



## The 23rd Annual ISSN Conference and Expo

 June 17–19, 2026

 The Westin Fort Lauderdale Beach Resort • 321 North Fort Lauderdale Beach Blvd.

Fort Lauderdale, FL 33304

 CEUs: NASM/AFAA 1.2 | ISSN 12 | NSCA 1.0 | ACSM 14.0

### Registration Hours

Wednesday, June 17, 7:00 am – 4:00 pm

Thursday, June 18, 7:00 am -4:00 pm

Wednesday, June 19, 8:00 am -10:00 am

### Exhibitor Hours

Tuesday, June 16, 4:00 pm. Set up for vendors

Wednesday, June 17, 9:30 am – 1:30 pm, 2:30 pm – 5:00 pm

Thursday, June 18, 9:30 am – 1:30 pm, 2:30 pm – 5:00 pm

Friday, June 19, Optional – 9 am – 11 am or breakdown no later than 11:00 am

### Day 1: Wednesday, June 17

 Room: Las Olas I, II, V, VI

Time	Session Details
8:50 AM	 <b>Welcome and Introduction</b> Moderator: Guillermo Escalante, DSc, FISSN
9:00–9:30 AM	<b>1.  Coffee as a Functional Beverage: Brew Methods and Additives</b> Lonnie Lowery, PhD, FISSN

9:30–10:00 AM	<p><b>2. 🥛 Milk Casein-Derived Lactotripeptides (VPP &amp; IPP): Evidence for Endothelial Function Enhancement and Potential Benefits in Physical Performance</b>  Tim Ziegenfuss, PhD, FISSN  👉 Sponsored by Maypro®</p>
10:00–10:30 AM	<p><b>3. 🚫 What Comes After GLP-1 Therapy? A Perspective on the Potential Role of Traditional Sports Nutrition Ingredients</b>  Brittany Johnson, RD, PhD</p>
10:30 AM	<p>☕ Quick Break</p>
10:40 AM	<p>🎤 <b>Moderator: K. Michelle Singleton, PhD, CISSN</b></p>
10:45–11:00 AM	<p><b>4. 🧠 Recovering Muscle and Cognitive Performance with Astaxanthin</b>  Hunter Waldman, PhD  🏠 University of North Alabama  👉 Sponsored by AstaReal®</p>
11:00–11:30 AM	<p><b>5. ⚡ Buffer Up with Beta-Alanine</b>  Jeff Stout, PhD, FISSN  🏠 University of Central Florida  👉 Sponsored by Carnosyn®</p>
11:30–12:00 PM	<p><b>6. 🤝 Creatine Unlocked for Student-Athletes: Translating Creatine Research on Muscle Performance, Injury Risk Reduction, and Safety into Practical, Evidence-Based Recommendations</b>  Wendi Irlbeck, MS, RD, CISSN</p>
12:00–1:30 PM	<p>🕒 Lunch Break – Dine at any of the amazing restaurants at the hotel</p>
1:25 PM	<p>🎤 <b>Moderator: Jennifer Kurtz, PhD, CISSN</b></p>
1:30–1:45 PM	<p><b>7. 🚫 An Update on Orolithin A and Its Relevance For Athletes</b>  Emily N Werner PhD RD CSSD</p>

1:45–2:00 PM	<p><b>8. 🏋️ The Impact of Essential Amino Acids on Muscle and Tendon Adaptation After Eccentric Exercise</b>        Katie Vasenina, PhD, CISSN        🏠 University of Tampa</p>
2:00–2:30 PM	<p><b>9. 🥤 Food Matrix and Nutrient Interactions on Muscle Reconditioning</b>        Andy Holwerda, PhD        🍷 Sponsored by Danone®</p>
2:30–3:00 PM	<p><b>10. 🧠 From Ingestion to Immersion: Acute Cognizin Supplementation and Cognitive Performance — First Proof of Concept Study</b>        Katie Emerson, PhD(c), RD, CISSN; Tim Ziegenfuss, PhD, FISSN        🍷 Sponsored by Kyowa®</p>
3:00–3:30 PM	<p>📄 Break — Visit the Exhibitors</p>
3:25 PM	<p>🎤 <b>Moderator: Lia Jiannine, PhD, FISSN</b></p>
3:30–4:00 PM	<p><b>11. 🤰 The Sport of Healthy Pregnancy: The Creatine Connection</b>        Douglas Kalman, PhD, RD, FISSN        🏠 Nova Southeastern University</p>
4:00–4:15 PM	<p>☕ Break</p>
4:15 PM	<p>🎤 <b>Moderator: Chad Kerksick, PhD, FISSN</b></p>
4:15–5:15 PM	<p><b>12. 🏆 The Roger Harris Memorial Keynote Address — “An Evidence-Based Approach to the Practice of Applied Sports Nutrition” - <i>Tales of success and failure from nearly 30 years of working in the field.</i></b>        Trent Stellingwerff, PhD        🏠 Canadian Sport Institute Pacific</p>

 **Day 2: Thursday, June 18**

 Room: Las Olas I, II, V, VI

Time	Session Details
8:35 AM	 <b>Moderator: Flavia Pereira, PhD(c), CISSN</b>
8:45 – 9:00 AM	<b>13.  Snack Smart, Burn Better: Pistachio Snacking and Metabolic Flexibility</b> Katie Hirsch, PhD, FISSN <b>Sponsored by the American Pistachio Growers</b>
9:00–9:30 AM	<b>14.  Firefighter Response Physiology: Quantifying the Chaos</b> Andrew Jagim, PhD, CISSN; Drew Gonzalez, PhD, CISSN; Annette Zapp, MS, CISSN
9:30–10:00 AM	<b>15.  Essential Amino Acids and Cognition</b> Arny Ferrando, PhD, FISSN  University of Arkansas for Medical Sciences
10:00–10:30 AM	 Break — Visit the Exhibitors
10:25 AM	 <b>Moderator: Brandi Antonio, PhD(c), CISSN</b>
10:30–11:00 AM	<b>16.  To Do, or Not to Do — Zone 2. That is the Question</b> Kristi Storoschuk, PhD(c)  Queens University
11:00 – 11:15 AM	<b>17.  Men Crave Fat, Women Want Control</b> Cassie Evans, PhD, CISSN  Nova Southeastern University/Helaina®
11:15 – 12:30 PM	 Lunch Break
12:25 PM	 <b>Moderator: Chad Kerksick, PhD, FISSN</b>
12:30–1:30 PM	<b>18.  President’s Lecture — From Paper to Podium: Translating Sports Nutrition Science into Real-World Performance</b> Graeme Close, PhD  Liverpool John Moores University

1:30–2:30 PM

**19. ⚡ ISSN's Data Blitz — The Best 60 Seconds of Your Scientific Life****🎤 Moderator: Guillermo Escalante, DSc, FISSN**

Judges: Corey Peacock, PhD; Cassie Evans, PhD; Jennifer Kurtz, PhD; K. Michelle Singleton, PhD; Katie Vasenina, PhD

2:25 PM

**🎤 Moderator: Katie Vasenina, PhD, CISSN**

2:30–3:00 PM

**20. 🏋️ Resistance Training vs. Menopause Replacement Therapy: Stronger Solutions for Perimenopause**Alyssa Parten, PhD — University of Alabama  
Antonella Schwarz, PhD, CISSN — Barry University

3:00–3:15 PM

**21. 🎯 Predicting Overhand Throwing Ability in Humans: Is It All in the Face?**

Omar Eldakar, PhD

🏠 Nova Southeastern University

3:15–3:30 PM

**22. 🕒 Data-Driven or Delusional: An Evidence and Experience-Based Guide to Wearable Technology**

Mike T. Nelson, PhD, CISSN

3:25 PM

**🎤 Moderator: Jason Curtis, PhD, CISSN**

3:30–4:00 PM

**23. 🌐 Carbohydrate Periodization Strategies in Elite Professional Soccer Players**

Shantih Coro, MS

4:00–4:30 PM

**24. 🧑🏫 Beyond the Data: The Human Side of Research in Women's Sport and Nutrition**

Mel Sulaver, MS, RD, CDN, CISSN; Katie Hirsch, PhD, FISSN

🏠 University of South Carolina

4:30–5:00 PM

📄 Break — Check out our vendors

5:00–6:15 PM

**🍷 Happy Hour and Poster Presentations**

Student authors: please be present at your poster until 6:15 PM. Prizes are awarded the following day.

Poster Judges: David Church, PhD; Jason Curtis, PhD; Scott Forbes, PhD, FISSN; Erica Goldstein, PhD; Drew Gonzalez, PhD; Susan Kleiner, PhD, RD, FISSN; Jennifer Kurtz, PhD; Paul LaBounty, PhD; Lonnie Lowery, PhD; Alyssa Parten

PhD; Trisha VanDusseldorp, PhD; Katie Vasenina, PhD;  
Dante Xing, PhD; Tim Ziegenfuss, PhD (and others as listed)

 **Day 3: Friday, June 19**

 Room: Salons DEF

Time	Session Details
9:00 AM	 <b>Moderator: Kworweinski Lafontant, MS, PhD(c)</b>
9:05–9:20 AM	<b>25. ☕ Espresso Yourself — Caffeine Drives Energy Drink Performance</b> Jason Curtis, PhD, CISSN  Belmont University
9:20–9:35 AM	<b>26. 🧠 Ultraprocessed Foods in Ultra-Endurance Athletes</b> Fiona Ford (PhD Student)  St Mary's University, Twickenham
9:35–9:50 AM	<b>27. 🏋️ Train Low, Compete High: Integrating Evidence-Based Nutrition Strategies into Program Design</b> Antonio Squillante, PhD, CISSN, CSCS*D, SENr  Point Loma Nazarene University
10:00–10:30 AM	<b>🏆 ISSN Updates and Awards — You must be present to win your award or prize</b> Chad Kerksick, PhD, FISSN (Poster & Blitz awards); Rick Kreider, PhD, FISSN (JISSN update); Douglas Kalman, PhD, RD, FISSN (New FISSN); Bill Campbell, PhD, FISSN (Position Stands update)
10:25 AM	<b>Dr. Mike Greenwood Memorial Student Presentations</b>  <b>Moderator: Richard Kreider, PhD, FISSN</b>
10:30–10:45 AM	<b>28. 🎓 Agreement Between Mixing Chamber and Breath-by-Breath Assessment of VO<sub>2</sub>max</b> Ricky Romersi, MS  University of South Carolina

- 10:45–11:00 AM**      **29. 🎓 The Effect of Maurten Bicarb on a 5 km Time Trial in Trained Male Runners**  
Brandi Antonio, MS, PhD(c), CISSN  
🏠 University of Central Florida
- 11:00–11:15 AM**      **30. 🎓 Muscle Mommy Meets Menopause: A Survey of Fitness, Nutrition, and Hormone Therapy Practices in Resistance-trained Women**  
Anna Oelmann  
🏠 University of South Florida
- 11:15–11:30 AM**      **31. 🎓 Exogenous Ketones and the Elite Athlete**  
Sadio Fener, MS  
🏠 Florida State University
- 11:30–11:45 AM**      **32. 🎓 Exercise-Induced Muscle Swelling and Impedance Changes in the Biceps Brachii**  
Sofea Smith  
🏠 University of Central Florida
- 11:45 AM–12:00 PM**      **33. 🎓 Reliability of Portable vs. Conventional Ultrasound for Tendon Morphology Assessment**  
Lily Canoy  
🏠 University of Tampa
- 12:00 PM**      🎤 **Closing Remarks**  
Drs. Kerksick & Escalante  
2027 and 2028  
President Guillermo Escalante, DSc, 📷 doctorgfit  
Vice President Darren Candow, PhD, 📷 dr.darrencandow

### 📄 Notes

✉️ If you need a certificate of attendance for CEU purposes, please email Anya Ellerbroek, MPH, CISSN, at [anyaeller@gmail.com](mailto:anyaeller@gmail.com).

📅 Next year: 24th Annual ISSN Conference — Wyndham Grand Jupiter at Harbourside Place, Jupiter, FL — June 14–16, 2027 (Monday–Wednesday).

 Speaker Index
**Brandi Antonio, PhD(c)CISSN**

University of Central Florida

 brandiant**Lily Canoy**

University of Tampa

 lilycanoy**Shantih Coro MS** fightfuelnutritionist**Graeme Close, PhD**

Liverpool John Moores University

 closenutrition**Jason Curtis, PhD, CISSN**

Belmont University

 doctorjaycurtis**Omar Eldakar, PhD**

Nova Southeastern University

 oteldakar**Katie Emerson, MS, RD, CISSN**

Rocky Mountain University

 thepicky\_sports\_rd**Cassie Evans, PhD, RD, CISSN**

Nova Southeastern University

 cars0224**Sadio Fener, MS**

Florida State University

 the.\_kidd14**Arny Ferrando, PhD, FISSN**

University of Arkansas for Medical Sciences

**Fiona Ford**

St Mary's University, Twickenham

 fionafordf2**Drew Gonzales, PhD, CISSN**

Texas A &amp; M

 drewwgonzalez**Katie Hirsch, PhD, FISSN**

University of South Carolina

 katie.hirsch\_phd**Andy Holwerda PhD** a\_holwerda**Wendi Irlbeck, MS, RD, CISSN** nutrition\_with\_wendi**Andrew Jagim, PhD**

Mayo Clinic Health System

 andrewjagim**Brittany Johnson, PhD, RD** b.fueled**Douglas Kalman, PhD, RD, FISSN**

Nova Southeastern University

 dougkalman**Lonnie Lowery, PhD, FISSN** lonman7**Mike T. Nelson, PhD, CISSN** drmiketnelson**Anna Oelmann**

University of South Florida

 anna\_oelmann**Alyssa Parten, PhD**

University of Alabama

 profparten**Ricky Romersi, MS**

University of South Carolina

 ricky\_romersi

**Antonella Schwarz, PhD, CISSN**

Barry University

 dr.antonella.schwarz**Sofea Smith**

University of Central Florida

 sofitnessmith**Antonio Squillante, PhD, CISSN**

Point Loma Nazarene University

 Antonio\_squillantecscs**Trent Stellingwerff, PhD**

Canadian Sport Institute Pacific

 TStellingwerff**Kristi Storoschuk, PhD(c)**

Queens University

 krististoroschuk**Jeff Stout, PhD, FISSN**

University of Central Florida

 jeffstoutphd**Mel Sulaver, MS, RD, CDN, CISSN** nutritionbymel**Katie Vasenina, PhD, CISSN**

University of Tampa

 katievphd**Hunter Waldman, PhD**

University of North Alabama

 Hswaldman**Emily Werner PhD RD**

Philadelphia 76ers

 emilywerner34**Annette Zapp, MS, CISSN** firerescuewellness**Tim Ziegenfuss, PhD, FISSN**

The Center for Applied Sciences

 tziegen 2026 Conference Speakers – Abbreviated Bios & Talks (A to Z)

For the full BIOS, Talk Descriptions, and References, go to the ISSN website at [www.issn.net](http://www.issn.net) and click the “ISSN 23<sup>rd</sup> Annual Conference and Expo.”



Brandi Antonio MS CISSN PhD(c)  Bio: Doctoral student in Kinesiology at University of Central Florida (previously BS Exercise Science, Wartburg College; MS Kinesiology, UCF). 

 Talk Title: The Effect of Maurten Bicarb on a 5 km Time Trial in Trained Male Runners

 Abbreviated Talk Description: Double-blind RCT on sodium bicarbonate (Maurten form) effects on 5 km TT performance in trained male runners. Covers performance, blood bicarbonate/lactate, RPE, practical applications for athletes/coaches, and future research directions in endurance sports.



Lily Canoy  Bio: Master's student in Exercise and Nutrition Science, University of Tampa. Research experience in muscle damage/recovery, hypertrophy, body composition tech reliability; focus on clinical exercise physiology and exercise in oncology.

 Talk Title: Reliability of Portable Versus Conventional Ultrasound for Tendon Morphology Assessment

■ Abbreviated Talk Description: Compares handheld portable vs. cart-based ultrasound for tendon morphology (Achilles, patellar, quadriceps, distal elbow flexor) in healthy adults. Shows good-to-excellent intra- and inter-rater reliability and device agreement; implications for field research, clinical monitoring, and rehab.



■ Graeme Close PhD 🍌 Bio: Originally a professional rugby league player, Graeme Close is now a Professor in Applied Physiology and Sport Nutrition at Liverpool John Moores University, where he leads the Master's degree in Sport Nutrition and blends academic research with high-level consultancy for elite sports organizations.

■ Talk Title: From Paper to Podium: Translating Sports Nutrition Science into Real-World Performance

■ Abbreviated Talk Description: Professor Graeme Close's Presidential Lecture traces the evolution of sport nutrition over the past two decades from descriptive physiology to targeted intervention science, using his "Paper to Podium" framework to explore when research truly impacts elite performance, drawing from his work at Liverpool John Moores University and with teams like the British & Irish Lions.



■ Shantih Coro MS 🌐 Bio: Performance nutritionist with 20+ years in elite sports (mainly professional soccer). Holds BS Nutrition & Dietetics (UNF), two MS degrees in Exercise/Sports Nutrition (U Tampa + Real Madrid). Internships at TSG Hoffenheim and a hospital setting.

■ Talk Title: Carbohydrate Periodization Strategies in Elite Professional Soccer Players: A Systematic Review of Performance and Recovery Outcomes

■ Abbreviated Talk Description: Systematic review (with Prof. Michael Gleeson) of 15 studies from top leagues showing 8–15% gains in sprint/total/high-speed running via CHO periodization. Supports "fuel for the work required," train-low/compete-high, and position-specific needs (e.g., midfield +12% CHO).



■ Jason Curtis PhD CISSN 🇺🇸 Bio: Assistant Professor of Exercise Science, Belmont University. Associate Editor for JISSN and Journal of the Society for Sports Neuroscience. Extensive prior program leadership at Keiser University.

■ Talk Title: Espresso Yourself – Caffeine Drives Energy Drink Performance

■ Abbreviated Talk Description: Explores caffeine benefits in energy drinks, shots, pre-workouts, and MIPS. Draws from lab studies (including upcoming Ghost data) and reviews; addresses individualized/dose-dependent "jitters" effects.



■ Omar Tonsi Eldakar PhD 🦋 Bio: Evolutionary Biologist and Associate Professor at NSU Florida. Research spans adaptive behavior/physiology: sexual conflict, yawning, cooperation, human evolution, and athletic performance.

■ Talk Title: Predicting Overhand Throwing Ability in Humans: Is It All in the Face?

■ Abbreviated Talk Description: Hypothesizes that throwing originated in threat displays/combat before hunting in the Homo lineage. Stronger selection in males; explores facial features as predictors of throwing proficiency.



Katie Emerson PhD(c) RD CISSN



Tim Ziegenfuss PhD FISSN 🧠 Bio: Emerson: PhD(c)

in Exercise Science, RD, CISSN; Senior Manager Scientific Affairs at Kyowa Hakko USA. Ziegenfuss: Sports nutrition scientist, FISSN, CEO Center for Applied Health Sciences; extensive work with Olympians, pros, military/tactical populations.

■ Talk Title: From Ingestion to Immersion: Acute Cognizin® Supplementation and Cognitive Performance: First Proof of Concept Study

■ Abbreviated Talk Description: Proof-of-concept study on acute citicoline (Cognizin®) effects in healthy adults. Uses subjective scales, objective tasks, and EEG to show early shifts in attention, reaction time, and transition to deeper cognitive immersion.



Cassandra Evans PhD RD CISSN 🍷 Bio: A dietitian (not that kind) with a PhD in Human and Health

Performance (Rocky Mountain U). Research focuses on sports nutrition, ergogenic aids, body composition, and performance optimization in athletes. It's amazing she's alive.

■ Talk Title: Men Crave Fat, Women Want Control

■ Abbreviated Talk Description: Examines FTO rs9939609 gene's role in obesity risk and how lifestyle choices (diet, behavior) interact with it. Highlights sex differences and modifiable factors that can counteract genetic predisposition.



Sadio Fenner MS 🏃 Bio: Second-year PhD student at FSU; prior BS/MS at University of Nebraska-Lincoln

while competing in D1 Cross Country/Track.

■ Talk Title: Exogenous Ketones and the Elite Athlete

■ Abbreviated Talk Description: 4-week double-blind RCT on exogenous ketone supplementation in trained athletes. Reports changes in blood/saliva biomarkers (erythropoiesis, inflammation, recovery) and discusses applications for endurance and team-sport metabolic resilience.



Arny Ferrando PhD FISSN 🍌 Bio: Expert in skeletal muscle preservation across stressors (spaceflight,

aging, trauma, military ops). 170+ publications; 3 patents on EAA-based recovery formulations. He is currently reading the biography of Vlad the Impaler; Arny says it is captivating.

■ Talk Title: EAA Benefits on Cognition

■ Abbreviated Talk Description: Reviews emerging data on essential amino acid supplementation for cognitive resilience during psychological and physiological stress (pre-clinical models + recent human RCTs).



Fiona Ford 🍌 Bio: Author of "Back On Track." High performance coach, sports nutritionist, and PhD

student in applied sports nutrition in ultra-endurance (Ironman) athletes.

■ Talk Title: Ultraprocessed Foods in Ultra-Endurance Athletes

■ Abbreviated Talk Description: In a survey of 75 Ironman athletes, 97% reported consuming ultra-processed sports foods, with males using them more frequently and females combining them with regular foods. This talk examines athletes' food choices, usage patterns, and concerns regarding ultra-processed foods during training.



Drew Gonzalez PhD CISSN,



Andrew Jagim PhD CISSN,



■ Annette Zapp MS CISSN 🚒 Bio: Gonzalez: Asst. Professor & lab director at Sam Houston State; tactical/occupational performance focus. Jagim: Mayo Clinic Sport Medicine Research Director. Zapp: Retired firefighter Lt., founder Fire Rescue Wellness; tactical fueling expert.

■ Talk Title: Firefighter Response Physiology: Quantifying the Chaos

■ Abbreviated Talk Description: Multimodal monitoring of fire academy recruits over 18 weeks + 24-hour Emergency Training Day. Captures physiological/psychological stress via wearables, biomarkers, HRV, sleep, and readiness surveys; implications for training, recovery, and safety.



■ Katie Hirsch, PhD, EP-C, FISSN 🍌 Bio: is an Assistant Professor in Exercise Science at the University of South Carolina, Arnold School of Public Health. Her research focuses on the practical application of nutrition and exercise to sustain metabolic health, body composition, and performance across the female lifespan.

■ Talk Title: Snack Smart, Burn Better: Pistachio Snacking and Metabolic Flexibility

■ Abbreviated Talk Description: This talk will examine pistachios as a model functional food, integrating data from randomized controlled trials, mechanistic studies, and dietary pattern research.



■ Andy Holwerda PhD 🍷 Bio: Senior Team Leader, Muscle Research at Danone Global R&I (Netherlands). 20+ years studying dietary/physical activity effects on skeletal muscle using stable isotope methods.

■ Talk Title: Food matrix and nutrient interactions on muscle reconditioning

■ Abbreviated Talk Description: Examines how whole-food protein matrices (beef, milk, cheese, eggs, quark, vegan vs. omnivorous meals) influence postprandial muscle protein synthesis and reconditioning beyond isolated protein effects.



■ Wendi Irlbeck MS RD CSSD CISSN 🏈 Bio: Sports dietitian with 10+ years working with youth/high school/college athletes across multiple sports. Founder of Nutrition With Wendi; translates performance nutrition science into practical guidance.

■ Talk Title: Creatine Unlocked for Student-Athletes: Translating Creatine Research on Muscle Performance, Injury Risk Reduction, and Safety Into Practical, Evidence-Based Recommendations

■ **Abbreviated Talk Description:** Summarizes creatine evidence for muscle performance and injury risk reduction in youth/adolescents. Covers safety considerations and provides age- and sport-specific talking points for parents, coaches, and physicians.



Brittany Johnson PhD RDN 🍌 Bio: RD/PhD scientist specializing in clinical research, product development, and nutrition messaging. Expertise in weight management, active nutrition, and supplements in the GLP-1 era.

■ **Talk Title:** Celebrity Athletes Endorsing Weight Loss Drugs? What it Means for Traditional Sports Nutrition Supplements and the GLP-1 Era

■ **Abbreviated Talk Description:** Explores GLP-1 rise (including celebrity/athlete promotion) and opportunities for sports nutrition to support lean mass preservation, exercise endurance, strength, and recovery during/after GLP-1 treatment.



Lonnie Lowery PhD FISSN 🍷 Bio: Exercise physiology and nutrition expert; PhD from Kent State; former RD; Fellow of ISSN.

■ **Talk Title:** Coffee as a Functional Beverage: Brew Methods and Additives

■ **Abbreviated Talk Description:** Covers how roast, grind, brew methods, and additives (collagen, creatine, botanicals, fats, sweeteners) alter coffee's phytochemicals and targeted health/performance benefits.



Mike T. Nelson PhD 🏋️ Bio: Research-focused fitness/nutrition educator with 18+ years emphasizing fat loss, strength, flexibility, and health optimization.

■ **Talk Title:** Data-Driven or Delusional: An Evidence and Experience-Based Guide to Wearable Technology

■ **Abbreviated Talk Description:** Evaluates wearable metrics (valuable vs. misleading), limitations (e.g., sleep stages), importance of context, overnight HR priority, and emerging self-experimentation trends with supplements.



Anna Oelmann 🏋️ Bio: MS Exercise Science (2026, USF); research coordinator in physique/performance lab focusing on menopause transition in resistance-trained women. Certified trainer and powerlifter.

■ **Talk Title:** Muscle Mommy Meets Menopause: A Survey of Fitness, Nutrition, and Hormone Therapy Practices in Resistance-Trained Women

■ **Abbreviated Talk Description:** Survey captures fitness, nutrition, and hormone therapy practices (anticipatory, current, reflective) among resistance-trained women navigating menopause-related changes in muscle, body comp, and hormones.



Alyssa Parten PhD CSCS\*D &amp;



Antonella Schwarz PhD CISSN 🌸

Bio: Parten: Postdoc at UAB studying resistance training effects on cardiometabolic health in females across lifespan. Makes mice run to exhaustion. Schwarz: Asst. Professor & Human Performance Lab Director at Barry U; focus on muscle physiology, nutrition, aging, and performance.

- Talk Title: Resistance Training vs. Menopause Replacement Therapy: Stronger Solutions for Perimenopause
- Abbreviated Talk Description: Positions resistance training as a frontline perimenopause intervention (mimicking/complementing estrogen effects on metabolism, vascular function, lean mass). Pairs with practical nutrition/supplement strategies for recovery, mood, cognition, and symptom management.



Ricky Romersi MEd, CSCS, ACSM-EP 🏃

Bio: 2nd-year PhD student in Sport Science at the University of South Carolina. Research: physiological assessment, training, and supplementation in elite athletes and tactical populations.

- Talk Title: Agreement between mixing chamber and breath-by-breath assessment of VO2max
- Abbreviated Talk Description: Examines intraindividual VO2max variability between mixing chamber and breath-by-breath systems in moderately to highly active individuals; discusses practical testing considerations and agreement limits.



Sofea Smith 🧠

Bio: Master's student in Human Performance at UCF. Research: muscular adaptations, body composition tracking/optimization, dietary supplementation, etc.

- Talk Title: Exercise-Induced Muscle Swelling and Impedance Changes in the Biceps Brachii
- Abbreviated Talk Description: Investigates electrical impedance myography (EIM) to detect acute swelling post-bicep curls (~70% 1RM) in resistance-trained adults. Measures resistance, reactance, phase angle alongside ultrasound and myotonography.



Antonio Squillante PhD CSCS\*D CISSN 🚴

Bio: Assistant Professor of Kinesiology, Point Loma Nazarene U; Head of Performance for USA Track Cycling Sprint Program; NSCA Board member.

- Talk Title: Train Low, Compete High - Periodized nutrition and training strategies to maximize mitochondrial biogenesis in endurance athletes
- Abbreviated Talk Description: Explores low-glycogen training to amplify mitochondrial biogenesis signals. Emphasizes "train low, compete high," intensity matching, protein supplementation, and integrated program design for endurance athletes.



Trent Stellingwerff PhD 🚴 Bio: He currently serves as the Chief Performance Officer (CPO) at the Canadian Sport Institute Pacific (CSI Pacific) in Victoria, British Columbia, Canada.

■ Talk Title: An evidence-based approach to the practice of applied sports nutrition - tales of success and failure from nearly 30 years of working in the field.

■ Abbreviated Talk Description: Dr. Stellingwerff reflects on nearly 30 years of applying evidence-based nutrition to optimize athlete performance. Through real-world case studies, he shares successes in which science-driven strategies led to clear competitive gains.



Kristi Storoschuk PhD(c) 🔥 Bio: PhD candidate in Queen's Muscle Physiology Lab. Research: exercise adaptations improving carb/fat metabolism; pre-exercise nutrition effects. Background in nutritional ketosis science communication.

■ Talk Title: To do, or not to do: Zone 2 – That is the Question

■ Abbreviated Talk Description: Challenges broad Zone 2 endorsement for the general population mitochondrial/cardiometabolic benefits. Argues that high-intensity exercise shows stronger evidence for these adaptations.



Jeff Stout PhD FISSN 🍷 Bio: PhD from the Cornhuskers. Helped jumpstart the science of the sports supplement category. Prolific author and black belt in Judo. Works in the city that Mickey Mouse built. He has been cited over 30,000 times.

■ Talk Title: Buffer Up with Beta-Alanine

■ Abbreviated Talk Description: Beta-alanine is a non-essential amino acid naturally produced in the body and found in foods like meat and poultry, where it serves as the rate-limiting precursor for synthesizing carnosine in skeletal muscle. It's a supplement that's great for a wide variety of athletes.



Mel Sulaver MS RD CISSN



Katie Hirsch PhD FISSN 🍷

Bios: Sulaver: Sports RD focused on women's health (preconception to postpartum); challenges norms in fueling/recovery. Hirsch: Asst. Professor at U South Carolina; research on nutrition/exercise for female metabolic health, body comp, performance across lifespan.

■ Talk Title: Beyond the Data: The Human Side of Research in Women's Sport and Nutrition

■ Abbreviated Talk Description: Bridges controlled research with lived experience in women's sport/nutrition. Explores hormone-informed approaches, real-world variables (stress, sleep, cycle), and collaborative models between academia and practice.



Katie Vasenina PhD CISSN 🔥 Bio: Assistant Professor at the University of Tampa. Focus: exercise/nutrition interventions (e.g., collagen), DOMS, performance. She enjoys skydiving, tennis, and rumination.

■ Talk Title: The Impact of Essential Amino Acids on Muscle and Tendon Adaptation After Eccentric Exercise

■ Abbreviated Talk Description: EAAs are amazing. We should all take them. Gram for gram, it is more anabolic than whole protein. Dr. Moldova gives the latest scoop on how it affects tendons and skeletal muscle.



Hunter S. Waldman PhD 🍷 Bio: Professor and sports nutrition researcher. Focus: exercise/nutrition interventions for metabolic health, cognition, performance. Active in BJJ and outdoors.

■ Talk Title: Recovering Muscle and Cognitive Performance with Astaxanthin

■ Abbreviated Talk Description: Reviews lab findings on astaxanthin for recovery: reduces muscle damage/inflammation/soreness, buffers mental fatigue, preserves cognitive function post-exercise/mental stress.



Emily Werner PhD RD 🔥 Bio: Dr. Emily Werner is the Team Dietitian for the Philadelphia 76ers (NBA) and Flyers (NHL). She also serves as Nutrition Affairs - Sport Lead for Timeline Longevity Co.

■ Talk Title: An Update on Urolithin A and its Relevance for Athletes

■ Abbreviated Talk Description: Studies illustrate UA's current role in enhancing recovery, endurance, and strength in athletes, while foreshadowing broader future applications as an ergogenic aid for optimizing mitochondrial health and performance across sports disciplines.



Tim Ziegenfuss PhD FISSN 🍷 Bio: Sports nutrition/exercise scientist; Past President/Fellow ISSN; CEO Center for Applied Health Sciences. Advisor to industry; huge fan of Genghis Khan.

■ Talk Title: Milk Casein-Derived lactotripeptides (VPP & IPP): Evidence for Endothelial Function Enhancement and Potential Benefits in Physical Performance

■ Abbreviated Talk Description: Covers lactotripeptides (VPP/IPP) from casein for vascular function (ACE inhibition, NO signaling). Emerging links to reduced fatigue/DOMS, lower post-exercise stiffness, enhanced training pump, and lean mass gains.

## Copious thanks to our vendors and sponsors



To the ISSN Family, let's give a huge thanks to our outgoing President, *Dr. Chad Kerksick*, and welcome the incoming President, *Dr. Guillermo Escalante*, and Vice-President, *Dr. Darren Candow*. Mark your calendar for the **24th Annual ISSN Conference and Expo** happening **June 14-16, 2027**, right here in sunny **Jupiter, Florida**, at the gorgeous **Wyndham Grand Jupiter at Harbourside Place**. Think killer research, seminars, and networking minus the ennui of other conferences. Looking forward to 2027! 🌴🔥 Cheers, Jose Antonio, PhD CEO, The ISSN

✉ JoseAntonioPhD 📷 the\_issn 📷 supphd