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## Learning Objectives

MedBridge

*Inflammation and Its Impact on Performance and Chronic Disease*

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### Course Objectives

Upon completion of this course, learners will be able to

- Summarize the physiological difference between chronic and acute inflammation as it relates to exercise and how diet and anti-inflammatory compounds combat inflammation
- Outline the relationship between inflammation and the development of chronic disease to assist clients in making the best nutritional choices
- Translate data and evidence-based research into informed recommendations on how to incorporate anti-inflammatory nutrients into dietary patterns
- List at least five dietary sources of anti-inflammatory foods and their bioactive compounds as well as strategies to incorporate them into diets