

You're Invited!
Exercise Across the Health Spectrum

Saturday, November 10, 2018

NYU Langone Medical Center
550 First Ave., New York, NY

**Come and join us for the 2018 GNYRC-ACSM Annual Fall Meeting!
Earn ACSM approved CEC's**

This meeting will be filled with educational lectures and hands-on sessions addressing current topics across the healthcare spectrum, including:

- Exercise assessment and training for clinical and healthy populations
- Frailty Screening
- Fall Prevention
- Olympic Lift technique and programming
- Functional movement assessment and exercise selection

Keynote Speaker:
Anthony Ricci, MS,CSCS,LDN,CSN,CISSN
"Nutritional Strategies for the Combat Athlete"



Tony Ricci is a Fellow and Advisory Board member of the ISSN and ISSN Certified Sports Nutritionist. Tony holds separate Masters degrees in Exercise Physiology and Human Nutrition, with Doctoral work in Health Sciences. He is an Assistant Professor of Exercise Physiology and Nutrition at Long Island University in Brooklyn, NY. Additionally, he is the founder of Fightshape International, a multi-discipline performance enhancement company, through which he has coached scores of professional athletes in fight-sports including 6 World Champions. He is a consultant to many of the country's Fortune 500 companies for the development of their internal health and wellness

programs utilizing the experience he obtained as the Sr. Nutritionist of Pfizer Inc. for 13 years.

Tony serves on the Scientific Advisory Board of Dymatize Nutrition, holds State and Board Certifications as a Nutritionist, (CNS/CDN), and certifications in Strength & Conditioning with the NSCA and NASM. Along with achieving black belts in several martial arts, he continues rigorous training in fight-sports and serves as the Sports Science Advisor for Team Serra-Longo MMA.

More information to come at acsmgreaterny.org

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