Using YOUR Nutrition Blueprint to Optimize Athletic Performance

Combining Genomic Medicine, Nutrition Science and the Culinary Arts To Personalize Training Regimens

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“Predictive genomic DNA profiling reveals genetic variations that have been linked to endurance, strength and speed sports, vulnerability to sports-related injuries and individualized nutritional requirements among athletes. Knowledge about these genetic predispositions associated with endurance capacity or strength and speed sports can lead to a more appropriate selection of athletic activity and less risk of injury.”

ABOUT

Through the science of genomics, we know that gene SNPs (single nucleotide polymorphisms) can impact gene expression. This can result in sub-optimal performance, increased risk of injury, poor recovery time and impaired utilization of macro and micronutrients associated with athletic performance. Presently, there are more than 30 genes linked to optimizing athletic performance. The new science of genomics can be used to eliminate the guesswork, and empower you to create truly personalized nutrition and training programs that take athletes and fitness fans to a new level of performance and health.

Join Dr. Joe Veltmann, Roberta Kline, MD and Amanda Archibald, RD for a game-changing three day experiential workshop. Use your genomic blueprint as a foundation for learning how to combine genomic information with nutrition advice to generate culinary solutions and meal plans for the active and competitive clientele you serve.

LEARNING OBJECTIVES

1. Describe the science of genomic medicine and the associated technology
2. Identify appropriate clients for genomic testing and how they can benefit
3. Interpret a sample of genomic test results and apply them to exercise performance
4. Identify strategic exercise composition based on individual DNA composition specifically, endurance, power, or combination of endurance and power activities
5. Identify risk for musculoskeletal injuries or longer recovery times between workouts due to genomic predispositions
6. Identify risk for nutritional deficiencies and any additional needs for nutritional support using individual DNA evaluation
7. Using your own genomic test results, develop a personalized nutrition and exercise/training program to optimize your health, fitness and/or athletic performance
8. Translate personalized nutrition plans into recipes and meals in a live culinary lab setting.

WHO SHOULD ATTEND

This is a professional continuing education workshop for accredited nutrition, health and fitness professionals. The program is designed for professionals whose clients include high-performance athletes, weekend warriors and fitness advocates/fanatics. A degree in nutrition science, or a degree with a significant concentration in nutrition science, nutrition biochemistry or biological science is strongly recommended to understand the complexity of the materials presented.
PRICE AND REGISTRATION DETAILS

$995 by March 1, 2016. $1150 after March 1

Workshop price includes:

- 3 day workshop
- Your personal sports and exercise performance DNA panel featuring 30 genes and 8 critical nutrients. *
- 1 Eating For Your Performance Genes Lunch
- 1 hands-on culinary lab
- All power-up breaks and on-going refreshments, snacks
- Detailed workbook
- Complete set of workshop recipes and supportive roadmaps and food- gene maps
- An e-file (pdf) of all workshop tools and presentations
- CPE 19 RD/DTR

* A test kit complete instructions will be sent to you 3 months prior to the workshop. You will be responsible for returning the kit to Genomic Solutions Now in a timely manner to ensure that you receive your genomic results to use at the workshop.

REGISTER

Please visit www.fieldtoplate.com and go to this workshop page on the website. Click the registration button. This will take you to our registration page where you will have the option to pay via credit card or send us a check. For questions, please email: Richelle@fieldtoplate.com, or call 240-422-5072.

CANCELLATION POLICY

By registering for this workshop we will automatically assume that you have familiarized yourself with our cancellation policy. This policy is located on the workshop landing page on Field to Plate’s website. If you are unable to locate the policy, or need a pdf copy, please contact us.

DISCLOSURE

The genomic test and reports used in this workshop are produced by Genomic Solutions Now, (GSN) a Santa Fe, NM Company. Presenters Dr Joe Veltmann and Dr Roberta Kline are co-founders of GSN. Within the context of this workshop, the GSN test and its associated report are used solely for educational purposes. No attempt will be made during, or after the workshop to promote GSN products. Participant information will not be shared with GSN. Participants may contact GSN privately and after the workshop to pursue product information or additional training.
DAY ONE

Introduction to Genomics for Athletes and Performance

MORNING

9:00-10:30 am Genomics, Nutrition & Athletic Performance
Where we are now and future potential - Roberta Kline, MD

- Review the current state of genomics in nutrition and athletic performance
- Discuss individuals who can benefit
- Training and nutrition approaches: no longer one size fits all
- Overview of future directions, potential and applications

10:30-10:45 am - Power-Up Break

10:45-12:45 pm Unleashing the Power of your Genomic Blueprint (Part I)
Joe Veltmann, PhD

- Using genomic information to support athletic performance
- Supporting endurance and/or power performance

12:45 - 2:15 pm Eating for Your Performance Genes: An interpretive Lunch
An interactive eating experience featuring recipes with strategic ingredients that influence your genes - Amanda Archibald, RD

AFTERNOON

2:15 - 4:30 Unleashing the Power of your Genomic Blueprint: Part II
Joe Veltmann, PhD

- Using genomic information to support athletic performance
- Focus on injury and recovery

4:30 Close. Evening on your own
DAY TWO

MORNING

Translating Genomic Blueprints to the Individual Plate
Roberta Kline, MD, Joe Veltmann, PhD

8:30-10:00 am Interpret YOUR PERSONAL nutrition blueprint

- Nutrition pathways: what you need to know to interpret genomic test results
- Overlay genomics results with an individual comprehensive health questionnaire

10:00-10:15 am Power-Up Break

10:15-12:15 am Mapping Athletic Genes to the Food that Powers them
Amanda Archibald, RD

- Introduction to Culinary Genomics
- Introduction to culinary frameworks and recipe building strategies to support genomic medicine
- Food-Gene maps for athletic performance

12:15 – 2:30 pm Lunch on your own

AFTERNOON

2:30 – 4:30 pm Nutrition planning for peak performance: endurance, power and casual fitness seekers - Guest Speaker

- Review of calorie and macronutrient needs
- Planning for pre-, during and post-workout and composition nutrition needs
- Recovery and injury prevention
- Fat-adapted versus carbohydrate-adapted athletes—which is “right”
- Melding standard nutrition approaches to sports nutrition and performance with new genomic information

4:30 pm Close. Evening on Your Own
DAY THREE

Application in Action

MORNING

8:30 - 10:30 am Creating meal plans using genomic results
Amanda Archibald, RD, Joe Veltmann, PhD

- Identify opportunities for nutrition intervention using genomic test results
- Adapt recipes on the fly to integrate strategic ingredients
- Generate simple meal plans to support personalized athletic performance using genomic results and strategic ingredients

10:30 - 11:00 am Break and prep for culinary lab

11:00 - 2:00 pm Hands-On Culinary Lab

Using a culinary framework, learn how to substitute ingredients in selected recipes to create recipes and meal plans that map to a personal genomic nutrition blueprint. Recipes will cover breakfast and (re)fueling options as well as a variety of options for lunch and dinner (salads, slaws, smoothies, soups, bowls etc).

AFTERNOON

2:00 - 4:00 pm Case Study Group Work

In small groups, work with a genomic report to create personalized nutrition advice and meal plans that support an individual’s training regimen

Amanda Archibald, RD Roberta Kline, MD
RD Joe Veltmann, PhD and Guest Speaker

4:00-4:30 pm Reflections, Q&A. Close
ABOUT THE LOCATION

This workshop is hosted in Field to Plate's private Culinary Lab and teaching space approximately 8 miles from downtown Boulder, looking down on the magnificent Flat Irons and Front Range. Teaching takes place in both the private culinary lab space as well as the comfort of a large mountain home. This unique space allows you relax and learn against the backdrop of the Rocky Mountains. Stay in downtown Boulder and enjoy the amenities of this incredible Colorado city. Each day, drive, or carpool from Boulder to the workshop location.

GETTING TO BOULDER AND STAYING IN BOULDER

Boulder is located approximately one hour from Denver International Airport. Transportation options include rental car, airport shuttle and the economic RTD bus which brings you directly to Boulder for $13. Boulder is a walkable city that is well serviced by its own bus network. This means you can literally get around without transportation if you stay in the downtown area.

- You will need a car access the workshop location. If you are interested in taking public transportation from the airport and ride-sharing with other participants, please advise our program assistant, Richelle Emerick: richelle@fieldtoplate.com. Tel: 240-422-5072. We cannot guarantee that rideshares are available, however we will do our best to pair you up so that you can make appropriate arrangements.

- Field to Plate can assist you with accommodation recommendations and possible roommates if you are interested.
Roberta Kline MD, FACOG is an author, entrepreneur, clinician and teacher. Through her positions as Assistant Clinical Professor at UNECOM, and Guest Faculty for The Graduate Institute, she has created and taught courses and programs that integrate functional, energy, and genomic medicine. Dr. Bobbi is co-founder and CEO of both Genomic Solutions Now and the Genesis Center 4 Personalized Health, where she brings her passion of empowering others to create health of mind, body, and spirit through truly personalized medicine to clinicians and patients around the world.

Joe Veltmann, PhD FAAIM DCCN is a scientist, healthcare practitioner, expert in genomic testing and interpretation, author, teacher and innovator. With over twenty-five years of experience as a researcher, and nutritional, functional and integrative medicine practitioner, Dr. Joe has made a career of translating lab results into practical clinical applications for patients. He is co-founder of Genomic Solutions NOW and GENESIS Center 4 Personalized Health, which offer genomic testing, clinical interpretation, consulting and engaging, informative webinars educating healthcare professionals and the general public about the benefits of genomics in the prevention and treatment of cancer and other chronic diseases.

Amanda Archibald, RD is uniquely trained as both analyst and nutritionist (RD). This unique skill set, combined with her culinary expertise, has enabled her to develop a new lens through which we can understand the food and health conversation. Archibald has been involved in lecturing, teaching and producing state of the art experiential food and nutrition learning experiences for consumers and health professionals alike since 2003. Her work has been showcased in more than 30 states and over 100 cities across the nation and countries around the world. Amanda continues to push the edge, teaming with culinary, nutrition and medical experts to produce culinary-focused educational tools for Integrated Medical Nutrition Therapy, Nutrigenomics and Functional Medicine. Her visionary approach leverages interactive digital “roadmaps” to distill complex ideas into actionable and edible solutions for practitioners, educators and patients.