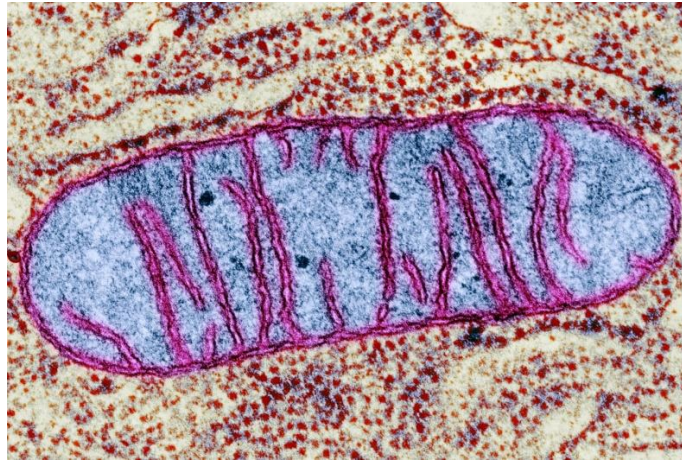


SATURDAY SCIENCE

Exercise and the Role of Mightychondria in Health and Disease

A free public lecture by
Dr. Nick Broskey



CNRI/Science Photo Library/Getty Images

About the Lecture

Dr. Nick Broskey is a postdoctoral fellow in the Reproductive Endocrinology and Women's Health Laboratory of the Pennington Biomedical Research Center in Baton Rouge.

Regular exercise is always said to be good for your health. Not only is it good for the heart and other body organs, it is also healthy for our muscles. Changes to our muscles through exercise may prevent negative health outcomes. Mitochondria, the powerhouse of the cell, play a large role in this prevention through their involvement in our metabolism. Athletes, or those who regularly exercise, have a greater number of mitochondria. However, during the aging process, we observe a reduction in mitochondrial amount and function. Not only are mitochondria involved in health during the later years, but also during the in utero period of our development.

This talk will focus on mitochondrial metabolism and how it may be beneficially altered with exercise throughout the lifespan.

17 February 2018, 10-11:00 a.m.

Room 130 Nicholson Hall, LSU

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& Astronomy