

Snack Attack: Managing Meal Timing and Cravings

By Matt O'Neill BSpSc, MSc (Nut&Diet)

Snack Attack: Managing Meal Timing and Cravings is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn Matt's top tips for optimising meal timing and managing cravings. The information covered in the course will help Fitness Professionals maximise the results of their clients.

Snack Attack: Managing Meal Timing and Cravings explores:

- Meal timing considerations including metabolic rate, appetite management and hormonal status
- Nutrition for "bulking up" and nutrition for "cutting up"
- Practical food choices
- Supplement comparisons and recommendations
- Dietary factors linked to weight gain and weight loss
- How stress and poor sleep affect weight loss

Upon successful completion, course participants will:

- Understand the hormones that cause three-thirty-itis and be able to advise on food choices that overcome afternoon cravings
- Be able to explain top tips for bulking up and cutting up
- Have snack energy categories to educate clients what to eat
- Understand the 7 contributing factors to obesity
- Be able to recommend specific meals that contain the optimal amounts of nutrients needed for muscle repair
- Have 3 strategies to deal with stress

Course Creator Bio

Director of the SmartShape Centre for Weight Management, Matt is an accredited practising dietician and nutritionist on Channel 7's *Sunrise* and *Morning* shows. As the creator of the Metabolic Jumpstart weight management system, he has provided 10,000 participants with metabolically matched diet plans. Matt is a dynamic presenter with a mission to jumpstart the nation to eat well and move more.