

## Scientific Program

International Conference on

# Weight Loss and Fitness Expo

July 13-15, 2015 Philadelphia, USA



**OMICS International Conferences**

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Liberty-4



10:00-10:30

Opening Ceremony

Keynote Forum

10:30-11:10 Marvin A Sackner University of Miami, USA

Coffee Break 11:10-11:30 @ Foyer

Group Photo

11:30-12:10 John Tomer Manhattan College, USA

Track 2: Obesity and Health Complications
Track 7: Weightloss and Fitness in Women
Track 9: Traditional and Conventional Weight Loss Therapies

Session Chair: Adarsh K Gupta, University of Rowan, USA
Session Co-chair: Suman Ahuja, Lincoln University, USA

Session Introduction

12:10-12:40 Liraglutide protects high fat high sucrose diet induced obesity through elevation of energy expenditure
Lixin Li, Central Michigan University, USA

12:40-13:10 Challenges in caring for obese patients
Adarsh K Gupta, Rowan University, USA

Lunch Break 13:10-14:10 @ Benjamin

14:10-14:40 Effects of omega-3 fatty acids and exercise on biomarkers association with cardiovascular diseases
Suman Ahuja, Lincoln University, USA

14:40-15:10 Obesity in adolescents with autism spectrum disorders
Brandy E Strahan, University of West Florida, USA

15:10-15:40 Aspects of exercise before or after Bariatric surgery: A systemic review
Sjaak Pouwels, Catharina Hospital, The Netherlands

15:40-16:10 Metabolic surgery and functional restriction
Alper Celik, Turkish Metabolic Surgery Foundation, Turkey

Coffee Break 16:10-16:30 @ Foyer

16:30-17:00 Macronutrient composition in weight loss diets - a meta- analysis
Mona Boaz, Ariel University, Israel

17:00-17:30 A comparative study between players of football and handball in Egyptian national team in Heart Rate Variability ( HRV)
Hamdy Abdou Asem, Sadat City University, Egypt

Panel Discussion

Day 2 July 14, 2015

Liberty-4

Keynote Forum

10:00-10:40 **Alper Celik**  
Turkish Metabolic Surgery Foundation, Turkey

Coffee Break 10:40-11:00 @ Foyer

11:00-11:40 **Hillel Mazansky**  
Corporate Keynote Speaker at Gianinc, USA

Track 3: Weight Management Strategies  
Track 4: Surgical Procedures for Weight Loss  
Track 5: Child hood Obesity- Causes and Risk Factors

Session Chair: Alper Celik, Turkish Metabolic Surgery Foundation, Turkey

Session Co-chair: Stacy D Hunter, Pure Action Inc., USA

Session Introduction

11:40-12:10 **If you choose to stay seated, "Don't Sit Still™"**  
Marvin A Sackner, University of Miami, USA

12:10-12:40 **Hot yoga and obesity-related metabolic dysfunction**  
Stacy D Hunter, Pure Action Inc., USA

Lunch Break 12:40-13:40 @ Benjamin

13:40-14:10 **The effect of video-game playing on overweight/obese adolescents with autism spectrum disorders**  
Brandy E Strahan, University of West Florida, USA

14:10-14:40 **Effects of Bariatric surgery on inspiratory muscle strength**  
Sjaak Pouwels, Catharina Hospital, The Netherlands

14:40-15:10 **Predictors of physicians' practices related to nutritional counseling and management in Riyadh City**  
May N Al-Muammar, King Saud University, Saudi Arabia

15:10-15:40 **Prevalence of metabolic syndrome and its individual components among Moroccan adolescents: The role of overweight-obesity and excess body fat**  
Abdeslam Hamrani, Lodz University of Technology, Poland

15:40-16:10 **Effect of yoga type of breathing on R-R interval variability and sympatho-vagal balance: Early interventions to prevent the future risk of obesity related complications**  
Rajajeya Kumar Manivel, Chennai Medical College Hospital and Research Centre, India

Panel Discussion

Coffee Break 16:10-16:30 @ Foyer

Poster Presentations 16:30-17:30

Day 3 July 15, 2015

Liberty-4

Track 1: Fitness Science  
Track 6: Weightloss Medications  
Track 10: Underweight Management and Fitness Strategies

Session Chair: Rajiv Mahendru, B P S Government Medical College for Women, India

Session Co-chair: Paramvir Singh, Punjabi University, India

- 10:00-10:30** **Weight loss in women with polycystic ovary syndrome remarkably benefits infertility**  
**Rajiv Mahendru**, B P S Government Medical College for Women, India
- 10:30-11:00** **Integration of traditional mind-body interventions with conventional weight loss therapy to restore homeostatic set point in obese individuals**  
**Rajajeya Kumar Manivel**, Chennai Medical College Hospital and Research Centre, India

Coffee Break 11:00-11:20 @ Foyer

- 11:20-11:50** **Impact of weightloss and fitness on helath of an individual**  
**Hemamalini Kola**, KL University, India
- 11:50-12:20** **Obesity: Healthy or unhealthy**  
**Paramvir Singh**, Punjabi University, India
- 12:20-12:50** **Discrepancy between actual body shape and self-perceived body image in different age groups among Korean women: Analysis of 2010 Korea national health and nutrition examination survey data**  
**Haeryun Park**, Myongji University, Korea
- 12:50-13:20** **Childhood obesity: Causes and risk factors**  
**Liliia Safina**, The Ural State Institute of Physical Culture and Sports, Russia

Panel Discussion

Award Ceremony

Lunch Break 13:20-14:20 @ Benjamin

## Bookmark your dates

2<sup>nd</sup> International Conference on

# Weight Loss and Fitness Expo

October 20-22, 2016 Dubai, UAE



Website: [fitness.conferenceseries.com](http://fitness.conferenceseries.com)

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