We present the developments in a Spanish bariatric surgical practice in the community setting of Alcoy from its origin in 1977 through the present.

Methods: Bariatric surgical techniques employed in a country community setting over the course of nearly four decades are reviewed retrospectively and qualitatively.

Results: Surgeons and medical professionals from Alcoy, Spain were involved in the evolution of bariatric surgery patient management and surgical technique from 1977s through 2017. During the last 40 years, 1,475 patients were treated in our clinics. Spanish bariatric surgeons contributed to advances in gastric bypass in the 1970s, vertical banded gastroplasty in the 1980s, bilio-pancreatic diversion/duodenal switch in the 1990s and innovations associated with laparoscopy from the 1990s onward. Outcomes and approaches to prevention and treatment of bariatric surgical complications are reviewed from a community perspective. Contributions to the bariatric surgical nomenclature and weight-loss reporting are noted.

Conclusions: The practice of bariatric surgery in the community setting must be updated continuously, as in any human and surgical endeavor. Medical professionals in community bariatric practices should contribute their experiences to the field through all avenues of scientific interaction and published papers.

Biography

IFSO 2002-3 President; 2011 ASMBS Outstanding Achievement Finalist; SECO (Sociedad Española de Cirugía de la obesidad) Spanish Bariatric Society Founder

baltasarani@gmail.com

Notes:

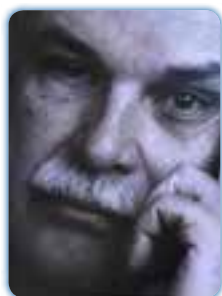
16th International Conference and Exhibition on

OBESITY & WEIGHT MANAGEMENT

&

17TH WORLD FITNESS EXPO

November 13-15, 2017 | Atlanta, USA



Jose Palomar Lever

P-DTR Global, Switzerland

P-DTR and rehabilitation

P-DTR is a neurological, reflexogenic real-time manual therapy that balances sensory-motor homeostasis. The purpose of P-DTR treatment is to restore an optimal reflexive activity of the central nervous system to any kind of stimulus. The P-DTR method provides the tools to assess, diagnose and treat dysfunctional receptors and instantly restore the afferent information flow. Will explain in brief, how functional neurology works for patients with traumatic injuries, postural dysfunctions and chronic pain. Basic concepts of how the brain receives information from different specific receptors. Why aberrant information changes the response of the brain, creating pain, limitations and a restricted range of motion. With a small manual intervention we can change the response of the nervous system and get fast results.

Findings: The theoretical core of the method is the pairing of dysfunctional afferent signals. The excessive afferent information, which arrives to the CNS from the paired receptor fields and the quantitative change of the information flow from one field, inevitably leads directly to the change of the information flow from another field. In other words, any stimulus to the CNS from a dysfunctional receptor will be compensated.

Biography

Doctor Jose Palomar Lever is the founder and creator of P-DTR - a unique neurological method of treating functional diseases. He began his medical school education at the age of 17 at the Autonomous University of Guadalajara, received his training in Orthopedic Surgery and Traumatology at the Central Military Hospital and at the age of 24 performed his first orthopedic surgery. Pursuing his interest in what he now refers to as the "software" of the human body, Dr. Palomar became a Diplomate in Applied Kinesiology from the International College of Applied Kinesiology and received the organization's Alan Beardall Memorial Award for Research Today, in addition to pursuing an ongoing research program, Dr. Palomar conducts regular trainings in Proprioceptive – Deep Tendon Reflex (P-DTR) for medical practitioners in America and Europe, while continuing to practice medicine from his home base in Guadalajara.

info@pdtr-global.com

Notes:

Obesity & Fitness Expo 2017



16th International Conference and Exhibition on

OBESITY & WEIGHT MANAGEMENT

&

17TH WORLD FITNESS EXPO November 13-15, 2017 | Atlanta, USA

Keynote Forum

Day 1

16th International Conference and Exhibition on**OBESITY & WEIGHT MANAGEMENT**

&

17TH WORLD FITNESS EXPO

November 13-15, 2017 | Atlanta, USA

**Sandy Joy Weston***Owner of Weston Fitness, USA***Train your head... Body will follow**

“Train Your Mind, Body Will Follow” takes complicated subjects about the brain and body and breaks it down. From her experience as NBC10 Philadelphia’s Fitness expert and coaching members of her gym to athletes, Sandy is able to help a wide-range of audiences tap into the power of their mentality. By fusing her expertise on kinesiology and positive psychology, she has created a system which helps her audience cultivate awareness and personal motivation through power statements. The formula was created in collaboration with Professors from Temple University’s Kinesiology Department and The University of Pennsylvania’s Positive Psychology Department to address the way the mind and body function both separately and together. The components of the presentation, such as the creating power statements and tracking personal progress are designed to take between 1-3 minutes per day, making it possible for anyone to adapt to this method of positive thinking. In the same way physical therapy patients work on moving certain muscles, they are working to train their brain on reconnecting the association to these muscles, as well. We are training our brain to create action plans through affirmations and cultivating positive habits. This system is designed not to over-complicate things, but present these ideas in a manner that appeal to our innate craving for action. Not only is the awareness of the mind-body connection shown to make us happier, but the fact that we can tap into our motivations through this connection and increase our abilities to meet our goals, as well.

Biography

Sandy Joy Weston M.Ed. is the owner of Weston Fitness in Philadelphia. She received her Master’s degree in Exercise Physiology from Temple University and achieved her Bachelor of Science in Dance from West Chester University. Starting as a premiere personal trainer for stars like the 76ers and Flyers, she has now expanded her business to include 8 corporate fitness sites, has a growing blog and book. She speaks all over the world, appearing in magazines, newspapers and on Television and Radio shows regularly. Sandy lights up a room with her personality and simple system for achieving any goal.

kelsey.fons@westonfit.com**Notes:**

Obesity & Fitness Expo 2017



16th International Conference and Exhibition on

OBESITY & WEIGHT MANAGEMENT

&

17TH WORLD FITNESS EXPO November 13-15, 2017 | Atlanta, USA

Keynote Forum

Day 2

16th International Conference and Exhibition on**OBESITY & WEIGHT MANAGEMENT**

&

17TH WORLD FITNESS EXPO

November 13-15, 2017 | Atlanta, USA

**John Ebnezar***Orthopedic Surgeon, India***Modern musculoskeletal problems: Is yoga based wholistic approach the answer?**

Modern musculoskeletal problems (MMSP's), that includes Life Style Orthopedic Problems (<50 years age group) and Geriatric Orthopedic Problems (>50 year age group), is steadily on the rise globally and encompasses a wide spectrum of conditions like neck pain, low back pain, RSI, arthritis, fibromyalgia, rheumatic diseases, osteoporosis etc. MMS problems are not only known to cause varying degrees of physical pain but causes mental and emotional disturbances leading to stress, anxiety and depression. This could adversely affect the quality of life and can be a great source of socio-economic burden to the society. Conventional treatment methods like drugs, physiotherapy and surgery cannot provide an effective answer as it fails to address the associated peculiar challenges of MMSP's. Yoga, an ancient Indian art, is known for its holistic healing. Unlike other exercises which most of the times is one-dimensional, yoga provides a multidimensional approach which improves the physical, mental, emotional and spiritual well-being of a person. It also helps in controlling the accompanying co-morbidities, co-musculoskeletal and co-mental conditions and reduces stress which enhances healing. 3 research publications of my clinical trial on the role of add-on yoga therapy, in osteoarthritis knees was chosen by AAOS in framing the 2013 Non-arthroplasty guidelines with a strong recommendation. Similarly my research has proved that yoga is a great value addition in the treatment of low back pain, common neck pain and osteoporosis. A first time path breaking research on fractures also showed that advanced yoga therapy accelerates fracture healing and reduces the rehabilitation time. So the need for a paradigm shift from the uni-dimensional conventional approach to a multidimensional evidence based wholistic approach, is certainly need of the hour in treating the MMSP's and needs to be embraced globally.

Biography

John Ebnezar is an internationally renowned Orthopedic Surgeon, passionate about creating, conceptualizing, implementing preventive new orthopedic health awareness modules with an aim to propagate low cost orthopedic health care. He is specialized in trauma, spine, geriatric orthopedics and sports medicine. He holds Guinness World Records both for academics (2010) and social service (2015), only orthopedic surgeon in the world to do so. He has received his PhD in Yoga, involved in 6 original-yoga researches, won Best Research Award from S-VYASA Yoga University (2012) for his work on knee arthritis and role of yoga in fracture healing (2010). He has pioneered a new treatment method, Wholistic Orthopedics, by blending modern orthopedics with Indian Yoga, which is simple, cheap, effective alternative for patients for whom knee replacement is not an option and also for patients with modern life style orthopedic problems and has redefined the way orthopedic ailments are treated across the globe.

johnebnezar@gmail.com**Notes:**

16th International Conference and Exhibition on

OBESITY & WEIGHT MANAGEMENT

&

17TH WORLD FITNESS EXPO

November 13-15, 2017 | Atlanta, USA



Joycelyn M Peterson

Oakwood University, USA

Pediatric vegetarian diets are healthful, nutritionally adequate and may provide health benefits in the prevention of obesity

Pediatric Vegetarian Diets: Well-planned vegetarian diets are appropriate for individuals during all stages of the lifecycle, including pregnancy, lactation, infancy, childhood and adolescence.

Vegetarian Diets in Perspective: According to a nationwide poll in 2016, approximately 3.3% of American adults are vegetarian or vegan and about 46% of vegetarians are vegan. Plant-based diets are becoming well accepted. The American Institute for Cancer Research encourages a plant-based diet. The 2015-2020 dietary Guidelines for Americans recommend a vegetarian approach for the National School Lunch Program. A vegetarian is a person who consumes all plant foods, does not eat animal foods, including fowl or seafood, or products containing animal foods. The eating patterns of vegetarians may vary considerably. There are basically three types of vegetarian diets. 1. The lacto-ovo-vegetarian eating pattern, the most common type is based on grains, vegetables, fruits, legumes, nuts, seeds, dairy products and eggs. 2. Lacto-vegetarian diet includes milk with plant foods but excludes any other foods from animals such as eggs. 3. Total vegetarian or plant-based diet is made of grains, fruits, vegetables, legumes, nuts, seeds, excludes the use of all animal products. Vegan means no animal products excluding the wearing of leather products.

Pediatric Vegetarian Diets: There are many reasons for the rising interest in vegetarian diets. Health, economic, ecological, ethical or religious reasons are at the top five. Scientific research continues to document the health advantages of the vegetarian diet with lower risk of heart-related diseases, obesity and cancer. Many are starting their children on a vegetarian lifestyle for the major reason to maintain good health and to prevent diet-related diseases. The number of vegetarians in the United States and Canada is expected to increase during the next decade. Food and nutrition professionals can assist vegetarian clients by providing current, accurate information to parents about vegetarian nutrition, diet and resources.

Biography

Joycelyn M Peterson is a Registered Dietitian, completed Nutrition and Dietetics degrees at Loma Linda University (MPH and DrPH) and Johns Hopkins University (post-master's studies in international nutrition). She is Professor and Chair of Nutrition and Dietetics Department at Oakwood University, Alabama, USA. She has recently published her dissertation in the *Annals of Nutrition Metabolism* 8/2011 and is a contributing writer for newspapers and health magazines and has also published two vegetarian cookbooks. Her professional experience includes Vegetarian Nutrition Consultant, author, public health speaker and Program Planner for international and state-wide public health nutrition initiatives, conducting nutrition research at the undergraduate and graduate levels.

jpeterson@oakwood.edu

Notes:

16th International Conference and Exhibition on**OBESITY & WEIGHT MANAGEMENT**

&

17TH WORLD FITNESS EXPO

November 13-15, 2017 | Atlanta, USA

**Lynn Romejko Jacobs**

Southern Methodist University, USA

Body mass index and body fat in college age males and females: Perception versus reality

Objective: This study's purpose is advancing knowledge about perceptions of healthy body fat and BMI among undergraduate students, examining the relationship between believed and actual body characteristics.

Participants: In September 2009, 413 freshmen completed a survey asking students to self-assess body fat percentage, BMI and weight among other questions.

Methods: Students were surveyed prior to and after taking body measurements. Regression was used to understand how different categories predicted level of accuracy in students' assessments.

Results: Findings suggest students less accurately estimated BMI than body fat percentage. Interactions suggest females and males differ in estimation accuracy and this varied by fat categories. Additionally, 90% of students believed body fat percentage easier to understand than BMI.

Conclusions: Since body fat percentage was significantly better understood, this measurement should be used to educate individuals on healthy weight and body composition status on a wider scale.

Biography

Lynn Romejko Jacobs' prior appointment (1980) to S.M.U. found her developing a passion and interest in adult fitness as the physical supervisor at the Dallas Cardiac Institute working to rehabilitate patients who had undergone heart surgery. She also spent two years as an Athletic Director for the oil corporation, the Western Company of N.A. in Ft. Worth, Texas. Designing employees' fitness programs along with coordinating incentives and benefits within the company were strategic to the success of this experience. These two experiences prepared her for a continued growth in adult fitness and wellness. Lynn joined the faculty at SMU in 1980 as an Assistant Professor and now currently enjoys the appointment of Full Professor. During her early years she designed and implemented a well received exercise program for the faculty and staff, the "Out to Lunch Bunch". She assisted Dr. Birdie Barr in implementing a comprehensive wellness program with employee benefits in the early 1980's. Teaching highlights during this period of the '80's focused on: ballroom/folk dance, corporate fitness practicum and internships for the Physical Education majors on the Corporate Fitness Track.

lromejko@mail.smu.edu**Notes:**

Obesity & Fitness Expo 2017



16th International Conference and Exhibition on

OBESITY & WEIGHT MANAGEMENT

&

17TH WORLD FITNESS EXPO November 13-15, 2017 | Atlanta, USA

Keynote Forum

Day 3

16th International Conference and Exhibition on**OBESITY & WEIGHT MANAGEMENT**

&

17TH WORLD FITNESS EXPO

November 13-15, 2017 | Atlanta, USA

**Amy Arrow Articulo***Obesity Treatment Foundation, USA***Obesity and pharmacotherapy: Looking ahead for chronic weight management and weight regain prevention****Objectives:**

Why use pharmacotherapy in obesity treatment?

Defining Long term strategies in managing obesity treatment.

Understanding the significance of clinically significant weight loss and prevention of weight regain.

Understanding the indications and usage of pharmacotherapy in chronic weight management.

Obesity is a disease of epidemic proportions affecting individuals regardless of race, ethnicity, gender, or age. Obesity is associated with over 200 comorbidities and associated health conditions. Previous attempts at treating weight and its associated disease states have resulted in failure with diet and exercise alone.

We will review the indications, utilization, usage and possible side effects of the different anti-obesity medications (AOM) currently available for treatment. We will also review the different pathways that pharmacotherapy can target for specific patient populations. We will also explore how to use combination therapies with diet, exercise and possible pharmacotherapy and/or weight loss surgical options.

Biography

Amy Articulo earned her Bachelor of Arts degree from the University of Pennsylvania in 1993 where she was awarded cum laude honours upon graduation. She went on to earn her Doctorate of Osteopathy degree from Philadelphia College of Osteopathic Medicine in 1998. She then completed her internship and residency at The University of Medicine and Dentistry of NJ in Obstetrics and Gynaecology from 1998-2003, where she was elected Chief Intern and Chief Resident during her term. She was awarded the Ralph J. Onofrio Surgical Award upon graduation. She entered private practice in Obstetrics and Gynaecology, where she worked closely with Dr. Mackey at Garden State OB/GYN Associates until she pursued her career at Salvéo Weight Management. Dr. Articulo was and is, inspired by her patients. She wanted to pursue additional training and education in the field of Obesity Medicine in order to better guide and treat her patients who struggled with their weight.

drarticulo@gmail.com**Notes:**

16th International Conference and Exhibition on**OBESITY & WEIGHT MANAGEMENT**

&

17TH WORLD FITNESS EXPO

November 13-15, 2017 | Atlanta, USA

**Robert G LeFavi***Armstrong State University, USA***CrossFit as a tool: Analyzing its possible benefits and potential pitfalls**

CrossFit is a functional fitness training philosophy and methodology that has seen increased popularity in the past fifteen years. Fitness specialists and personal trainers should be familiar with CrossFit's movements and methods in order to best evaluate its usefulness with clients. There is a growing body of research on the effects of CrossFit. Further, reasonable assumptions can be made on the long-term physiological adaptations to CrossFit based on energy systems used, muscles engaged, biomechanics and velocity of movements. There is evidence that risk of injury is likely among participants not exposed qualified trainers and other disturbing messages are encountered when one engages the CrossFit community. This presentation will review the philosophy of CrossFit and its deviation from standard fitness training from a scientific, practical and experiential stand points. It will also evaluate the benefits of CrossFit as a functional fitness regimen and potential pitfalls with its adherence. The focus is not on definitive judgments about the efficacy of CrossFit, but rather to provide information to exercise specialists and trainers as they engage a population moving away from standard fitness centers and growing more interested in functional fitness. Participants will be presented with a balanced and fair analysis of this increasingly popular training method.

Biography

Robert LeFavi is a PhD holder, is Chairman, Department of Health Sciences, Armstrong State University, Savannah, GA, where he also serves as Professor of Sports Medicine. He has written over 30 scientific articles, made 50 national and international scientific presentations, has authored over 700 articles in the popular press and has been an at-large Science Editor for two international fitness magazines. He is a certified strength and Conditioning Specialist (CSCS) and national coach for USA weightlifting, has been quoted as an expert in *The New York Times*, *Washington Post*, *San Francisco Chronicle* and has appeared on CNN and ESPN.

robert.lefavi@armstrong.edu**Notes:**

Obesity & Fitness Expo 2017



16th International Conference and Exhibition on

OBESITY & WEIGHT MANAGEMENT

&

17TH WORLD FITNESS EXPO November 13-15, 2017 | Atlanta, USA

Keynote Forum

Day 3

16th International Conference and Exhibition on**OBSESITY & WEIGHT MANAGEMENT**

&

17TH WORLD FITNESS EXPO

November 13-15, 2017 | Atlanta, USA

**Angelia Maleah Holland**

Augusta University, USA

Effects of a ketogenic diet and exogenous ketone supplementation on body composition, health and exercise performance

Ketone bodies are a fuel source supplied either endogenously by the liver during periods of carbohydrate restriction (i.e., a very low carbohydrate, ketogenic diet) or exogenously through supplementation. All tissues, except red blood cells and liver cells, can utilize ketone bodies as an alternate energy source in place of glucose. The brain typically derives 100% of its energy from glucose however, ketone bodies can provide more than 50% of the brain's energy when adapted to a ketogenic diet. Consequently, ketone bodies aid in the maintenance of blood glucose levels, allow for a reduced rate of gluconeogenesis and spare muscle protein. The body transitions from a state of fat storage to fat breakdown when adapted to a ketogenic diet. Thus, a ketogenic diet may lead to optimal body composition and energy levels due to increased fat breakdown, spared muscle protein, maintained blood glucose levels and enhanced ketone body delivery for fuel. Acute exogenous ketone supplementation may produce biochemical similarities to a ketogenic diet in terms of energy provision and oxidative stress reduction. Ketone supplementation provides an energy source for the brain and peripheral tissues, especially when glycogen stores and glucose levels become altered by exercise, which may reduce central fatigue and promote faster recovery between bouts of exercise. We will discuss the research that has examined the effects of a ketogenic diet and exogenous ketone supplementation on fuel supply, body composition, central and peripheral fatigue, endurance exercise and strength training.

Biography

Angelia Maleah Holland is an Assistant Professor at Augusta University in Augusta, GA. Her research focuses on the ketogenic diet and ketone supplementation in regards to body composition, cognitive performance, cardiovascular health and exercise performance. She received her bachelor's degree from the University of North Carolina at Chapel Hill, master's degree from Indiana University and PhD from Auburn University in fields related to Exercise Science. She also writes for ketogenic.com.

anholland@augusta.edu**Notes:**