Session Outline
ACSM Health and Fitness Summit
March 31 – April 3, 2015

Protein and Yoga: Strategies to Promote Muscle Longevity for Women
April 1, 10:45 – 11:45 am
April 2, 4:15 – 5:15 pm

Nancy Rodriguez, PhD, RD, CSSD, FACSM
Professor, Nutritional Sciences
Director, Sports Nutrition Programs
University of Connecticut

Karen Freeman, MS, RD, CSSD
Nutrition Consultant
Volunteer Clinical Instructor
University of California, San Diego
Department of Family & Preventative Medicine

Summary
To offset muscle loss with aging, experts recommend higher protein intakes combined with routine strength training exercise. The interplay between women’s multifaceted lifestyles and their specific fitness and body composition goals challenges fitness professionals to consider alternative approaches to maintaining lean body mass and strength in this population. This session will consider yoga as an alternative mode of exercise for maintaining muscle, increasing strength and enhancing flexibility that, when combined with higher protein diets, will optimize muscle mass and function in women.

Session Format
1. Introduction (Matthew Pikosky, PhD, RD)
   a. Speaker introduction
   b. Program objectives and key takeaways

2. Research Overview and Practical Application (Nancy Rodriguez, PhD, RD, CSSD, FACSM)
   a. Considerations with changes in muscle mass as women age
   b. Effects of diet and exercise on muscle mass
      i. The role of protein
      ii. Basis for strength training vs. aerobic exercise for building and maintaining lean muscle mass, strength and flexibility
      iii. The potential for yoga to accomplish traditional fitness outcomes
      iv. The powerful combination of proper diet, specifically dietary protein, and exercise for achieving improvements in body composition
3. **Everyday Solutions for Incorporating Strength Training and High-Quality Protein**  
(Karen Freeman, MS, RD, CSSD)  
   a. Yoga poses to help maintain and/or build muscle mass (demonstration)  
   b. Incorporating high-quality protein throughout the day  
      i. Quick and easy protein meal ideas  
         • Fit in protein at breakfast  
         • Fast and lean ideas for lunch  
         • Lighten up at dinner  
      ii. On-the-go protein snacks  

4. **Question & Answer Session**

**Key Take-Away Points**

- Becoming familiar with novel evidence on the benefits of combining higher protein diets and strengthening exercise (yoga or weight training) is useful to assist women with weight management and lean muscle maintenance to ultimately benefit body mass, body composition and healthy aging.

- Explaining the significance of maintaining muscle, strength and flexibility for optimal health, physical function and quality of life with aging may dispel misconceptions and potential barriers to strengthening exercises specific to muscle mass in women.

- Providing practical advice, including menu plans and exercise programs, can encourage clients to integrate the powerful combination of higher protein diets and routine strengthening exercises for active, healthy aging.

**Selected References**


2015 Health and Fitness Summit  
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Yang K and James KA. Yoga, as a transitional platform to more active lifestyle: a 6-month pilot study in the USA. *Health Promotion International*. December 18, 2014.

**Recommended Websites**
- www.wheyprotein.nationaldairycouncil.org
- www.nationaldairycouncil.org
- www.cdc.gov