

# **Hawley Almstedt**

**Professor of Health and Human Sciences at Loyola Marymount University**

Los Angeles, CA, US

Seaver College of Science and Engineering

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## **Description**

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Hawley Almstedt is Associate Professor in the Department of Health and Human Sciences of the Frank R. Seaver College of Science and Engineering. Her work focuses on development of peak bone mass and the prevention of osteoporosis. In between her work and maintaining her own active lifestyle, Almstedt also helps run LMU's Human Performance Laboratory, which offers to the LMU community a range of exercise, fitness and nutritional analysis services.

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## **Industry Expertise**

Health and Wellness, Education/Learning, Sport - Professional

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## **Topics**

Bone Health, Nutrition, Exercise Physiology, Bone Mass, Exercise Interventions, Global Nutrition, Nutrition & Wellness, Nutrition Service Learning

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## **Affiliations**

American College of Sports Medicine, American Society for Radiologic Technologists, United States Gymnastics Association

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## **Past Talks**

**Nutrition for Bone Health in the Female Athlete: Lessons learned from recent findings**  
California Dietetic Association Annual Meeting and Exhibition

**Eating on the Run: Getting to the Finish Line**

Learn at Lunch Program provided through the LMU Department of Fitness and Wellness

**Sports Nutrition for the Runner**

Presented to the LMU Division 1 Cross-Country and Track teams

## **Going Long**

Sports Nutrition presentation to the Los Angeles Triathlete Club in collaboration with Evolution Physical Therapy Clinic

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## **Education**

**Oregon State University**

Ph.D. Exercise Physiology

**San Jose State University**

M.A. Kinesiology

**San Jose State University**

B.A. Nutritional Science

**Iowa State University**

R.D.N. Dietetic Internship

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