

SAVE THE DATE!

The objectives of the inaugural meeting are:

- Review and critique the latest scientific information on nutrition and fitness, taking into consideration genetic endowment, adaptation throughout the lifecycle, and nutritional factors that contribute to fitness and health, specifically, the effect of the various dietary sources of energy on energy expenditure, exercise, and performance.
- Review the relationship of nutrition and fitness to chronic diseases and the influence of agricultural practices on the climate and overall health.
- Emphasize healthy lifestyles consistent with proper nutrition and fitness and stimulate national governments and the private sector to coordinate and thus maximize their efforts to develop programs that encourage proper nutrition and participation in sports activities by all throughout the lifecycle.

~ Artemis P. Simopoulos, M.D.

For more information regarding registration, etc please visit our website at:

<http://www.cgnh.net/wcgnfh/hahnhp>

Inaugural Conference of the World Council on Genetics, Nutrition and Fitness for Health on:

Healthy Agriculture, Healthy Nutrition and Healthy People October 5 – 8, 2010



Ancient Olympia, Greece

