

Food For Thought: Eating and Exercise For Mental Health

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Food For Thought: Eating and Exercise For Mental Health is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn the benefits of good nutrition and exercise for mental health. The information covered in the course will help Fitness Professionals minimise the injury and maximise the performance of their clients.

Food For Thought: Eating and Exercise For Mental Health explores:

- Taking back control of our food
- The connection between food and mood
- Specific nutrients that may affect mood
- Types of depression, causes, signs and symptoms
- Negative effects of stress
- How anxiety and depression is treated

Upon successful completion, course participants will:

- Understand the role of protein in mental health
- Be able to advise quantities of Omega-3's required for mental health and other lifestyle diseases
- Know the effects on the brain, cognition and mood due to a micronutrient deficient diets
- Have a better understanding of depression, anxiety and mood disorders
- Know how to best use exercise to improve mood and mental health
- Be able to use your helping skills beyond exercise prescription
- Understand the different types of depression

Course Creator Bio

Tara is an accredited practising dietician with additional training in psychology and business. She is the author of four books: *Presenting for Change*, *Marketing Health*, *Client Behaviour* and *The Good Enough Diet*. Tara lectures at the University of Sydney and remotely manages her dietetic business in Cairns.

Lisa is a multi-talented educator, trainer and author with a passion for inspiring others to move with ease and integrity. She is co-creator of the PERFECT PRACTISE Training System and specialises in helping exercisers and athletes get their movement foundation right. As a director of Australian Fitness Network, and more recently as the founder of Fit For Good – the fitness industry's charitable foundation, she has positively influenced the fitness industry in Australia for more than 24 years.