

16<sup>th</sup> International Conference and Exhibition on

# OBESITY & WEIGHT MANAGEMENT

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17<sup>TH</sup> WORLD FITNESS EXPO

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## Nutrition and supplementation for optimal performance

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For any individual to get the best results right nutrition is curial, with nutrition comes an important part which is supplementation. The world of dietary supplements has grown drastically in the last couple of years and will continue to grow. That's due to many aspects one of them is scientific research and improving results from supplements. Average people do not know enough basic nutrition. In my presentation, I will address these issues and sharing more nutritional insights and nutritional tips. How is our food divided after digestion? Is better for anyone? Should we be taking vitamins in extra amounts? People eat random food and most of them seek to be healthy with the least effort. Is there a way to do that! Most wants to know the shortcut and ask for a magic pill, our job is to make the picture clear and direct them toward the right path. The world of dietary supplements is huge, are we indeed of all these supplements. Do all supplements work? Providing scientific proof and sharing experience of supplement usage along with results on my clients and friends. Finally the presentation involves sharing the author's personal experience about nutrition and supplementation for optimal performance.

### Biography

Alex is a certified Personal Fitness Trainer and Strength and Conditioning Coach. He is a Nutritionist, a world-class competitor, a men's physique international competitor, an international fitness model, an elite athlete trainer and a published author. He always had a passion for sports and has been an athlete all of my life which has led me to dedicate myself to fitness and health. He believes in hard work and education. He trains top celebrities, elite athletes and professional and successful business men and women. He has competed in the world's most prestigious competitions. He has been published on covers of books, magazines, newspapers and has been on numerous television and radio shows. He always believes that a man can achieve what he aspires to as long as he has no barriers, the right mindset and tunnel vision.

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