

NUTRITION AND FAT LOSS

B1C MANAGING YOUR DIABETIC CLIENTS

LEANNE HAMMOND

You'll leave this session with a greater understanding of diabetes and with practical strategies to help your diabetic clients achieve their health and fitness goals. Leanne consults diabetic and insulin-resistant clients for nutritional and exercise intervention on a daily basis and covers issues such as diabetic medications, complications, nutritional guidelines, hyper- and hypo-glycaemia, and ideal exercise prescription. [L](#)

B2C HORMONES: HAPPY OR HORRENDOUS?

DR LIBBY ELLIS

Understanding how what you eat influences your hormone levels can really change your perception of what you should put into your mouth! Join Libby as she explains how hormones play a major role in our health, happiness, stress levels, moods, energy levels and sleep patterns. You'll gain new insights that will help both you and your clients achieve greater well-being. [L](#)

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B3C THE SECRETS OF LONGEVITY AND QUALITY OF LIFE

PAUL TAYLOR

Our bodies are complex organisms that rely on the smooth interaction of the cardiovascular, muscular, respiratory and hormonal systems. This session examines the role of exercise, degenerative diseases, free radicals, fat-free nutrition and stress on longevity and quality of life. You will gain fuller understanding of how the body functions on a cellular level and how to achieve optimal health through lifestyle. [L](#)



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B4C NUTRITIONAL SUPPORT FOR CLIENTS

LEANNE HAMMOND

This interactive session is perfect for personal trainers who would like to offer the best possible nutritional support to their clients. Leanne examines the most important nutritional messages to pass on to clients, and explains techniques to maintain their motivation, practical strategies to help them achieve their goals more easily, and ways for you to monitor their adherence each week. **L**

B5C IMMUNE, IN-TUNE, OR SUSCEPTIBLE?

DR LIBBY ELLIS

Do you really understand all the factors that can make or break a healthy immune system? Our diet, the way we exercise, our stress levels and the amount of sleep we get all contribute to our levels of immunity against disease. Libby gives you a better understanding of how your choices make you more immune, more in-tune or more susceptible. **L**

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C2C WEIGHT GAIN AND OBESITY - THE

CORTISOL LINK

PAUL TAYLOR

This lecture explores the link between chronic release of the stress hormone cortisol and obesity and weight gain. Paul discusses the hormones released at different stages of stress, and focuses on the bodily effects of cortisol, including its stimulation of appetite, its fat accumulation and distribution effects, and the negative health implications. Advice on dealing with the problem is also included. **L**

C4C BEST TRAINING PROGRAMS FOR FAT LOSS

TONY BOUTAGY

Strength coach Tony reveals the best resistance training protocol for achieving optimal body composition, effective fat loss and tackling hormonal complications, such as insulin resistance. Discover why some clients find it difficult to lose weight, despite regular training, and learn the most up-to-date research on the role of hormones in fat loss, optimal resistance training guidelines and energy system training programs for superior fat reduction. **L**

