

FACULTY OF KINESIOLOGY AND PHYSICAL EDUCATION SPEAKER SERIES



# OPTIMIZING NUTRITION THROUGH EXERCISE

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**March 5, 2019 – 6 p.m.- 8 p.m.**

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UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

IN PARTNERSHIP WITH



## WELCOME!

The University of Toronto and Faculty of Kinesiology & Physical Education welcome you to Optimizing Nutrition Through Exercise – a public symposium exploring the relationship between physical activity and nutrition. Tonight, we'll explore the effects physical activity can have on the way the body processes the food we eat and how our nutritional needs change with our activity levels.

A question-and-answer session will follow tonight's presentations. We invite you to join the conversation and send your questions via Twitter by using the hashtag [#UofTOptimizingNutrition](#).

## ABOUT TONIGHT'S SPEAKERS



### Master of Ceremonies – Harley Pasternak (M.Sc.)

Celebrity trainer and nutritionist Harley Pasternak holds a Master of Science in Exercise Physiology and Nutritional Sciences from the University of Toronto and an Honors degree in Kinesiology from Western University. A *New York Times* bestselling author whose books include *5-Factor Fitness* and *The Body Reset Diet*, Pasternak is certified by The American College of Sports Medicine and The Canadian Society of Exercise Physiology.

As a fitness and nutrition specialist, Pasternak boasts the largest celebrity client roster in the industry and has worked with the likes of Ariana Grande, Adam Levine and Lady Gaga. He currently stars on “Revenge Body with Khloe Kardashian” on E! Proper nutrition and the integration of exercise into daily life are major components of Pasternak's philosophy.



### Prof. Daniel Moore (Ph.D.)

Dr. Daniel Moore is an assistant professor in the Faculty of Kinesiology and Physical Education and a member of the Canadian Society for Exercise Physiology and American Society for Nutrition. He has authored over 75 peer-reviewed papers and was the recipient of a Canada Foundation for Innovation grant to build a high-performance muscle metabolism research lab at U of T. His excellence in research was recognized by the American Society for Nutrition with the Peter J. Reeds Young Investigator Award in 2012.

Moore's research explores the interplay between exercise and nutrition and how the two can be used to optimize the quantity and quality of muscle across a range of different populations including children, athletes and older adults.



### **Prof. Jenna Gillen (Ph.D.)**

Dr. Jenna Gillen is an assistant professor in the Faculty of Kinesiology and Physical Education and member of the Canadian Society for Exercise Physiology and Canadian Obesity Network. She has published numerous peer-reviewed articles investigating how time-efficient exercise strategies can improve health in previously inactive adults and those with obesity and Type 2 diabetes. Her research in this area has been recognized with awards from the Canadian Society for Exercise Physiology and American College of Sports Medicine.

Gillen's research interests include understanding how exercise and nutrition impact carbohydrate and fat metabolism and identifying lifestyle strategies to improve cardiometabolic health in those at risk for, or afflicted with, metabolic disease.



### **Jennifer Sygo (M.Sc., RD, CSSD)**

After completing an undergraduate degree in Biochemistry at McMaster University and a Masters of Science in Human Biology and Nutritional Sciences from the University of Guelph, Jennifer Sygo joined Cleveland Clinic Canada in 2006, where she uses evidence-based strategies to help busy professionals and active individuals make simple dietary changes to improve their health and performance. A leading sports nutritionist, she currently serves as the team dietitian for the Toronto Raptors, Athletics Canada, Swim Canada and Gymnastics Canada.

Sygo's nutrition expertise has routinely been featured in the media, including the *National Post*, the *Toronto Star*, and CBC's *The National*. In 2014, her first book, *Unmasking Superfoods* became a national best-seller.

## SPECIAL THANKS

The Faculty of Kinesiology & Physical Education extends its gratitude to the partners and supporters who help us in our mission to develop, advance and disseminate knowledge about physical activity, health and their interactions. Many thanks to **Iovate Health Sciences**, the makers of **MuscleTech®**, for their generous support. We would also like to recognize the staff and volunteers who made this event possible.

The research presented was supported by the **Natural Sciences and Engineering Research Council of Canada (NSERC)**, the **Canada Foundation for Innovation (CFI)** and the **Ontario Research Fund (ORF)**.

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## INDIVIDUAL SUPPORT AND PARTNERSHIPS

Please consider supporting the Faculty of Kinesiology & Physical Education. There are a variety of financial support options available to individuals and organizations to express their appreciation for the importance of physical activity at the University of Toronto. To explore your options, please contact the Faculty's advancement and alumni affairs office at (416) 946-5126 or [samantha.barr@utoronto.ca](mailto:samantha.barr@utoronto.ca) or give directly at [uoft.me/supportKPE](https://uoft.me/supportKPE)

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## SUGGESTIONS FOR FUTURE SPEAKER SERIES

Is there a topic you would like to hear more about?  
Send your suggestions to [comm.kpe@utoronto.ca](mailto:comm.kpe@utoronto.ca).