

Fuelling Fat Loss



By Dr Rebecca Reynolds

Fuelling Fat Loss is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who are interested in gaining an understanding of how to assist clients to reach their fat reduction goals through nutrition. The information covered in this course will help Fitness Professionals aid their clients in making positive nutritional changes that will complement their training.

Fuelling Fat Loss explores:

- The anatomy and physiology of fat and fat loss
- Measurement of body “fatness”
- Lifestyle and health implications of overweight and obesity
- The role of the fitness professional in helping clients achieve their goals through nutritional support and coaching
- Factors affecting metabolism
- Current nutritional guidelines for fat loss
- Current research and standpoints on nutrition for fat loss

Fuelling Fat Loss is delivered online using a 49 page learner guide as well as charts, templates and loads of additional supporting articles and websites.

Upon successful completion, course participants will:

- Understand the function of the fats found in the body
- Be able to provide clients with nutritional support within the scope of practice of a fitness professional
- Have the knowledge to provide dietary recommendations and guidelines for fat loss clients
- Be able to assess base line measures for identifying “fatness”
- Understand the current research and guidelines on ‘the best ways to nutritionally lose fat’
- Identify clients who may need to be referred on to an allied health professional.

Course Creator Bio

Dr Rebecca Reynolds finished her PhD investigating the effect of the glycaemic index on hormones, appetite and *acne vulgaris* at Sydney University in 2009 with Professor Jennie Brand-Miller. She has since worked in community-based obesity prevention at The World Health Organization's Collaborating Centre on Obesity Prevention and in nutrition education for fitness professionals at The Australian Fitness Network and public health nutrition students at Deakin University.