

# Live Q+A Start Times

## Northland Chapter

## 2021 Virtual Conference


- **11:00** = Stephen Seiler, PhD; University of Agder, Norway
  - *"From Polarized to Individually Optimized Endurance Training...in 5 steps"*
- **12:00** = Chelsea Stillman, PhD; University of Pittsburgh
  - *"The Impact of Exercise and Other Modifiable Lifestyle Behaviors on Human Brain Structure & Function"*
- **1:00** = Kevin Luhrs, MS, RD, CSCS; Gatorade Sports Science Institute
  - *"Ergogenic Aids Backed by Science"*
- **2:00** = Kyle Hackney, PhD; North Dakota State University
  - *"Blood Flow Restricted Exercise Mechanisms and Adaptations: Where do we go from here?"*
- **3:00** = Renee Rogers, PhD; University of Pittsburgh
  - *"Bridging the Gap between Tech and Media and Outcomes and Engagement"*

**Thank you to our  
Sponsors!**

**Northland Chapter  
2021 Virtual  
Conference**

**Dr. Viola Holbrook**  
**EXERCISE PHYSIOLOGY CENTER**

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