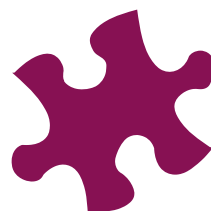




 **NUTRITION**



NUTRITION

B1D ✱ Combating obesity

PAUL TAYLOR

Paul looks at a number of factors contributing to the growing obesity epidemic, including the destructive effects of the stress hormone Cortisol, genetic factors, medication, food additives and a multitude of surprising environmental factors. Walk away with a number of practical tips to help combat obesity in your clients. [L](#)

B4D ✱ Optimal nutrition for pregnancy

LIZ DENE

Join Liz as she looks at the latest research on pre-conception care and post-natal nutrition and reviews the nutrition and pregnancy guidelines. Discover what your clients really need to be eating, and avoiding, to promote a healthy birth outcome. Walk away with an easy-to-follow plan and loads of nutritional ideas. A must-attend session for all personal trainers. [L](#)

C1D ✱ Neurobiology for personal trainers

PAUL TAYLOR

Understanding our brain is vital to comprehending who and what we are. Paul explores and simplifies the anatomy of the brain, paying particular attention to areas involved in mood, emotion and motivation. The link between brain, mind and body is demonstrated and the fascinating, but opposing, effects of both recreational drugs and exercise on brain function are investigated. Can you afford to miss this mind-expanding session? [L](#)

C2D ✱ Nutrient timing for weight management

CRAIG KELLY

An introduction to macronutrient and substrate utilisation in humans, from ingestion and digestion to absorption and storage. Where does it all go? How does this effect triglyceride stores and utilisation? What does insulin and glycogen really do? All of these questions and more are answered in this highly informative session. [L](#)

C3D ✱ Lies, damned lies – the truth about the supplement industry

PAUL TAYLOR

Paul reveals the steps which the \$16 billion supplement industry takes to sell its products, involving everything from misrepresenting research, inaccurate marketing, adding banned substances and incorrect product labelling, to outright lying to consumers and athletes. You will then learn the real science behind supplementation and take away practical advice to pass on to clients about how best to spend their money. [L](#)

C4D ✱ The 6 big chronic diseases – How much do you know?

MATT PATTI

Chronic diseases contribute to 70% of Australia's health bill, and this figure is rising. How much do you know about managing your chronic disease clients' programs? Learn about the big 6 chronic diseases and strategies for their management and maintenance from one of Australia's most pro-active exercise physiologists and chronic disease facilitators. Help your clients with loads of take-away information for effective health programming and ongoing client self-management. [L](#)



Session codes: L – Lecture



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