

The low down on low carb



By Kat Eden

The low down on low carb is targeted towards Fitness Professionals (encompassing instructors, trainers and coaches) who are interested in gaining an in-depth understanding of the recommendations and guidelines surrounding low carbohydrate nutrition. The information covered in this course will help Fitness Professionals coach their clients to make educated choices regarding low carb diets.

The low down on low carb explores:

- The concept of low carb nutrition- what it is/is not
- Physical changes experienced as a result of low carb nutrition
- History of the low carb movement
- The science behind low carb nutrition
- Healthy low carb plan inclusions
- Principles for using low carb with athletes

The low down on low carb is delivered online using a 57 page learner guide as well as numerous templates and additional articles.

Upon successful completion, course participants will:

- Thoroughly understand what a low-carb nutrition plan entails
- Have a solid grasp of the science of low-carb
- Implement basic low-carb nutrition recommendations (within the scope of practice)
- Be able to identify who the low carb approach suits.

Course Creator Bio

Kat Eden has been a personal trainer for more than a decade and has worked with over 400 clients one-on-one throughout that time. Kat currently works with a limited group of one-on-one clients, and has 3 apprentices working under her as Personal Trainers. Over the past decade Kat has been involved in just about every aspect of the health & fitness industry, from corporate health to workplace safety, to being interviewed several times for Women's Health & Fitness, to motivational and inspirational speaking. Her big passion is sharing her knowledge and views through her writing and she currently uses her writing to teach people how to achieve their Body Incredible. Kat has just finished her second book within the field of health, fitness and weight management.