
BIOGRAPHY

Name & Affiliation

Katarzyna Janiszewska, PhD

- Department of Human Nutrition, University of Warmia and Mazury in Olsztyn, Poland
- member of Polish Society of Dietetics
- committee member of the ESDN for Sports and Physical Activity

Biography

Polish National Taekwondo Team competitor for 13 years, with multiple champion titles. In 2016 defended PhD thesis about pre-competition weight loss models in Olympic taekwondo. By creating a unique nutrition training program for Olympic taekwondo coaches (associated in World Taekwondo Europe), she became an European leader in combat sports nutrition.