Wednesday Seminar
Marley room 230
12:00 PM – 1:00 PM

Join us October 10, 2018

Motoko Taguchi, Ph.D., R.D.
Professor & Director
School of Sport Sciences, Waseda University
Waseda Institute of Sports Nutrition, Saitama, Japan
Waseda University, Tokyo, Japan

presents:
Waseda Athletes Conditioning (WAC) Studies: Weight Gain Strategy for Athletes – Systematic Approach

Athletes gain their body weight to achieve their highest performance. Many athletes consume much energy by increasing the number of meals and snacks to gain their body weight. However, the amount of energy and the balance of macronutrients required for weight gain, and the effects of meal frequency on body composition changes for athletes are not well understood. Dr. Motoko Taguchi will introduce WAC studies that were conducted for gaining body weight among Japanese athletes using systematic approach.

Bonus presentation: Dr. Taguchi is Senior Sports Dietitian, Japan Olympic and Paralympic Game Advisor. She will present the newest efforts by Japanese sports dietitians working toward to the Tokyo Olympic and Paralympic Games in 2020.