

# PENGUIN SKI Club

November 6, 2018 Guest Speaker Starts 8PM

Dr. Stella Lucia Volpe

Topic : Sports Nutrition How to improve and  
Maintain their ski performance

## Credentials

Stella Lucia Volpe, PhD, RDN, ACSM-CEP, FACSM, is Professor and Chair of the Department of Nutrition Science at Drexel University, Philadelphia, PA. Her degrees are in both Nutrition and Exercise Physiology; she also is an ACSM Certified Clinical Exercise Physiologist® and a Registered Dietitian Nutritionist. Dr. Volpe's research focuses on obesity and diabetes prevention using traditional interventions, mineral supplementation, and by altering the environment to result in greater physical activity and healthy eating. She also conducts research on athletes of all levels, from recreational to professional. Prior to beginning her faculty appointment at Drexel University, Dr. Volpe was on faculty at the University of Pennsylvania, and previous to that, she was on faculty at the University of Massachusetts Amherst.

Dr. Volpe is Editor-in-Chief of *Current Nutrition Reports*. She is an associate editor of *ACSM's Health & Fitness Journal*® and the *Translational Journal of ACSM*. Dr. Volpe is on various committee for ACSM, including Program Committee. She is a past Vice President of ACSM and was President of the New England Chapter of ACSM. She was Program Chair for the 2018 Sports, Cardiovascular and Wellness Dietetics Practice Group Conference of the Academy of Nutrition and Dietetics. Dr. Volpe is a competitive athlete in field hockey, rowing and ice hockey. She also does CrossFit every morning and has competed in CrossFit, as well. She enjoys being active with her husband, Gary and their German Shepherd dogs, Sasha and Bear.

