

The Weight, Metabolism and Hormone Highway

By Scott Josephson

The Weight, Metabolism and Hormone Highway course is comprised of two 90 minute sessions presented by Scott Josephson.

Session 1: Women, metabolism and the hormone highway

Session 2: Winning at losing- weight management made simple.

Women, metabolism and the hormone highway explores:

- The effects of hormones on fat loss
- Menopause and strength loss
- The 'B.E.S.T.' program
- Exercise recommendations for resistance and cardiovascular training
- Nutritional recommendations for women and weight loss.

Winning at losing- weight management made simple explores:

- The keys to helping your clients achieve their weight loss goals- 'SOAP notes', 4 tips for weight management
- The stages of change
- Setting SMART goals
- General nutritional guidelines for weight management.

Upon successful completion, course participants will be able to:

- Understand the role that hormones (oestrogen, thyroxine, progesterone) play with respect to weight management
- Know how to provide programs that follow the B.E.S.T. method of programming
- Be able to provide nutritional recommendations to suit a range of women
- Understand how to build a professional relationship with your clients in order to help them reach their weight management goals
- Know the key components of interviewing clients using the SOAP notes acronym
- Be able to educate clients on common weight management issues such as low carb diets, 'healthy' fats, TEF, fiber and water intake.

Course Creator Biography

Scott Josephson, MS, RD is the director of operations at Hippocrates Health Institute in West Palm Beach, Florida. A registered dietitian, he presents at conferences throughout North America and has received numerous awards including the 2005 Director of the Year for Teaching Excellence and the 2010 Specialty Presenter of the Year for Can-Fit-Pro. Scott is on the international advisory boards for Can-Fit-Pro and American Fitness Professionals and Associates and has worked with numerous sports celebrities.