

Appetite for Reduction

By Susie Burrell and Joanna McMillan

The Appetite for Reduction course is comprised of two 90 minute sessions presented by Susie Burrell and Joanna McMillan.

Session 1: Losing the Last 5KG

Session 2: Indulgent Appetites.

Losing the Last 5kg explores:

- The role of glucose in metabolism
- Energy density and its role in weight management nutrition
- Eating for insulin resistance management
- Nutrition strategies for losing the last 5kg.

Indulgent Appetites explores:

- The 3 body types and their weight management characteristics
- Internal and external cues and their role in healthy nutrition
- Energy density and satiety
- The Plate Model.

Upon successful completion, course participants will be able to:

- Understand the role of glucose in fat loss and gain, and how exercise can assist with weight management
- Inform clients about the role of carbohydrates, protein and fat in relation to satiety and weight control
- Provide basic nutritional recommendations to clients who have insulin resistance or need to lose a few more kgs
- Know the difference between the three body types and how they are predisposed to particular movement and nutrition choices
- Educate clients on the role of water, fiber and energy density and how they contribute to weight management
- Provide realistic, simple recommendations on lifestyle and nutrition modifications that can help achieve healthful weight loss.

Course Creator Biography

Susie Burrell, BSc is a leading dietitian with training in both nutrition and psychology. She balances her clinical work in obesity at The Children's Hospital Westmead with her weekly column in *The Daily Telegraph* and regularly appears on TV's *Mornings with Kerri-Anne*, *Today Tonight*, *New Idea TV* and *Sunrise*. Susie is consultant sports dietitian to the Parramatta Eels and consults out of the Stadium Orthopaedic and Sports Medicine Centre in Sydney.

Joanna McMillan, PhD operates a nutritional consultancy in Sydney's Eastern Subburbs. She is also a fitness professional and instructed group exercise classes for almost 15 years. Joanna is a popular media spokesperson and is a Nine Network regular, principally as the resident nutrition expert for *Today*. An accomplished presenter, Joanna was named Network's Presenter of the Year in 2006.