## Live Q+A Start Times

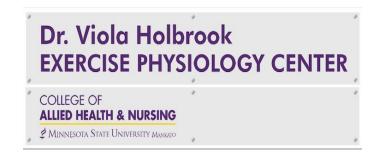
**Northland Chapter** 

2021 Virtual Conference

- <u>11:00</u> = Stephen Seiler, PhD; University of Agder, Norway
  - "From Polarized to Individually Optimized Endurance Training...in 5 steps"
- <u>12:00</u> = Chelsea Stillman, PhD; University of Pittsburgh
  - "The Impact of Exercise and Other Modifiable Lifestyle Behaviors on Human Brain Structure & Function"
- <u>1:00</u> = 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?"
- <u>3:00</u> = 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







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