

Everyday Nutrition For Every Body



By Dr Rebecca Reynolds

Everyday Nutrition for Every Body is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who are interested in gaining an understanding of how to guide clients nutritionally based on their stage in life. The information covered in this course will help Fitness Professionals aid their clients in making positive nutritional changes that will complement their training.

Everyday Nutrition for Every Body explores:

- What comprises 'food'
- The function of macro- and micronutrients
- The process of digestion in the body
- The modern nutritional triangle
- The role of the fitness professional in helping clients achieve their goals through nutritional support and coaching
- Nutrition through the life stages
- Special diets and cultural considerations
- Current research and standpoints on nutrition for health.

Fuelling Fat Loss is delivered online using a 67 page learner guide as well as charts, templates and loads of additional supporting articles and websites.

Upon successful completion, course participants will:

- Understand the difference between each macronutrient and how it is used within the body
- Identify, and inform clients about, the digestion/metabolism process
- Be able to provide clients with nutritional support at various stages of life within the scope of practice of a fitness professional
- Have the knowledge to provide dietary recommendations and guidelines for healthy living
- Be able to understand cultural considerations with respect to nutrition
- 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.