

Change Your Brain, Change Your Body

By Paul Taylor MSpSc MSc

Change Your Brain, Change Your Body is targeted towards Fitness Professionals who want to learn how to help their client's make positive long lasting changes to their behaviour. The information covered in the course will help Fitness Professionals understand the interaction between mind, body and brain and how they contribute to goal success.

Change Your Brain, Change Your Body explores:

- The major components of human behaviour
- Genetics versus Epigenetics
- Stress, genes and the mechanism of programming the brain for later life
- Environmental effects on eating behaviours
- Short and long term stress hormonal response
- The neuroscience of natural rewards
- The neurobiology of exercise
- The neuroscience of obesity
- Obesity statistics and trends in OECD countries
- The ultimate trilogy – the interaction between mind, body and brain
- Mimicry of food intake and physical activity

Upon successful completion, course participants will:

- Understand the components that make up human behaviour
- Know the 4 factors that affect our gene expression on a daily basis
- Be able to advise on environmental choices that influence eating choices
- Understand how long term stress can cause adrenal burn out and emotional eating
- Be able to explain how alterations in gene expression induce changes in brain function and behaviour
- Understand how movement is important for brain development and protection
- Know the systems that effect food intake and energy balance
- Be able to advise on 6 points that increase brain cells and 6 points that decrease brain cells

Course Creator Bio

Paul is the creator of BioAge software, and the director of The Body-Brain Performance Institute, where he provides Peak Performance programs to executives in leading international companies. He is also the joint founder/owner of Acumotum, a Melbourne based studio focusing on body and brain fitness. Paul has masters degrees in exercise science and in human nutrition and is completing a third masters in neuroscience.