



THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES

Nutritional Sciences & Wellness

**Please join us for a NSW Director Candidate Seminar
Monday, May 15, 2023 at 10:00AM in Shantz Annex room 440**

Or Join via Zoom Meeting:

<https://arizona.zoom.us/j/83961429516?pwd=V3M4WXJkMVBSOHhnTlo3dXNaOTR2UT09>

Password: 511995

Meeting ID: 839 6142 9516

Transforming Healthcare: From Sickness to Wellness My Vision for the University of Arizona School of NSW



Presented by:

Ken Wilund, PhD

Professor, Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign

Ken Wilund is a Professor in the Department of Kinesiology and Community Health at the University of Illinois at Urbana-Champaign. His research is focused on examining the effects of exercise training and nutritional factors on cardiovascular health and muscle wasting in patients with kidney failure. He has a particular interest in the role that dietary sodium has on both chronic fluid overload, a condition that contributes to heart failure, as well as muscle sodium accumulation, which may contribute to deficits in muscle strength and function. His long-term goals include developing strategies that shift the focus of the care of dialysis patients from predominantly pharmacological approaches to strategies that rely on lifestyle management, such as improved nutrition and physical activity. He is also the founder of the Global Renal Exercise (GREX) Network, an international group of clinicians and researchers whose goal is to improve research and the implementation of physical activity programs in people with kidney disease, as well as the Kidney Wellness Institute of Illinois (KIWII), a similar organization which aims to make Illinois a world leader in kidney disease research and care.