

Proceedings of

16th International Conference and Exhibition on

Obesity & Weight Management

&

17th World Fitness Expo

November 13-15, 2017 | Atlanta, USA



Conferenceseries LLC - America

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08:00-09:15 Registrations

Conference Hall: Mejestic III

conference**series**.com 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

Panel Discussion

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

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

Session Introduction

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

Keynote Forum

16:40-17:20 **Title: Train your head... Body will follow**

Sandy Weston, Weston Fitness, USA

Session

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

Keynote Forum

- 09:10-09:50** Title: **Modern musculoskeletal problems—Is yoga based wholistic approach the answer?**
John Ebnezar, Orthopedic surgeon, India
- 09:50-10:30** Title: **Pediatric vegetarian diets are healthful, nutritionally adequate and may provide health benefits in the prevention of obesity**
Joycelyn M Peterson, Oakwood University, USA

Panel Discussions

Networking & Refreshment Break 10:30-10:50 @ Piedmont Prefunction

- 10:50-11:30** Title: **Body mass index and body fat in college age males and females: Perception versus reality**
Lynn R Jacobs, Southern Methodist University, USA

Panel Discussions

Sessions:

Obesity and Endocrinology | Obesity and Overweight | Control and prevention of obesity | Kinesiology & Musculoskeletal Development | Physical Therapy | Factors affecting body's fitness

Session Chair: Genoveva Islas, Cultiva La Salud, USA

Session Co-chair: John Ebnezar, Orthopedic Surgeon, India

Session Introduction

- 11:30-12:00** Title: **Can psychobiotics intake modulate psychological profile and body composition of women affected by normal weight obese syndrome and obesity? An interventional study**
Antonino De Lorenzo, University of Rome Tor Vergata, Italy
- 12:00-12:30** Title: **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**
Betsy Thurston, Dietitian and Eating Disorder Clinician, USA
- 12:30-13:00** Title: **A comparison of two types of resistance exercises, machine weight versus elastic band exercises, on glucose and insulin responses in postmenopausal women**
H George Philippi, Radford University, USA

Panel Discussion

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

- 14:00-14:30** Title: **Obesity leads to iron retention in the duodenum of mice likely due to increased production of adipose-derived hepcidin**
Shougang Wei, Capital Medical University, China
- 14:30-15:00** Title: **Study of the relationship between abdominal obesity and microalbuminuria in elderly**
Amira Mahmoud, Ain Shams University, Egypt
- 15:00-15:30** Title: **Intraoperative, early and late complications of laparoscopic sleeve gastrectomy**
Rohit Kumar, International Modern Hospital, UAE
- 15:30-16:00** Title: **Cultivating health equity in California's San Joaquin valley**
Genoveva Islas, Cultiva La Salud, USA

Panel Discussions

Networking & Refreshment Break 16:00-16:20 @ Ballroom Prefunction

Special Session

- 16:20-17:00** Title: **Anticipation and adaptation-Theory and implication of internal model**
Daehan Kim, Essential Kinetic, Canada

Panel Discussion 17:00-17:15

Keynote Forum

- 09:00-09:40** Title: **Obesity and Pharmacotherapy: Looking ahead for chronic weight management and weight regain prevention**
Amy Arrow Articulo, Obesity Treatment Foundation, USA
- 09:40-10:20** Title: **CrossFit as a Tool: Analyzing its possible benefits and potential pitfalls**
Robert G LeFavi, Armstrong State University, USA

Panel Discussions

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 Fuzy, Lifestyle Nutrition Inc, USA
Panel Discussions	
Networking & Refreshment Break 16:20-16:40 @ Ballroom Prefunction	
Sessions: Pharmacology and Obesity Liposuction and Advanced weight loss treatments Fitness Nutrition Athletic Performance Exercise & Sports Science General Fitness Training 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 Barrera Ikan, University of South Florida, USA
17:40-17:50	Title: Association of sedentary behaviour and mental health among young adults: A cross-sectional study Nizar Abdul Majeed 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	