



Joanna McMillan's Dietary Double

By Dr Joanna McMillan

Joanna McMillan's Dietary Double is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn how to get lean and learn the pros and cons of following a Paleo diet. The information covered in the course will help Fitness Professionals minimise the injury and maximise the performance of their clients.

Joanna McMillan's Dietary Double explores:

- Factors that affect weight control
- The role of insulin in weight control
- Insulin demands of different diets
- Strategies to maintain weight loss
- The role of exercise in weight control
- Weight loss vs maintenance strategies
- The pros and cons of a Paleo diet
- Ethical and environmental impact of food choice

Upon successful completion, course participants will:

- Understand the different factors that affect weight control
- Be able to explain the role of insulin
- Have the knowledge to put strategies in place to maintain weight loss
- Be able to advise on the pros and cons of returning to a Paleo style diet
- Understand how exercise can prevent the stall and restore metabolic cycling in modern western diets
- Know how to modify a Paleo style diet for an endurance athlete

Course Creator Bio

Joanna is one of Australia's best known nutrition and healthy lifestyle experts. She holds a PhD in nutritional science and was a fitness leader for 15 years. She is a regular on the Nine Network, and author of numerous books, writes for *Sunday Life* and *Essential Kids*, and leads her company Dr Joanna Pty Ltd. Joanna is a firm favourite at FILEX and was named Presenter of the Year in 2006.