

26th World Nutrition Congress

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15th Euro Obesity and Endocrinology Congress

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The importance of determining macronutrient needs for athletes for optimal performance

This workshop will help you to determine a proper macronutrient split for your clients that can help them train at their peak performance, help with weight management, and assist in recovery. The goal of proper nutrition while working with clients is to maintain energy, have enough fat to use as the primary energy source while at rest, and enough protein for gains and maintenance of lean muscle mass. We have all heard different percentage amounts, but which is correct, and for which type of person? When do macros need to be taken, pre/during/post workout? Macros need to be delivered throughout the day based by the need of energy output, training frequency, physique and performance goals, and other aspects such as their day-to-day lifestyles. These are the questions that will be addressed. Upon completion of this workshop, participants will know what each macronutrient does and its purpose in sports nutrition. Understand your role in providing nutrition advice to your clients for optimal performance. Learn how to properly distribute macronutrients throughout the day to match client goals for optimal performance.

Biography

Victor Romano is the Program Director of Exercise Science at Catawba College for the last three years. Before his position at Catawba College he was the Founding Director of HealthPlex, an applied research facility for health, human performance, and sport at Johnson C Smith University. He holds a BS and MS degree in Exercise Science, an EdD in curriculum and instruction with a focus in teaching exercise science and holds professional certifications from NSCA, NASM and ACSM.

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Dr. Kathryn Hanes-Romano is a certified and licensed athletic trainer with experience working with athletes in all levels of sport. She currently serves as an outreach athletic trainer for Wake Forest Baptist Health in Winston-Salem, North Carolina. Prior to that she was the head athletic trainer at Johnson C. Smith University working with NCAA Division II athletes, professional basketball athletes, and Olympic Track and Field Athletes. She has a Bachelor's degree in athletic training, a Master's degree in Sport Management, and a Doctorate of Athletic Training. She has also completed a Professional Certificate in Nutrition for Optimal Health, Sport, and Life.

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