

How to be a Lean, Mean Metabolic Machine

By Suzanne Cox, BHMS and;
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How to be a Lean, Mean Metabolic Machine is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn how to become a better fat burning machine. The information covered in the course will help Fitness Professionals minimise the injury and maximise the performance of their clients.

How to be a Lean, Mean Metabolic Machine explores:

- Fat distribution and cell morphology in men and women
- Hormones related to obesity and weight loss
- Maintaining weight loss
- Common co-morbidities
- How to make yourself a better fat burning machine
- Weight loss work outs
- Fat burning myths, misconceptions and misinformation

Upon successful completion, course participants will:

- Be able to explain how leptin can cause weight gain in the sleep deprived
- Have the knowledge to determine a person's level of obesity
- Know the factors that will effect a Type II diabetic's ability to exercise
- Be able to advise on exercise as part of a treatment plan for a diabetic using ACSM guidelines
- Understand how aerobic exercise will make you a better fat burning machine
- Have 3 interventions that will lead to greater weight loss results
- Be able to advise on types of exercise, duration and intensity for weight loss

Course Creator Bio

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).

Jason is an internationally acclaimed running coach, speaker and writer. He contributes to numerous international running, coaching, and fitness magazines, is the author of four books, and is a frequent presenter at fitness and coaching conventions worldwide. The 2011 IDEA Personal Trainer of the Year, he owns RunCoachJason.com, a valuable resource for trainers, runners and running coaches.