

## ***Fuel Better at Every Age: The Role of Nutrition for Improved Body Composition and Strength***

**Release Date: May 8, 2018**

**Expiration Date: May 8, 2019**

Adequate nutrition is a key player in helping people reach their health goals as it fuels people to face life's everyday challenges and can help support improved body composition, physical fortitude and mental strength. People looking to improve their body composition are encouraged to incorporate strength training into their routines and include foods, like high-quality protein, in their diet that will help to build muscle and increase satiety, while supporting a healthy metabolism.

Join us as protein expert Stuart Phillips and registered dietitian Jim White share research on the health advantages of improved body composition and protein's role in fueling strong bodies and minds. Meals and other related fitness tips that give you (and your clients) the strength to be your best self at every life stage will also be provided.

### **LEARNING OBJECTIVES**

Upon completion of this activity, participants will be able to:

- Define the role of the diet, including high-quality protein, in building and repairing muscle, and nourishing a healthy brain at every life stage.
- Translate evidence-based research on the role of high-quality protein in supporting improved body composition and physical and mental strength.
- Share practical application tips with peers and clients, including physical activity tips and nutrition information on how to include high-quality protein foods in a healthy dietary pattern.

### **METHOD OF PARTICIPATION**

Statements of credit will be awarded based on the participant's reviewing all materials and presentation slides, and completion of an online evaluation/claim credit form here:

[akhcme.com/akhcme/pages/foodminds-fuel](http://akhcme.com/akhcme/pages/foodminds-fuel)

If you have questions about this CPEU activity, please contact AKH Inc. at [dcotterman@akhcme.com](mailto:dcotterman@akhcme.com).

### **SPEAKER BIOGRAPHIES**

#### **Stuart Phillips, PhD**

Dr. Stuart Phillips, is a Tier 1 Canada Research Chair in Skeletal Muscle Health. In addition to his role as director of Physical Activity Centre of Excellence (PACE) and McMaster Centre for Nutrition, Exercise, and Health Research, he is a professor in kinesiology and adjunct professor in the School of Medicine at McMaster University. His research is focused on the impact of nutrition and exercise on human skeletal muscle protein turnover, and diet- and exercise-induced changes in body composition.

#### **Jim White, RD, ACSM**

Jim White is a nationally recognized registered dietitian nutritionist and a past spokesperson for the Academy of Nutrition and Dietetics. He is also American College of Sports Medicine Exercise Physiologist and owner of three Jim White Fitness and Nutrition Studios, three medical nutrition therapy practices and a workplace wellness corporation. Jim has been quoted in thousands of publications and featured in hundreds of television and radio segments nationwide. He has experience conducting seminars, interviews and appearances all around the country. White enjoys giving back through his very

own non-profit, the LIFT Fitness Foundation, which focuses on creating a foundation of wellness to empower individuals in need.

## DISCLOSURES

**Stuart Phillips, PhD** has disclosed the following relevant financial relationships:

Consultant – Axcella Health Sciences.; Nestle.

Contracted Research – U.S. National Dairy Council

Honoraria - Nestle

**Jim White, RD, ACSM** discloses no significant financial relationships with pharmaceutical or medical product manufacturers.

### AKH Reviewer

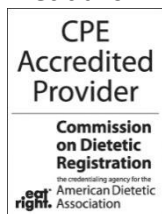
**Dorothy Caputo, MA, BSN, RN - Lead Nurse Planner** discloses no significant financial relationships with pharmaceutical or medical product manufacturers.

**FoodMinds staff and planners have no relevant financial relationships to disclose.**

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## CPEU Credit provided by AKH Inc., Advancing Knowledge in Healthcare

### Dietitians



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## COMMERCIAL SUPPORT

This activity is not supported by a commercial educational grant.

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This educational activity may include discussion of uses of agents that are investigational and/or unapproved by the FDA. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings.

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