



**Dr. Abbie Smith-Ryan** was recognized as the recipient of the **2014 Nutritional Research Award** by the National Strength and Conditioning Association. The award was presented at the 37<sup>th</sup> Annual NSCA National Conference on July 11, 2014.



This award recognizes a nutritionist whose efforts have lead to breakthroughs and contributions in the field of nutritional research for athletes.

Abbie's research centers around exercise and nutrition interventions to modify various aspects of body composition, cardiovascular health, and metabolic function.

Congratulations Abbie on this well deserved award!

