

Programming for Modern Lifestyle Diseases

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Programming for Modern Lifestyle Diseases is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn how to program for clients with modern lifestyle disease. The information covered in the course will help Fitness Professionals to understand lifestyle diseases and the role fitness can play to manage symptoms.

Programming for Modern Lifestyle Diseases explores:

- Physical activities: facts and fallacies
- Lifestyle factors that contribute to premature death
- Cardiovascular risk factors of varying body size
- Gut microbiota and obesity
- Anti-inflammatory foods and pro-inflammatory foods
- Benefits of exercise for those with cardiovascular disease
- Cardiovascular medications and their affect on exercise capacity
- Exercise programming recommendations
- Effects on the exercise response in hypertensive individuals
- Lifestyle modifications to treat high blood pressure
- Hormonal function and cardiovascular disease

Upon successful completion, course participants will:

- Understand how to manage lifestyle-health related problems by applying environmental, behavioural, medical and motivational principals
- Be able to explain the importance of motivating people with chronic disease to actively participate in their own care
- Know the factors that can prevent or reverse diabetes without medication
- Understand the association between metabolic health, obesity and all cause mortality
- Be able to use exercise to decrease rates of early mortality
- Know the recommendations for cardiovascular rehabilitation exercise
- Have the skills to test blood pressure accurately and classify accordingly
- Know the small changes can make big differences for improving health

Course Creator Bio

Garry has worked in public, corporate and clinical health for over four decades. The author of 30 books and over 150 peer-reviewed articles, he is a professor of health and human sciences at Southern Cross University and an advisor to the World Health Organisation. In the 1990s Garry created the GutBusters Program, which developed into the Professor Trim's weight Loss Program. He is an initiator of the Australian Lifestyle Medicine Association (ALMA).

Suzanne is an accredited exercise physiologist who works with a wide range of clients in both clinical and gym environments. She is also a senior presenter at the Australian Institute of Fitness in NSW, and the founder of Absolute Conditioning. Suzanne is currently studying for a masters in exercise science (rehabilitation).