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Global experts to debate the latest in diet, exercise and sports performance

Some of the world's leading researchers will present the latest findings in how diets, supplements and exercise can affect health and sporting performance at a major conference in Newcastle next week (15-17 December).

The annual International Sport & Exercise Nutrition Conference 2015 at Northumbria University brings together global experts in nutrition and exercise to present their latest research in sports performance, exercise and health.

Speakers at this year's event will discuss topics including the background to popular diets such as low carb/high fat, Paleo and intermittent fasting; how social media can be used to promote exercise and sports nutrition and whether people should exercise after eating or in a fasted state to encourage weight loss.

They will also present research into the ethical and practical challenges involved in working with competitive athletes; eating disorders in sports; how iron can improve sports performance and how useful popular training and recovery supplements, such as creatine, caffeine and beetroot juice, actually are.

The conference is being held at Northumbria University for the fourth time and has attracted speakers and delegates from more than 35 countries including Australia, New Zealand, the United States, India, Russia, Singapore and Cameroon.

Professor John Saxton, Head of Northumbria's [Department of Sport, Exercise](#)

[and Rehabilitation](#), is presenting his research into diet and exercise for cancer survivors. His research with breast and prostate cancer survivors has found evidence that making changes to diet and exercise activity can improve the quality of cancer survival.

Professor Saxton said: “It is excellent that once again, Northumbria University has attracted top-level speakers from around the world to gather together and share the very latest knowledge and insights into how diet and exercise can improve health in everyone from elite athletes to recovering patients.

“We are delighted to host this renowned event and look forward to a productive and informative conference with some of the leading names in sport, exercise and nutrition research.”

Conference organiser David Roberts said: “We are, once again, pleased to be back at Northumbria University. The facilities here are first class and the support from the team is excellent. This, along with the great line-up of speakers, lends itself to another successful conference.”

To keep up to date with discussions at the conference, follow [@sportexercise](#) on Twitter. More information on the conference can be found at www.isenc.org

The ISENC 2015 conference is sponsored by the Gatorade Sports Science Institute and is endorsed by the Sport and Exercise Nutrition Register. Attendees can claim CPD points and abstracts will be published in the International Journal of Sport Nutrition and Exercise Metabolism.

The organising committee is chaired by David Roberts of sports marketing events agency Roberts and Partners Ltd., with the support of Stuart Goodall and colleagues in Northumbria University’s Department of Sport, Exercise and Rehabilitation.

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