

Eat Sweet: Sugar, Energy and Performance

By Scott Josephson

The Eat Sweet: Sugar, Energy and Performance course is comprised of two 90 minute sessions presented by Scott Josephson.

Session 1: Sugar Sabotage

Session 2: Eating for Energy and Performance

Sugar Sabotage explores:

- Nutritive sweeteners- sucrose, fructose, etc
- Non-nutritive sweeteners- 'Splenda', 'Sweet n Low', etc
- Sugar and its role in tooth decay, obesity and other health issues.

Eating for Energy and Performance explores:

- Nutrient timing
- General nutrition recommendations for performance, recovery and repair
- Nutrient absorption and digestion.

Upon successful completion, course participants will be able to:

- Understand the role that sweeteners play with respect to weight management and health
- Know the difference between nutritive and non-nutritive sweeteners and the health implications associated with each
- Understand the nutritional requirements of clients who are training performance
- Be able to provide basic recommendations on the supplementation of vitamins and minerals that relate to performance, recovery and repair
- Know the key macronutrient ratios for consumption prior to, during and after training .

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.