



» NUTRITION & FAT LOSS

Fat loss, general fitness and wellbeing require a combination of exercise and good nutrition. Increasingly, clients require advice about their eating behaviours. The wide range of topics in the FILEX 2010 Nutrition & Fat Loss program gives you the knowledge to provide this information, adding value to your role as a promoter of health and wellness.

» NUTRITION & FAT LOSS SESSIONS

Good mood food > A1L

Joanna McMillan-Price

Depression affects a rising number of Australians but remains a largely taboo subject. Many of the symptoms, including low energy, lack of motivation, sleep difficulties, irritability and pessimism will make progress with an affected client very difficult. Joanna explores how food affects mood, and discusses exercise and diet strategies to help you deal with a client you know or suspect is affected by depression. **L**

Weight loss trouble shooting > B1M

Dr Amanda Sainsbury-Salis

There are several physical reasons why a client may not lose weight despite increasing exercise. With the use of insights gained from medical research you will learn; to what extent 'muscle weighs more than fat' can explain lack of weight loss; the role of reduced metabolic rate; testing whether excessive kilojoule intake is preventing weight loss; gauging if a client has reached their lowest 'genetically programmed' weight and more. **L**

Cracking the appetite code > A3L

Matt O'Neill

The secret to staying in shape lies in your personal appetite code. By understanding the biological chemistry that dictates everyday food choices, you'll be able to help clients manage hunger, curb cravings and balance their diet for life. Matt shares his seven simple strategies for mastering appetite management so you can crack the appetite code. **L**

The 7 P's of nutrition and fat loss > A4L

Craig Kelly

Join Craig for an enlightening session on the counselling and coaching required to evoke a positive outcome with all things food, fat loss and morphing related. Find out why your panel beater and mechanic are the keys to your fat loss and nutrient ingestion! Intrigued? **L**

Science, psychology and art of fat loss > A2K

Susie Burrell

Fat loss is a common client goal, yet for a successful, sustainable outcome an approach that combines the up-to-date science of dietary prescription and appropriate behavioural change techniques with a certain amount of practitioner flair is required. Susie outlines the most cutting-edge dietary research and behavioural change techniques to help you become a master of fat loss with even the most challenging clients. **L**

The supermarket challenge > B2K

Tanya Lewis

An interactive challenge for anyone interested in food and nutrition, this session provides a fun way to learn more about the vast array of foods available in our supermarkets, food standards and labelling laws in Australia. Join Tanya to discover how to make good nutritional suggestions for your clients and help sharpen your overall food knowledge. **L**

» CHISM SYMPOSIUM

Childhood obesity: a scientific update > B2L

See page 46 for more details.

Digest this > B3L

Joanna McMillan-Price

Did you know that 70% of your immune system is centred in your gut? This means that not only is looking after your digestive health imperative for the health of your gut, but it has a knock-on effect on the entire body by affecting your immune function. Joanna explores the ins and outs of gut health and explains the factors important for good digestive health including prebiotics, probiotics, fibre and resistant starch. **L**

Australian Fitness Expo time Nutrition delegates > B3M

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Are food allergies making your clients fat? > B4L

Simon Fox

Food is a foreign substance to the body. The immune system must accept it before it can be processed correctly. Many people have food allergies, which lead to auto immune responses such as leaky gut, irritable bowel syndrome or a weakened immune system. Discover the underlying nutritional causes that may be preventing your clients from losing weight or getting the desired results from their training. **L**

» PLENARY SESSION

Switch to nutrient rich > B5E

Matt O'Neill

Discover nutrient-rich eating – how it's defined, the amazing health benefits and the foods to fill your trolley with to gain the nutrient-rich eating edge. Matt shares the latest science driving optimum food choices for health, fat loss and performance. You'll leave inspired, with a shopping list to enhance your approach to good nutrition. **L P**



The nutrition detective > C1J

Tanya Lewis

To make appropriate nutrition suggestions to your client, it is important to understand their current nutrition habits and what they actually eat during the week. Gathering accurate and useful information is a skill and not as simple as merely asking. In this interactive lecture, Tanya teaches strategies to help you extract meaningful information from your clients and provides useful suggestions for quick nutrition health checks. **L**

Weight loss and sports nutrition > C2K

Kira Sutherland

Trying to lose weight can be a difficult process. Teaching people how to follow a weight loss program can be even harder. Kira takes a look at weight loss from a sports nutrition perspective, exploring its take on the whole process. Understanding how the body burns different fuels, and how to apply some basic principles, can add a whole new dimension to the weight loss process. **L**

Mission metabolism > C2L

Matt O'Neill

A fast metabolism is the key to effective calorie burning. But what factors make up metabolic rate? What can be done to simply and safely maximise metabolism? Matt reveals what the latest research says about food, fitness and supplementation in order to maximise muscle, cut body fat and boost metabolic fitness. **L**

» PLENARY SESSION

Fat loss success > C3E

Joanna McMillan-Price

Most of our clients want to achieve fat loss, but with so many different diets, exercise regimes and other approaches out there, they – and perhaps you – are confused as to the best approach. Join Joanna as she discusses what the latest research tells us, shares her own experiences of what does and doesn't work with clients, and explores the best ways to help clients achieve their goals. **L P**