

**THE FEMALE ATHLETE & FITNESS CONFERENCE AT LIFE UNIVERSITY
PRESENTED BY THE LIFE SPORT SCIENCE INSTITUTE NOVEMBER 7-8, 2015**

Marietta, Georgia, September 8, 2015 – The Female Athlete & Fitness Conference, presented by the LIFE Sport Science Institute (LSSI), will be hosted on the campus of Life University (LIFE) Saturday, November 7 through Sunday, November 8, 2015. Aimed at highlighting the specific training needs of female athletes and fitness enthusiasts, this conference will feature leading experts in sport performance and injury prevention from the fields of Chiropractic, nutrition, sport health science, physiology and more.

With increased opportunities for females to participate in a multitude of sports at the youth, adolescent, collegiate, professional, adult and senior levels, it is important to understand the specific needs of female athletes and how best to train and treat those needs. The Female Athlete & Fitness Conference's audience includes healthcare providers (MD, DC, PT, ATC, CSCS, RN, PES, etc.), coaches, parents, tournament and league administrators, fitness enthusiasts and any individual who works with female athletes.

There will be extended sessions to fully explore topics and provide significant time for presentation, while also exploring issues in an interactive discussion format. Learning objectives for the conference include:

- Understanding the research surrounding early sport specialization in the female athlete
- Definitions of female athlete triad and warning symptoms
- Growth and development issues and concerns for the young female athlete
- Nutritional recommendations for the female fitness enthusiast
- The best methods for training to lose fat
- The best types of cardio for weight loss, athletic performance, activities of daily living and health
- Training recommendations for the adult female recreational athlete
- Appropriately strength training younger athletes
- Demonstrating speed, agility and movement drills exercises specifically designed to limit injuries in the female youth athlete
- Understanding female running mechanics
- Training techniques used at the collegiate level with top female athletes
- Applying sport nutrition principles specifically for middle and high school athletes



PRESS RELEASE

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For more information about The Female Athlete & Fitness Conference or to register, visit femaleathleteandfitness.com.

WHAT: Life University announces The Female Athlete & Fitness Conference at Life University presented by the LIFE Sport Science Institute.

WHERE: Life University
1269 Barclay Circle
Marietta, GA 30060

WHEN: The Female Athlete & Fitness Conference will be held Saturday, November 7, 9:00 a.m.-5:00 p.m. and Sunday, November 8, 9:00 a.m.-Noon.

CONTACT: For more information or to register, visit femaleathleteandfitness.com.

About Life University

Founded in Marietta, Georgia in 1974, Life University is a health sciences institution most known for its chiropractic program, the largest in the world. Life University is regionally accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award baccalaureate, masters, and Doctor of Chiropractic degrees, and also has programmatic accreditation through the Council on Chiropractic Education (CCE), the Accreditation Council for Education in Nutrition and Dietetics (ACEND) and the Commission on Accreditation of Athletic Training Education (CAATE). The mission of Life University is to empower students with the education, skills and values necessary for career success and life fulfillment, based on a vitalistic philosophy.