

Hawley Almstedt

Professor of Health and Human Sciences at Loyola Marymount University

Los Angeles, CA, US

Seaver College of Science and Engineering

Biography

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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.

Industry Expertise

Health and Wellness, Education/Learning, Sport - Professional

Areas of Expertise

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

Affiliations

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

Event Appearances

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

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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