
Mid-Atlantic Regional Chapter News



ACSM Mid-Atlantic Regional Chapter 36th Annual Meeting

Date: November 1-2, 2013

Location:

Sheraton Harrisburg Hershey Hotel
Harrisburg, PA
4650 Lindle Road – Harrisburg, PA 17111
Phone: (717) 564-5511

<http://www.starwoodhotels.com/sheraton/property/overview/contact.html?propertyID=1995>

Tentative Program Highlights

Keynote speaker:

Dr. Avery Faigenbaum

For More Information...

Check the MARC-ACSM Website

(<http://www.marcacsm.org>) this Fall for details on housing, abstract submission, etc.

How to Contact MARC-ACSM

Website

<http://www.marcacsm.org>

Executive Director's Report

Regional Chapter Members:

Greetings from the Home Office! Your Mid-Atlantic Chapter of the American College of Sports Medicine has been hard at work on several projects. First, Dr. Eric Rawson and the Board have been working to lay the foundation for another excellent November Meeting. Many ideas from your suggestions, hot topics in the field, and specific contacts with our Regional leadership are leading the efforts for the topic selection and speaker line-up. Please keep checking the MARC Website for the Conference-at-a-Glance sometime in the summer. Secondly, the culmination of a two-year project will soon be complete. Dr. Gene Hong has been laying the foundation with the National Office and the Chapter to establish a new Physician-at-Large position on the MARC Board. These efforts are in line with the direction of National ACSM and their efforts to establish a medical presence at the Regional level as well as the incredible growth in our Medical Sessions at our November Meeting. Five years ago, there were no more than 20 people attending the Medical Sessions; however, over the past two years, the sessions have been standing room only. This change has come from the efforts of Gene and his dedicated group of physicians embracing the mission of the Regional Chapter model. In addition to the wonderful medical sessions, the physician led effort has introduced the Clinical Case Study session that parallels the research presentations/poster model that we have used for years. In the upcoming weeks, you will receive an e-mail to vote on the changes to the MARC Constitution and By-laws to add the Physician-at-Large Board Member. This position will serve in the same manner as the Member-at-Large that we currently have in our structure. However, the 2nd year Physician-at-Large will be responsible for the meeting program and helping with the acquisition of CME's

for the conference while the 1st year Physician-at-Large will be responsible for the collection, review, and planning of the Clinical Case Studies session(s) at the Annual Meeting. Please review the changes to the Constitution and By-Laws that are posted on our website and look for the vote in the near future. Finally, our Annual Meeting continues to grow in depth and breadth! I am in contact with other Regional Executive Directors and I can honestly say that I am proud to represent such a strong Chapter. We come from a diverse array of background from under the sports medicine umbrella as well as a relatively large and diverse geographic region in the United States.

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MARC 2012 Election Results

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Member-at-large: John Abt, Ph.D.
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Past Presidents of MARC-ACSM

2012	William Farquhar	1999	Betsy Keller
2011	Scott Kieffer	1998	Sam Case
2010	Kristie Abt	1997	Michael Cox
2009	Jim Roberts	1996	Karen Mittleman
2008	Steve Siconolfi	1995	Thomas Doubt
2007	Mark Sloniger	1994	W. Craig Stevens
2006	Matthew Kerner	1993	M. Paternostro-Bayles
2005	Jill Kanaley	1992	M. Paternostro-Bayles
2004	Shala Davis	1991	Gary Sforzo
2003	Dan Drury	1990	Tim McConnell
2002	Brad Hatfield	1989	H. Robert Perez
2001	Carlos Crespo	1988	Elsworth Buskirk
2000	Ross Anderson	1987	Robert Otto

President's Column



**Eric S. Rawson, Ph.D. Bloomsburg University
MARC President**

Greetings from MARC ACSM!

I am pleased to report that planning for our next annual meeting is well underway. The meeting will be held in Harrisburg, PA on November 1-2, 2013. Both the Executive Board and the Program Committee have been hard at work developing sessions to ensure that the meeting will be one to remember. We already have several exciting sessions planned! Our keynote speaker will be Dr. Avery Faigenbaum from the College of New Jersey. Dr. Faigenbaum is an internationally recognized pediatric exercise scientist who has conducted groundbreaking research in pediatric resistance training. His current research focus, "Exercise Deficit Disorder in Youth" highlights the urgent need to prevent childhood sedentary behaviors from becoming adverse health outcomes later in life. In addition to this exciting lecture, we have sessions planned on: 1) resistance training across the lifespan, 2) exercise, obesity and cancer prevention, 3) weighing in on dietary fats, 4) military performance optimization and injury reduction, 5)

gastric bypass surgery from the clinicians perspective, 6) hydration and heat injuries, and 7) cellular mechanisms of and treatments for exercise-induced muscle damage. We are currently developing many more sessions for the fall meeting. This year we will have a special session for the faculty from nationally recognized education researcher Adam Persky, Ph.D. on "Training the next generation of exercise scientists: Strategies to improve student learning." Additionally, we will have a full clinical track for our clinician members. The Executive Board and the Program Committee strive to build a meeting program that appeals to all of our membership: students, researchers, clinicians, educators, and practitioners. Please check the MARC ACSM website later in the summer for an updated overview to our program and for the abstract submission deadline. And don't forget to stop by the MARC ACSM social on Thursday May 30th at 8:00 PM at the ACSM National Conference this summer in Indianapolis.

Thank you for your continued membership in the chapter; mark your calendars for Harrisburg, PA, November 1-2, 2013!

Research Committee News



**Erica Jackson, Ph.D., M.Ed. Delaware State University
MARC Research Committee Chairperson**

Abstract Submission

Thank you for making the new submission process a success! The 2012 meeting was the first year using an online submission process. There were only a few minor glitches, which were resolved before the review process began. And, thanks to Amy Jo Haufler for spearheading the transition and to Heather Turner for assistance with the change. We received a total of 98 abstracts, 43 posters and 55 oral communications. There were 21 undergraduate student abstracts submitted, 16 master student abstracts, 11 doctoral student abstracts and 7 professional abstracts. There will be a few changes in the process for 2013. Details of the changes will be highlighted in the fall newsletter and on the MARC ACSM website.

Abstract Publication

Another recent change is the publication of the abstracts! All abstracts presented at the 2012 meeting will be published in the International Journal of Exercise Science! We do not have the publication date at this time, but you should see the issue soon. The journal can be accessed online at <http://digitalcommons.wku.edu/ijes/>.

Congratulations Student Investigator Award Winners! Brendan Tarzia, Charles Brightbill, and Anna Stanhewicz won the Undergraduate, Master's, and Doctoral Student Investigator Awards this past November. Please encourage your students to submit their abstracts for the Student Investigator Awards when submitting oral free communication presentations this fall.

Eligibility criteria:

Undergraduate Student Investigator Award (\$250)

- Currently enrolled in an undergraduate level program, or
- Recently graduated from an undergraduate level program, but not enrolled in a graduate program

Master Student Investigator Award (\$400)

- Currently enrolled in a Master's level graduate program

Doctoral Student Investigator Award (\$500)

- Currently enrolled in a doctoral or medical graduate program

Student Research Grant Award

Unfortunately, we did not receive any applications for 2012. Please encourage your students to apply for this award, which includes a \$500 grant to support the recipient's research project. It is the intent of this award to provide a student with the unique experience of participating in all steps of a competitive research grant application. Applicants must be registered as full-time undergraduate or graduate students at any of the colleges or universities within the MARC geographical area and also be a student member in good standing of MARC. Please note that applying for this award is a separate process to that of applying for the Student Investigator Award. There might be some changes in the application process this year, so please review the application that will be updated this summer. For a full description of all MARC awards and past recipients, please visit <http://www.marccasm.org/marccawards.html>

Clinician's Corner

**Geoffrey E. Moore, MD FACSM,
Director of Clinical Services,
Cayuga Center for Healthy Living**

Last month, I went on an annual trip to the Penn Relays with a group of friends and colleagues. We discussed some of the records that were set in the 80s, before doping control efforts were stepped-up, noting some very old field event records that seem out of reach by today's competitors. I won't enumerate the suspects in the interest of space, but take a look at the record book.

Being knowledgeable in O₂ transport physiology, the skeptics of us in the group have long wondered whether many of the distance running records are achievable without manipulating O₂ transport physiology. Of course, use of erythropoietin, androgens or red blood cell transfusions are prohibited in athletics, but use of an altitude tent to live high / train low (or actually living somewhere that one can live high and train low) is not prohibited.

Having collectively tested a huge number of endurance athletes, my colleagues and I know that "normal" physiology of endurance athletes is for red cell mass to increase with endurance training, but usually not as much as plasma volume - especially in runners because of foot strike hemolysis. Indeed many runners have hematocrits that are low normal or even below normal (notably, these norms are in society that is mostly sedentary). I ran competitively from 1969 to 1992, competed in two Olympic Trial marathons, and I had a hard time keeping my own hematocrit above 40! In comparison to Nordic skiers or professional cyclists, there has been less media about doping in endurance runners but one must wonder if it isn't rampant in elite distance runners, too.

Everyone, myself included, is curious. But as a former athlete, I feel that those who dope should receive no forgiveness - at all - once they've been caught cheating. Such athletes need to have their achievements permanently erased from the record books, banned from the talk-show circuit, with no future in any manner or form from their athletic career. Why so harsh, since belatedly bestowing victory to the runners-up always seems so hollow?

When a student is caught cheating on an examination, or when a faculty member or researcher is caught fabricating data or plagiarizing, what is their fate and the effect on their career? Are they allowed to stay in school, are their works ever again cited, do professional societies invite them to give a

presentation? Heck, no! Quite the contrary, they are expunged from the academy and are only discussed in muted whispers about the "dark side" of scholarly pursuit. Why should an athlete who dopes be treated any differently?

Devoted athletes spend each and every day with their first waking thought and last groggy slumber spent dreaming on how to get better (not to mention the time spent training). It is central to the dream itself that everyone is doing what everyone else is doing, each having the same chance to make their mark and see how they stack up. Sports records, like grades in school and research, are fundamentally based on Truth. Once it's clear that everyone is not in the same game, that some have an advantage that others don't get, it becomes clear that one's own efforts are not comparable to anyone else's. The dream dies in everyone because they're all just doing their own thing in a post-modern mirage, where all achievements are relative to nothing in particular (not even to oneself among those who dope).

Conviction / Confession of doping needs to be met with lifelong ostracism, equivalent to being expunged from the academy. In sport, like in science, integrity is everything. One of our jobs in sports medicine / sports science is to be on guard for integrity.

Student Rep Column

**Rian Landers-Ramos, Department of Kinesiology,
University of Maryland**

Hello fellow students! I am very excited to have the opportunity to work with all of my fellow colleagues, including all of MARC's outstanding students. Please feel free to contact me at student@marcacsm.org with any questions, comments, or concerns that I can bring to committee meetings.

This past November, we held the annual MARC ACSM conference at the Sheraton Harrisburg-Hershey Hotel in Harrisburg, Pennsylvania. It was a great success! Saint Francis University took the crown in the annual College Bowl, and they will represent our region at the National ACSM conference in Indianapolis (May 28-June 1, 2013). The "Meet the Expert" session at MARC-ACSM also continues to grow and expand as we invite experts from many different fields to answer your questions and help guide students down their career paths. At the 2012 MARC-ACSM meeting we were fortunate to have welcomed keynote speaker Irene Davis (Harvard

Medical School) as well as Carson Smith (University of Maryland), Geoffery Moore (Cayuga Center for Healthy Living), Martin O'Riordan (Mercey Health) and Brad Hatfield (University of Maryland).

This year's 60th National ACSM meeting and 4th annual World Congress on Exercise is Medicine takes place in Indianapolis, Indiana from May 28th-June 1st. The meeting promises to be very informative, with well-known and respected speakers, numerous symposium sessions, and an exceptionally wide variety of topics covered in the poster sessions. Be sure to check out the full program preview, available online at www.acsm.org. Aside from the outstanding presentations you can expect to see in Indianapolis, students benefit from countless opportunities to network, conduct graduate school and job searches, meet with like-minded exercise professionals, and establish lasting professional and personal relationships. In particular, you can benefit from attending the Student Colloquium, dedicated to developing the skills of new professionals. Additionally, students are invited to the "Meet the Experts" session, where small groups of students meet for lunch with established professionals in their areas of interest. Keep an eye out for more information about the experts who will be in attendance! Also, take advantage of the opportunity to attend the "Graduate and Early Career Day" session on May 28, 2013, before the main sessions begin, from 3pm to 6pm followed by an Early Career Networking Reception from 6-7:00 p.m. The session promotes networking and mentorship between early career members and senior investigators for scientific outreach and career building.

The next MARC-ACSM conference will be held on November 1-2, 2013, so save the date!! Abstract submission information will be posted at the end of the Summer, 2013. If you have projects in the works and are thinking of submitting an abstract for a poster keep an eye out for the call for abstracts! Presenting your research is a great way to network and to receive feedback on your work for future presentations as well.

As you can see, we're really trying to keep you, the MARC student, involved as the success of MARC depends on you. We are excited to build on the success of last year and look to improve MARC every year! Finally, be sure to "friend" MARC ACSM on Facebook – it's the best way to keep in touch with our region!

MARC-ACSM Student Research Awards

Student Research Grant Award

2012 *Not Awarded*

Past Recipients

2011 Jody Greaney, University of Delaware
2010 Not Awarded
2009 Michael Holmstrup, Syracuse University
2008 Erin Delaney, University of Delaware
2007 Stella Goulopoulou, Syracuse University

Matthew Kerner Undergraduate Student Investigator Award

2012 *Brendan Tarzia, Syracuse University*

Past Recipients

2011 Ryan Spiardi, Slippery Rock University
2010 Wesley Lefferts, Skidmore College
2009 Dawnette Urcuyo, Gettysburg
2008 Kristy Rubino, Gettysburg College
2007 Mark Sausen, University of Delaware

Masters Student Investigator Award

2012 *Charles Brightbill, Bloomsburg Univ.*

Past Recipients

2011 Jessica Knurick, East Stroudsburg Univ.
2011 Mark Yankowski, Bloomsburg University
2010 J. Luke Pryor, Ithaca College
2009 Kenneth P. Clark, West Chester University
2008 Styliani Goulopoulou, Syracuse University
2007 Francesca Amati, University of Pittsburgh

Doctoral Student Investigator's Award

2012 *Anna Stanhewicz, Penn State University*

Past Recipients

2011 Andrew Kelleher, Penn State Hershey,
College of Medicine
2010 Christopher Martens, Univ. of Delaware

College Bowl Winners

2012 *St. Francis University*

Past Winners

2011 Slippery Rock University
2010 Ithaca College
2009 Messiah College
2008 Salisbury University

Fitness Challenge Winners

2012 *Slippery Rock University*

Past Winners

2011 East Stroudsburg University
2010 Slippery Rock University

**Mark the date for the
MARC Conference
November 1 – 2, 2012**

**Check the MARC-ACSM
website for more information
at WWW.MARCACSM.ORG**

MARC HIGHLIGHTED PROGRAM



The Department of Nutrition Sciences
College of Nursing and Health Professions – Drexel University
Website: <http://www.drexel.edu/nutrition/>

Department

The Department of Nutrition Sciences at Drexel University is committed to the exploration of relationships between nutrition and food, physical activity, health and disease and the application of this knowledge to individuals, communities and entire populations.

Faculty

Each faculty member in the Department of Nutrition Sciences is dedicated to sharing their intellectual passion and technical mastery in unique areas of expertise. They are enthusiastic about their individual professional research and are regularly featured in respected scholarly publications. Every student in both the undergraduate and graduate programs is mentored by one of these faculty members for the duration of their time spent at Drexel and beyond.

Degrees Offered

The Department offers both a Bachelor of Science degree in Nutrition and a Master of Science degree in Human Nutrition. The Department also offers a PhD through the Department of Biology; however, we will have the PhD program within our Department in 2014. In conjunction with their degrees, Drexel Nutrition Sciences students can also earn a verification statement that shows successful completion of Drexel's Didactic Program in Dietetics. A college degree and this verification statement are the two vital credentials needed to apply for dietetic internships, the next step in becoming a Registered Dietitian.

Didactic Program in Dietetics

While the undergraduate curriculum includes the coursework required by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics to become a Registered Dietitian (RD), the master's degree program has two tracks: one with a research focus and another that is geared specifically toward preparing students for a dietetic internship, and subsequently to become a Registered Dietitian.

BS in Nutrition

The Bachelor of Science curriculum offered by the Department of Nutrition Sciences of Drexel University furnishes students with an academic background in the sciences, as well as clinical, community, and administrative dietetics that follow the didactic requirements of the Academy of Nutrition and Dietetics. The Department's exceptional integration of nutrition science scholarship with courses in the humanities

provides undergraduates with the knowledge, skills and professional values necessary for successful entry into dietetic internships, graduate school or dietetics employment.

Students complete specific courses in medical nutrition therapy, community nutrition, food service management, business and food science. Department faculty mentors readily assist students in finding paid and volunteer experiences in healthcare facilities, community nutrition programs and food service institutions. During their senior year, most students apply for admission into supervised practice programs, otherwise known as dietetic internships.

Individualized Supervised Practice Pathway

As an academic leader in nutrition education, the Department of Nutrition Sciences has implemented the Individualized Supervised Practice Pathway (ISPP) to provide a complete curriculum to train future RDs. The ISPP was developed to address the extreme shortage of internship positions, and therefore address the needs of the many competitive students who would otherwise be unable to complete the path to registration. The main purpose of the ISPP is to train students to become qualified practitioners.

The supervised practice portion of the dietetics training requires a minimum of 1,200 hours divided among medical nutrition therapy, community nutrition and food service management. Competency and learning activity reporting is streamlined to place responsibility directly on the student.

MS in Nutrition Sciences

The master's degree program focuses on the application of biochemical, physiological and biological principles to human nutritional needs in health and disease, and accommodates both students who intend to become Registered Dietitians as well as those who wish to delve more deeply into nutrition science research.

Students in the MS program have two routes from which to choose. They may opt to pursue the Didactic Program in Dietetics track or the Nutrition Sciences track, both of which stress the interdisciplinary and scientific nature of nutrition and food and provide students with a base of theoretical knowledge and methodology that will enable them to continue professional growth after graduation. Courses are delivered on both full-time and part-time bases, with classes offered in the evening.

PhD in Nutrition Sciences

The Department of Nutrition Sciences was originally within the Department of Biology, prior to moving to the College of Nursing and Health Professions several years ago. With that, the PhD program has remained in the Department of Biology, but students in that program who want to obtain a PhD in Nutrition Sciences, work directly with faculty within the Department of Nutrition Sciences. The Department of Nutrition Sciences will have the PhD program within the Department in 2014. Students in our PhD program are research-focused and are funded by the faculty advisors with whom they work. They also can be funded as teaching assistants.

Research

In keeping with Drexel's mission to "embrace the local and global community", current research in the Department of Nutrition Sciences takes a "bench to community" emphasis with respect to nutrition, food, physical activity and human health. Recent and ongoing research projects have focused on the following:

- Chronic disease prevention across the life cycle
- Genetic and behavioral determinants of food intake and physical activity across the life cycle
- Micronutrient enhancement of hormonal homeostasis
- Retail food safety challenges to providing safe, healthy foods to communities of vulnerable populations
- How racial and ethnic minority populations handle food and how it impacts their risk for food safety
- Influence of parent-child interactions on the development of eating behaviors, dietary patterns and

health outcomes

- Identifying modifiable behaviors that can serve as targets for efforts to prevent the development of obesity during infancy and early childhood

Laboratory Facilities

The Department of Nutrition Sciences has three separate state-of-the-art laboratory facilities that support basic, clinical and applied research. The first is highly interdisciplinary and includes members from both within and outside of the Department of Nutrition Sciences, including faculty from the fields of Physical Therapy, Food Science, Psychology, and Nursing. It is an environment that enables faculty from across disciplines to collaborate and perform groundbreaking translational research, allowing researchers to conduct human clinical research and bench science in the same laboratory. The second is a two-room suite with research focused on human eating behavior across the life cycle. The suite has separate rooms for participant eating in a naturalistic environment and researcher observation of participant eating through closed circuit cameras. The third is a basic microbiology laboratory that allows researchers to detect and investigate foodborne pathogens from both food and environmental samples.

Researchers have access to shared equipment in all laboratories, including:

- Dual-energy X-ray Absorptiometer (DXA)
- Metabolic Carts (both standard and mobile units)
- Functional Near Infra Red Spectroscopy System (fNIRS)
- BioPac System
- Amino Acid Analyzer
- Computerized programs for assessing motivation to eat
- Food preparation pantry with dedicated refrigerators, microwave, food processor
- Food scales
- ELISA plate reader
- -80 degree freezers
- Biosafety hoods
- Incubators
- Phase contrast microscope
- PCR unit

This equipment allows researchers to:

- Assess physical fitness and metabolism
- Evaluate health-related biomarkers
- Analyze food and biological samples
- Conduct controlled feeding studies
- Perform physical activity and resting studies
- Detect and investigate foodborne pathogens

Center for Integrated Nutrition & Performance

In September 2011, the Department of Nutrition Sciences, Drexel Recreation Center and University Wellness collaboratively formed the Drexel Center for Integrated Nutrition & Performance (CINP), with the mission of providing evidence-based nutrition advice to the entire Drexel Community. Since its inception, CINP has provided tailored educational presentations and workshops to diverse student and faculty groups.

The Center offers year-long internships for selected undergraduate students from the Department of Nutrition Sciences. This provides exceptional hands-on experiences that prepare students for application to graduate schools, practice programs and employment opportunities.

EAT.RIGHT.NOW.

EAT.RIGHT.NOW is the official Pennsylvania Nutrition Education TRACKS Program of the School District of Philadelphia. It is funded by the United States Department of Agriculture (USDA) known as Supplemental Nutrition Assistance Program Education (SNAP-Ed). The SNAP-Ed goal is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and USDA Guidance. EAT.RIGHT.NOW. provides free nutrition education programs and services at Philadelphia schools and community sites, sharing messages about nutritious snacking, increasing fruit and vegetable consumption, proper label reading, increasing calcium consumption and understanding the importance of breakfast. EAT.RIGHT.NOW also gives teachers follow-up lessons that comply with the Pennsylvania Academic Standard to complete with their students after formal presentations and exercises.