



The University of North Carolina at Chapel Hill

NUTRITION RESEARCH INSTITUTE
NUTRITION OBESITY RESEARCH CENTER

the UNC NUTRITION RESEARCH INSTITUTE presents

2026

NGx

PRECISION NUTRITION

for Exercise Across the Lifespan

Investigating the combined impact of precision nutrition and exercise on lifelong health.

uncnri.org/NGx

May 17-20, 2026
Kannapolis, NC

3-DAY SHORT COURSE IN PRECISION NUTRITION

for graduate students,
health professionals and nutrition
scientists from academia, agencies, and industry

The **UNC Nutrition Research Institute** presents this short course that seeks to accelerate the translation of nutrigenomics into practice by convening leading researchers, clinicians, and industry partners to **explore how precision nutrition and physical exercise can work together to improve health across the lifespan.**

Features

Poster presentation and competition

Keynote address, lectures, and **hands-on workshop**

Registered Dietitians can **earn CPEUs** for this course, if all sessions are attended

Bring together students, postdocs, basic scientists, translational researchers, industry researchers, and clinicians **to foster interactions and networking**

SCAN NOW
to register



16 SPEAKERS

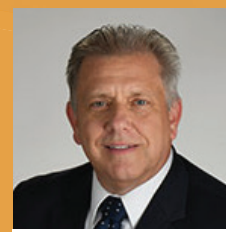
Including leading voices
in **Nutrition, Genetics** and
Exercise Science

Keynote

John Jakicic, PhD

Professor of Physical Activity and Weight Management, The University of Kansas

Research Focus: obesity, physical activity, and long-term weight regulation



Abbie Smith-Ryan, PhD

*Professor of Exercise Physiology
Associate Professor of Nutrition
Director, Applied Physiology Lab
Co-Director, Human Performance Center, UNC-Chapel Hill*

Research Focus: exercise physiology, women's health, metabolism and performance



Saroja Voruganti, PhD

*Professor of Nutrition
Director, Clinical Research Core
UNC-Chapel Hill*

Research Focus: Nutritional genomics and genetic diversity shaping disease risk



Nicholas Broskey, PhD

*Associate Professor of Kinesiology
Eastern Carolina University*

Research Focus: Skeletal muscle physiology and how mitochondria influence health

