



## ***What is PINES?***

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Professionals in Nutrition for Exercise and Sport (PINES) represents a world-wide network of professionals in nutrition working with active and athletic individuals.

### **PINES Mission**

To promote the interaction of Nutrition Professionals in Exercise and Sport and the sharing of resources and experiences, so that excellence in sport nutrition be achieved worldwide *and* to promote optimal performance, health and injury prevention for active and athletic individuals around the world through evidence-based nutrition and exercise research, education and practice by qualified nutrition and exercise professionals.

### **PINES Vision**

Active individuals and athletes worldwide, regardless of country or economic status, will have access to evidenced-based nutrition and exercise education and advice from qualified nutrition and exercise professionals.

PINES' global professional network will support the mission and vision by--

- helping to identify and promote training and outreach through educational opportunities (e.g., conferences, courses, University degrees and diplomas, practicum sites) for students and professionals to enhance the delivery of health and performance messages to active and athletic individuals
- encouraging interactions among nutrition and exercise professionals, students and organizations worldwide to coordinate and advance evidence-based nutrition and exercise practice with the ultimate goal to protect the public from unqualified individuals
- promoting and supporting research collaborations among institutions and organizations to broaden the existing knowledge base and foster the sharing of scientific and educational materials and resources
- maintaining a responsible relationship with selected donors and sponsors
- collaborating with and supporting the role of national sport nutrition/exercise organizations to coordinate and advance evidence-based nutrition and exercise practice and delivery of programs and services to the public at the local/national level



### ***How to JOIN PINES***

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To become a PINES member you need to **1)** have graduated with a degree in exercise, health or nutrition related field, **2)** be professionally active in sport, exercise, or nutrition through teaching, clinical practice, or research experience, and **3)**

maintain active membership with a national organization in sport nutrition in your country if available and/or national sport science/medicine or nutrition organization.

Students, coaches, and fitness professionals are welcome to join as an Associate PINES member.

To sign up for PINES please visit <http://www.sportsoracle.com/pines/pines-home>.

#### **Member benefits include:**

- Worldwide network of professionals who can help you with--
  - Locating educational events and conferences worldwide
  - Advancing your career
  - Locating assistance for planning food for teams who travel internationally
- Quarterly newsletter
  - feature article, supplement contamination watch, message from PINES President and Board of Directors, research updates from PINES members
- PINES email alerts
- Photo Gallery for professional-looking power point presentations
- Electronic library with position papers and other resources
- Publishers' discounts
- And most importantly, a network of international friends!

Proposed to come soon...

- Discussion board
- Glossary with internationally translated food, nutrition, and sport science terminology
- Supplement watch
- Job opportunities
- Student corner
- Mentorship opportunities
- Conference proceedings and video
- Podcasts from professionals around the world