

EXERCISE SCIENCE IN THE ERA OF LONGEVITY

INTERDISCIPLINARY STRATEGIES FOR OPTIMIZING HEALTHSPAN



 **ACSM** New England
Chapter

ANNUAL FALL CONFERENCE
NOVEMBER 5-6, 2026
MASSMUTUAL CENTER
SPRINGFIELD, MA

WELCOME



On behalf of the New England American College of Sports Medicine (NEACSM) Executive Committee, it is my pleasure to welcome you to the 2026 Fall Conference at the MassMutual Center in Springfield, Massachusetts!

This year's conference, "Exercise Science in the Era of Longevity: Interdisciplinary Strategies for Optimizing Healthspan," reflects one of the most exciting opportunities facing our profession today. Advances in healthcare, technology, and science continue to extend lifespan, but the true challenge, and opportunity, lies in helping individuals live healthier, stronger, and more fulfilling lives throughout those additional years. As exercise scientists, clinicians, educators, and health professionals, we are uniquely positioned to contribute to that goal.

Over this two-day conference, attendees will explore how exercise, nutrition, medicine, technology, and behavioral science intersect to influence healthspan across the lifespan. From youth development and athletic performance to healthy aging, menopause, cognition, chronic disease management, and emerging technologies, this year's program highlights the many ways our field continues to evolve while reinforcing the central role of movement and physical activity in promoting lifelong health.

We are honored to welcome two outstanding keynote speakers whose work embodies this year's theme. On Thursday, **Dr. Rachele Pojednic** will deliver the Clarkson Keynote Lecture, "Is Exercise Enough? NAD+ Metabolism, Muscle, and the Biology of Aging." Her presentation will explore the biological mechanisms that contribute to aging and examine how exercise interacts with cellular pathways that influence muscle function, metabolism,

and longevity. On Friday, **Dr. Cemal Ozemek** will present the Knuttgen Keynote Lecture, "The Future of Longevity Still Runs Through Exercise." His session will highlight the powerful and enduring role of exercise as one of the most effective strategies for extending healthspan and improving quality of life.

Our invited speakers bring a diverse range of expertise that reflects the interdisciplinary spirit of NEACSM. **Dr. Summer Cook** will discuss patterns of muscle strength loss in older adults and their implications for longevity science, while **Dr. Avery Faigenbaum** will remind us that healthy aging begins early with his presentation, "From Strengthspan to Healthspan: Why Youth Strength Training Matters." **Dr. Elizabeth O'Neill** will deliver the Past President Lecture, "When Experience Becomes Inquiry: A Journey Through Sport, Motherhood, and Menopause," offering a thoughtful perspective that bridges personal experience and scientific inquiry.

We are also excited to welcome **Dr. A'Naja Newsome**, who will explore how wearable technology and digital phenotyping are shaping the future of precision health across the lifespan. **Dr. Neha Gothe** will share evidence supporting yoga as a strategy for maintaining and improving cognitive function, and **Dr. Jennifer Lindstrom** will provide an overview of GLP-1 and related classes of weight-loss medications, an increasingly important topic for clinicians and health professionals working with diverse patient populations.

In addition to our keynote and invited presentations, attendees will have access to a broad array of free communications, tutorials, mini-symposia, clinical practice sessions, hands-on learning experiences and physician-track presentations. Sessions will cover topics including maternal health, sports medicine, resistance training, exercise prescription, diabetes management, nutrition, biomechanics, exercise technology, coaching

One of NEACSM's greatest strengths has always been its commitment to fostering the next generation of professionals

science, exercise adherence, and much more. Whether you are a student, researcher, educator, clinician, physician, coach, or fitness professional, I am confident that you will discover new ideas, practical tools, and meaningful connections that will enhance your work.

One of NEACSM's greatest strengths has always been its commitment to fostering the next generation of professionals. Throughout the conference, students will have opportunities to participate in research competitions, poster presentations, networking, and career development programming. I encourage all students to take advantage of these opportunities to connect, collaborate, and learn from one another.

I also invite you to join us Thursday evening for the **President's Reception** and the **Peter Ronai Academic College Bowl**. These events continue to be among the most memorable and enjoyable parts of our annual meeting, bringing together students, professionals, faculty, sponsors, and guests in celebration of our shared passion for advancing exercise science and improving health.

As President-Elect, I am thrilled to share this year's program with you! The breadth of expertise represented by our speakers, presenters, and attendees is truly remarkable. I look forward to you joining us and I hope you leave inspired by new ideas, energized by new connections, and excited about the future of exercise science and its role in helping people live longer, healthier lives.

Sincerely,



**Nicole Mendola, MS, ACSM-CEP, ACSM-EP, ACSM-GEI, EIM
President-Elect, NEACSM
Associate Professor, Exercise Science & Wellness
CT State Community College Norwalk
#NEACSM26**

TARGET AUDIENCE

- Exercise Science Professionals and Students: research, clinical, and academic.
- Applied Professionals and Students: strength and conditioning coaches, health fitness professionals, personal trainers, and nutrition specialists.
- Sports Medicine Professionals and Students: physicians, physical therapists, athletic trainers, and allied health professionals.

LEARNING OBJECTIVES

At the conclusion of the meeting, participants should be able to:

- Describe the role of exercise in optimizing healthspan across the lifespan.
- Identify interdisciplinary strategies to promote health, physical function, and quality of life.
- Apply evidence-based principles of exercise assessment, prescription, and programming across diverse populations.
- Evaluate emerging technologies and therapeutic approaches relevant to exercise and health promotion.
- Recognize evidence-based strategies for addressing contemporary health and performance challenges across the lifespan.

ACCREDITATION

NEACSM is an approved provider for the American College of Sports Medicine. 13.5 hours of CEUs/CECs will be awarded.

PROGRAM SCHEDULE - THURSDAY, NOVEMBER 5TH

All times shown are ET

Time	Meeting Room 1	Meeting Room 2	Meeting Room 3	Meeting Room 4	Meeting Room 5	Student Lounge	Ballroom C
8 - 8:30 a.m.	NEACSM Registration Booth Opens						
8:30 - 9:30 a.m.	Developing Ground-Based Performance Movements <i>Jim Ronai, PT, ATC/L, CSCS</i>	Fueling Female Athletes Through the Lifespan <i>Lee Margolis, PhD; Nicole Farnsworth, MS, RD, CCSD, LDN; Laura M. Reece, MS, RD, CCSD, LDN</i>	Patterns of Muscle Strength Loss in Older Adults: Implications for Longevity Science <i>Summer Cook, PhD</i>	Moving for Longevity: Using Dance Exergaming to Bridge Physiology, Enjoyment, and Exercise Adherence <i>Barbara Sanchez, PhD</i>	Free Comm Presentations - Non-Competition	Lounge open to all students: Recharge, Refuel, Connect	Sports Medicine Case Presentations
9:40 - 10:40 a.m.	From Frailty to Function: Assessing and Prescribing Resistance Training in Older Adults <i>Paul Gallo, EdD, FACSM, FCEPA</i>	Optimizing Glucose Regulation with Exercise and the Application of Continuous Glucose Monitoring <i>Michael Brian, PhD; Bilal Chaudhry, MS</i>	Yoga for Cognition: Evidence from Acute and Intervention Studies <i>Neha Gothe, PhD</i>	Modernizing Human Subjects Data Collection: REDCap Automation and AI-Assisted Development <i>Corinna Serviente, PhD; Erik Risinger, BS</i>	Free Comm Presentations - Bachelors Competition	Mentoring Undergraduate Research: Possibilities and Pitfalls <i>Ryanne Carmichael, PhD</i>	Physical Characteristics Associated with Pitch Velocity in High School Baseball Pitchers <i>Peter Kriz MD</i>
10:50 - 12 p.m.	(Grand Ballroom A/B) Clarkson Keynote Is Exercise Enough? NAD+ Metabolism, Muscle, and the Biology of Aging - <i>Rachele Pojednic, PhD, EdM, FACSM</i>						
12 - 1:05 p.m.	Lunch / Exhibitors						
1:10 - 2:10 p.m.	The Fitness Assessment Toolkit- Purpose(s) Priorities Process and Procedures <i>Peter Ronai, MS, FACSM</i>	The Relationship between Dark green Vegetable Intake on Visual Motor Reaction Time in Rock Climbers <i>Justin Knopf, MS</i>	Past President Lecture: When Experience Becomes Inquiry: A Journey Through Sport, Motherhood, and Menopause <i>Elizabeth O'Neill, EdD, FACSM</i>	Better Together: Engaging Academic Departments, Athletics Departments, and the Community to Support Interdisciplinary Undergraduate Research <i>Laura Christoph, PhD and Jonathan Nardi, PhD</i>	Free Comm Presentations- Doctoral/Presidents Cup	Finding Your Fit: Young Professionals Share Their Journey in Exercise Science and Health Promotion <i>Alicja Stannard, PhD</i>	Sports Medicine Case Presentations
2:20 - 3:20 p.m.		Say No More: A Practical Guide to Effective Cueing for Coaches <i>Jonathan Hudak, MS</i>	Garbage in, Garbage out: Challenges with and Strategies for the Application of Neuromuscular and Biomechanics Measurements <i>Luke Pelton, PhD; Maura Tumelty, MS</i>	Energy Availability Throughout a Training Season in Division III Female Athletes: A Pilot Study <i>Tara Whiton, PhD</i>	Free Comm Presentations - Masters/President Cup Competition	Lounge open to all students: Recharge, Refuel, Connect	Dental Trauma in Sports <i>John Ahern MD DDS</i>
3:30 - 4:30 p.m.	Bridging the Gap to Return-to-Performance: Technology Integration in Orthopedic Nutrition Care <i>Chris Barrett, MS, RD, CCSD, CSCS</i>	Attentional Focus in the Long Jump: Effects of Different Environment-focused Cues & Implications for Coaching <i>Brian Selgrade, PhD</i>	HITTING Menopause: Mitigating Symptoms Through Exercise <i>Madison Lecher, MS and Maggie Nardini, MS</i>	Effects of Acute Heat Stress on the Gut Microbiota in Recreational Runners During a Warm - Weather Road Race <i>Robert Huggins, PhD</i>	Free Comm Presentations - Non-Competition	Lounge open to all students: Recharge, Refuel, Connect	Rheumatology & Sports Medicine <i>Suhas Ganguli MD</i>
4:35 - 5:05 p.m.	Special Interest Group Meeting: Biomechanics	Special Interest Group Meeting: Psychobiology	Special Interest Group Meeting: Military/Tactical	Special Interest Group Meeting: Nutrition	Special Interest Group Meeting: Clinical Exercise Physiology		
5:05 p.m.	(Grand Ballroom A/B) President's Reception Awards & Ronai Academic College Bowl						

● KEYNOTE
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 ● PHYSICIAN TRACK
 ● STUDENT EVENT
 ● SPECIAL INTREST GROUP
 ● NO EVENT

PROGRAM SCHEDULE - FRIDAY, NOVEMBER 6TH

All times shown are ET

Time	Meeting Room 1	Meeting Room 2	Meeting Room 3	Meeting Room 4	Meeting Room 5	Student Lounge	Ballroom C
8- 8:30 a.m.	NEACSM Registration Booth Opens						
	NEACSM Business Meeting - Meeting Room 2 (All registered NEACSM attendees are voting members of the NEACSM)						
8:30 - 9:30 a.m.	Bridging Gaps in Maternal Care: From Basic Mechanisms to Exercise Recommendations and Technology Translation <i>Shelley Oliveira Barbosa, MS; Breanna Wisseman, PhD; Ryan Chapman, PhD</i>	Vagus Nerve Stimulation: What Is It, and Could It Help During Exercise? <i>Rachel Drew, PhD</i>	From Fitness Trackers to Precision Health: Digital Phenotyping and the Future of Health Across the Lifespan <i>A'Naja Newsome, PhD</i>	Best Practices in Online Teaching and Learning— Insights from UConn's Exercise Prescription Certificate and Master's Degree Programs <i>Linda S. Pescatello, PhD; Victoria R. DeScenze, PhD</i>	Free Comm Presentations- Professional/ Doctoral	Lounge open to all students: Recharge, Refuel, Connect	Sports Medicine Case Presentations
9:40 - 10:40 a.m.		Strategies to Promote Holistic Assessments of Health and Activity Behaviors in Youth with Disabilities <i>Vincenzo Nocera, PhD</i>	From Strengthspan to Healthspan: Why Youth Strength Training Matters <i>Avery Faigenbaum, EdD, FACSM, FNSCA, FNAK</i>	Central Community Health Education Clinic: A Model for Optimizing Community Healthspan through Healthcare Accessibility, Community Engagement and Student Service Learning <i>Chee-Hoi Leong, PhD; Lisa McMahon, EdD, MSPT, NASM-CPT</i>	Free Comm Presentations- Professional/ Doctoral	Interested in Getting Involved? Learn about NEACSM Student Reps <i>Madison Lecher, MS and Olivia Vadas, MS</i>	Best Management of Tendinopathies Point <i>Todd Shatynski MD & Eliot Hu MD</i>
10:50 - 11:50 p.m.	(Grand Ballroom A/B) Knuttgen Keynote - The Future of Longevity Still Runs Through Exercise - <i>Cemal Ozemak, PhD, FACSM</i>						
11:55 - 12:35 p.m.	Lunch						
	Free Communication Poster Presentations						
12:40 - 1:40 p.m.	Mini-symposium: (12:40-2:00pm) Mechanisms and Considerations for Anabolic Resistance: From Stress Exposure to Injury Recovery <i>Emily Howard, PhD; Jess Gwin, PhD</i>	Reframing ACL Rehabilitation: Integrating Neurophysiology and Psychology to Optimize Lifelong Movement Health <i>Julie Burland, PhD</i>	An Overview of GLP-1 and Similar Classes of Weight Loss Medications <i>Jennifer Lindstrom, MD, FAAP, FACP</i>	Midlife Matters: Movement, Mood and Menopause <i>Christie Ward-Ritacco, PhD</i>	"I'm No Longer an Athlete (NOLA), where do I go from here?" <i>Kevin Gendron, MS, CSCS</i>	Building Your Professional Pathway: From Student Member to American College of Sports Medicine Fellow <i>Victoria R. DeScenze, PhD and Linda Yamamoto, PhD</i>	Soccer injury prevention <i>Hamish Kerr MD</i>
1:50 - 2:50 p.m.	Mini-symposium: (2:10-3:35pm) Beyond GIRD and Impingement: Innovative Evaluation and Rehabilitation Strategies for Posterior Shoulder Pain in the Overhead Athlete <i>Stefanie Bourassa, DPT</i>	Resistance Training with Exercise Snacks Technique: Effective and Enjoyable <i>Alex Rothstein, EdD</i>	Explosive Training During Aging: Exercise Approaches to Improve the Rate of Force Development <i>Leon Valderrama, PhD</i>	Optimizing Healthspan in Type 1 Diabetes: Interdisciplinary Approaches to Personalized Aerobic Exercise and Metabolic Control <i>Gengyun Le-Chan, MD, PhD; Barbara N. Sanchez, PhD, CSCS, Jacob DeBlois, PhD</i>	The Magic of Creatine in Older Adults - More than Just Strength <i>Suzanne Young, PhD, MS, MBA, MPH</i>	Lounge open to all students: Recharge, Refuel, Connect	Sports Medicine Case Presentations
2:55 - 3:35 p.m.	NEACSM Executive Committee Onboarding Meeting						

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REGISTRATION

To register online use the NEACSM website: www.neacsm.org

Pre-registration will be accepted through October 30th. No registrations by phone or mail.

Group registrations: To register a group, contact meeting@acsm.org. Group registration information and payments must be submitted no later than October 15th.

Early bird cutoff date: October 30th

	Register by Oct. 2	Register Oct. 3-30	Register Onsite
Professional Member (One day)	\$140	\$150	\$160
Professional Member (Two days)	\$175	\$185	\$195
Student Member (One day)	\$45	\$50	\$60
Student Member (Two days)	\$60	\$65	\$75
NEACSM Student Membership (one year)	\$15	\$15	\$15
NEACSM Professional Membership (one year)	\$35	\$35	\$35

Full payment must accompany the registration. Registration refund policy: all conference registration cancellations must be requested in writing. A 50% refund may be obtained up to ten business days prior to the event. No refunds will be granted after October 30, 2026. Substitutions are allowed. For additional information, please contact meeting@acsm.org

HOTEL ACCOMMODATIONS

Blocks of guest rooms are available for conference attendees at the Marriott Springfield Downtown. Be sure to identify your affiliation with NEACSM in order to receive the special conference rate. Please reserve your room no later than October 5, 2026 in order to receive the special rates listed:

Marriott Springfield Downtown

2 Boland Way
Springfield, MA 01115
413-781-7111

[**CLICK HERE TO BOOK YOUR ROOM**](#)

\$170.00/night, plus tax

DIRECTIONS TO THE CONFERENCE

MassMutual Center is located in Springfield's downtown section, minutes from hotels, bus, and train stations. Patrons should enter MassMutual Center at the entrance on the corner of Dwight Street and Bruce Landon Way.

[**Directions from I-91 and I-90.**](#)

SPEAKER BIOS



Clarkson Keynote Lecture

Thursday, November 5

"Is Exercise Enough? NAD+ Metabolism, Muscle, and the Biology of Aging"

Rachele Pojednic, PhD, EdM, FACSM



Invited Lecture

Friday, November 6

"From Fitness Trackers to Precision Health: Digital Phenotyping and the Future of Health Across the Lifespan"

A'Naja Newsome, PhD



Knuttgen Keynote Lecture

Friday, November 6

"The Future of Longevity Still Runs Through Exercise"

Cemal Ozemak, PhD, FACSM



Invited Lecture

Friday, November 6

"From Strengthspan to Healthspan: Why Youth Strength Training Matters"

Avery Faigenbaum, EdD, FACSM



Past-President's Lecture

Thursday, November 5

"When Experience Becomes Inquiry: A Journey Through Sport, Motherhood, and Menopause"

Elizabeth O'Neill, EdD, FACSM



Invited Lecture

Friday, November 6

"An Overview of GLP-1 and Similar Classes of Weight Loss Medications"

Jennifer Lindstrom, MD



Invited Lecture

Thursday, November 5

"Patterns of Muscle Strength Loss in Older Adults: Implications for Longevity Science"

Summer Cook, PhD



Invited Lecture

Thursday, November 5

"Yoga for Cognition: Evidence from Acute and Intervention Studies"

Neha Gothe, PhD