Scientific Program

International Conference on

Weight Loss and Fitness Expo

July 13-15, 2015    Philadelphia, USA
Day 1  July 13, 2015

09:30-10:00  Registrations

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

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

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

Coffee Break 10:40-11:00 @ Foyer

Track 3: Weight Management Strategies
Track 4: Surgical Procedures for Weight Loss
Track 5: Childhood 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

Poster Presentations  16:30-17:30

Coffee Break 16:10-16:30 @ Foyer

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 weight loss and fitness on health 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**

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**Bookmark your dates**

**2nd International Conference on**

**Weight Loss and Fitness Expo**

October 20-22, 2016  Dubai, UAE

Website: fitness.conferenceseries.com