Proceedings of
16th International Conference and Exhibition on

Obesity & Weight Management

&

17th World Fitness Expo

November 13-15, 2017 | Atlanta, USA
Conference Hall: Majestic III

Day 1        November 13, 2017

08:00-09:15 Registrations

Conference Hall: Majestic III

09:15-09:45 Opening Ceremony

Keynote Forum

09:45-10:00 Introduction
10:00-10:40 Title: The skinny on fat loss: An approach to weight management based on current research
   Robert G LeFavi, Armstrong State University, USA

Group Photo

Panel Discussion

Networking & Refreshment Break 10:40-11:00 @ Piedmont Prefunction

11:00-11:40 Title: The new exercise regime: Active virtual reality games and health
   Marialice Kern, San Francisco State University, USA

11:40-12:20 Title: Four decades of bariatric surgery in a community hospital of Spain
   Aniceto Baltasar, 2012 IFSO President, 2011 Outstanding Achievement award Finalist

12:20-13:00 Title: P-DTR and rehabilitation
   Jose Palomar Lever, P-DTR Global, Switzerland

Sessions:
Obesity and Weight management | Childhood obesity | Fitness Research & Development | Physical Fitness | General Fitness
Training | Innovations in Fitness Exercise | Exercise & Sports Science

Session Chair: Aniceto Baltasar, 2012 IFSO President, 2011 Outstanding Achievement award Finalist
Session Co-chair: Jose Palomar Lever, P-DTR Global, Switzerland

Panel Discussion

13:00-13:50 Lunch Break @ Ballroom Prefunction

13:50-14:20 Title: Childhood obesity
   Horia Al Mawlawi, King Abdulaziz University, Saudi Arabia

14:20-14:50 Title: Implementing an education program in elementary schools to improve healthy food choices
   Tonia Mailow, Murray State University, USA

14:50-15:20 Title: The reliability and validity of DISQ® equipment on ventilatory parameters and caloric cost at treadmill test in healthy subjects
   Alexandre Evangelista, Nove de Julho University, Brazil

15:20-15:50 Title: Physical activity and well-being: An exploration of the mental and physical benefits achievable through dance
   Sharon Phelan, The Institute of Technology in Tralee, Ireland

15:50-16:20 Title: The P-DTR concept of neurological health
   Jose Palomar Lever, P-DTR Global, Switzerland

Panel Discussion

Networking & Refreshment Break 16:20-16:40 @ Ballroom Prefunction

16:40-17:20 Keynote Forum
   Title: Train your head… Body will follow
   Sandy Weston, Weston Fitness, USA

17:20-17:50 Title: Sliding self-locking first stitch and aberdeen knots in suture reinforcement with omentoplasty of the laparoscopic gastric sleeve staple line-A video presentation
   Aniceto Baltasar, 2012 IFSO President, 2011 Outstanding Achievement award Finalist

Panel Discussion 17:50-18:00
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<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker</th>
<th>Location</th>
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<tbody>
<tr>
<td>09:10-09:50</td>
<td>Modern musculoskeletal problems—Is yoga based wholistic approach the answer?</td>
<td>John Ebnezar, Orthopedic surgeon, India</td>
<td>Conference Hall: Mejestic III</td>
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<td>09:50-10:30</td>
<td>Pediatric vegetarian diets are healthful, nutritionally adequate and may provide health benefits in the prevention of obesity</td>
<td>Joycelyn M Peterson, Oakwood University, USA</td>
<td>Conference Hall: Mejestic III</td>
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**Panel Discussions**

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<tr>
<td>10:50-11:30</td>
<td>Body mass index and body fat in college age males and females: Perception versus reality</td>
<td>Lynn R Jacobs, Southern Methodist University, USA</td>
<td>Conference Hall: Mejestic III</td>
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**Session Introduction**

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<tr>
<td>11:30-12:00</td>
<td>Can psychobiotics intake modulate psychological profile and body composition of women affected by normal weight obese syndrome and obesity? An interventional study</td>
<td>Antonino De Lorenzo, University of Rome Tor Vergata, Italy</td>
<td>Conference Hall: Mejestic III</td>
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<td>12:00-12:30</td>
<td>The triangle of shame-dieting-overeating in internal family systems (IFS) therapy: Teaching patients how to understand and change their thinking patterns around eating behaviors</td>
<td>Betsy Thurston, Dietitian and Eating Disorder Clinician, USA</td>
<td>Conference Hall: Mejestic III</td>
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<tr>
<td>12:30-13:00</td>
<td>A comparison of two types of resistance exercises, machine weight versus elastic band exercises, on glucose and insulin responses in postmenopausal women</td>
<td>H George Philippi, Radford University, USA</td>
<td>Conference Hall: Mejestic III</td>
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**Panel Discussion**

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<td>14:00-14:30</td>
<td>Obesity leads to iron retention in the duodenum of mice likely due to increased production of adipose-derived hepcidin</td>
<td>Shougang Wei, Capital Medical University, China</td>
<td>Conference Hall: Mejestic III</td>
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<td>14:30-15:00</td>
<td>Study of the relationship between abdominal obesity and microaluminuria in elderly</td>
<td>Amira Mahmoud, Ain Shams University, Egypt</td>
<td>Conference Hall: Mejestic III</td>
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<td>15:00-15:30</td>
<td>Intraoperative, early and late complications of laparoscopic sleeve gastrectomy</td>
<td>Rohit Kumar, International Modern Hospital, UAE</td>
<td>Conference Hall: Mejestic III</td>
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<td>15:30-16:00</td>
<td>Cultivating health equity in California’s San Joaquin valley</td>
<td>Genoveva Islas, Cultiva La Salud, USA</td>
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<td>16:20-17:00</td>
<td>Anticipation and adaptation-Theory and implication of internal model</td>
<td>Daehan Kim, Essential Kinetic, Canada</td>
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**Panel Discussion**

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<td>09:00-09:40</td>
<td>Obesity and Pharmacotherapy: Looking ahead for chronic weight management and weight regain prevention</td>
<td>Amy Arrow Articolo, Obesity Treatment Foundation, USA</td>
<td>Conference Hall: Mejestic III</td>
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<tr>
<td>09:40-10:20</td>
<td>CrossFit as a Tool: Analyzing its possible benefits and potential pitfalls</td>
<td>Robert G LeFavi, Armstrong State University, USA</td>
<td>Conference Hall: Mejestic III</td>
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Networking & Refreshment Break 10:20-10:40 @ Piedmont Prefunction

Workshop

10:40-11:40  Title: The demonstration of how people can improve their results and endurance while exercising after a small intervention with P-DTR
Jose Palomar Lever, P-DTR Global, Switzerland

Sessions:
Pharmacology and Obesity | Liposuction and Advanced Weight Loss Treatments | Fitness Nutrition | Athletic Performance | Exercise & Sports Science | General Fitness Training
Session Chair: Ramesh Ghimire, Spatial Economics Research Scientist Research & Analytics Division USA
Session Co-chair: Angelia Holland, Augusta University, USA

Session Introduction

11:40-12:10  Title: The impact of a structured balance training program on older adults
Chris King, Graceland University, USA

12:10-12:40  Title: Short term result of laparoscopic sleeve gastrectomy
Rohit Kumar, International Modern Hospital, UAE

12:40-13:10  Title: Nutrition and supplementation for optimal performance
Alex Jamal, Fitness Specialist, USA

Panel Discussion

Lunch Break 13:10-14:00 @ Ballroom Prefunction

Keynote Forum

14:00-14:40  Title: Effects of a ketogenic diet and exogenous ketone supplementation on body composition, health and exercise performance
Angelia Holland, Augusta University, USA

Workshop

14:40-15:40  Title: Green space and adult obesity in the U.S.
Ramesh Ghimire, Atlanta Regional Commission, USA

Special Session

15:40-16:20  Title: How implement a lifestyle nutrition metabolic weight loss & counseling program specific for your clinical philosophy and patient demographic
Christopher Fuzzy, Lifestyle Nutrition Inc, USA

Panel Discussions

Networking & Refreshment Break 16:20-16:40 @ Ballroom Prefunction

Sessions:
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Session Chair: Ramesh Ghimire, Atlanta Regional Commission, USA
Session Co-chair: Angelia Holland, Augusta University, USA

Session Introduction

16:40-17:10  Title: Tradition of physical training and fitness
Paramvir Singh, Punjabi University, India

17:10-17:40  Title: A systematic review of school factors associated with long-term obesity outcomes in youth
Janelle Herrera Ikan, University of South Florida, USA

17:40-18:00  Title: Association of sedentary behaviour and mental health among young adults: A cross-sectional study
Nizar Abdul Majed Kutty, University Tunku Abdul Rahman, Malaysia

17:50-18:00  Title: Comparison of body mass index of female patients between 18-65 and comparison of food consumption indices of female patients between 25-30 and 30-40 who applied to a nutrition and diet polyclinic of a private hospital
Hulya Demir, Yeditepe University, Turkey

Panel Discussion

Awards & Certificates Distribution 18:00-18:15

Networking 18:15-18:30 @ Ballroom Prefunction

Thanks Giving & Closing Ceremony