

nutrition

COACHING SUMMIT

SCW



SATURDAY, JUNE 19

- **24 Sessions**
- **13 Presenters**
- **2 Certifications**
- **Up To 15 CEC/CEUs** SCW, ACE, AFAA, AGSM, AEA & NASM + More!
- **30 Days Recorded Sessions**
- **Flexible Payment Options**

NutritionCoachingSummit.com



A
NUTRITION & FOOD TIMING

B
MYTHS & MISCONCEPTIONS

SA1	10:00am-11:00am EDT 9:00am-10:00am CDT 7:00am-8:00am PDT	Hot Topics in Nutrition 2021 Layne	Top 10 Nutritional Nightmares Miller
SA2	11:15am-12:15pm EDT 10:15am- 11:15am CDT 8:15am-9:15am PDT	Nutrition for HIIT & LIIT Sessions Layne	Energy Pathways & Ketones Comana
SA3	12:30pm-1:30pm EDT 11:30am-12:30pm CDT 9:30am-10:30am PDT	Nutrient Timing Comana	Intermittent Fasting - Fact or Fiction Bryce

LUNCH: 1:30pm-2:00pm EDT, 12:30pm-1:00pm CDT, 10:30am-11:00am PDT

SA4	2:00pm - 3:00pm EDT 1:00pm - 2:00pm CDT 11:00am - 12:00pm PDT	General Population Nutrition Toole	Abs Are Made in the Kitchen Digsby
SA5	3:15pm- 4:15pm EDT 2:15pm - 3:15pm CDT 12:15pm - 1:15pm PDT	Train on an Empty Stomach Charlop	Why You Can't Stop Eating Digsby
SA6	4:30pm - 5:30pm EDT 3:30pm - 4:30pm CDT 1:30pm - 2:30pm PDT	Functional Foods for a Fantastic You Fearheiley	Diet Myths & Misconceptions Bryce

Fri, June 18



Nutrition For Active Agers Live-Stream Certification

5:30pm-9:30pm CDT • Silverman



C COACHING & BUSINESS	D SLEEP & SPECIALTIES	
Self Coaching Strategies for Wellness Silverman	Reducing Chronic Inflammation with Nutrition Ruani	SA1
Nutrition Tips Overview Silverman	Eating For Good Sleep Ruani	SA2
Common Sense Nutrition: Your Scope Miller	Get the Skinny On Diet Trends Kooperman, Layne, Digsby & Silverman	SA3
LUNCH: 1:30pm-2:00pm EDT, 12:30pm-1:00pm CDT, 10:30am-11:00am PDT		
Ditching Diets: Individually Tailored Nutrition Davis	Performance, Strength & Proper Nutrients Kooperman, Bryce, Comana & Miller	SA4
Successful Nutritional Coaching Comana	Nutrition & Mental Health Miller	SA5
Whole-Food Plant Based Diet Charlop	Holistic Health & Longevity Conti	SA6



CERTIFICATIONS

FRIDAY, JUNE 18

SCW NUTRITION, HORMONES & METABOLISM LIVE-STREAM CERTIFICATION

Melissa Layne, MEd

Friday, June 18, 2021

10:00am - 6:00pm EDT

9:00am-5:00pm CDT

7:00am-3:00pm PDT

Was \$259 Now Only \$99

This practical program provides participants with cutting-edge information on nutrition, hormones, and metabolism. In easy-to-understand terms, learn how each macronutrient operates within energy pathways and how digestive and reproductive hormones affect metabolism. The body's adaptations to an incomplete diet and/or disease and the physiological consequences during various exercise regimes will be addressed during this session. You receive a handout detailing simple nutritional calculations and recommendations that Fitness Professionals can incorporate into a nutritional counseling session while remaining within the scope of practice. This comprehensive certification also provides information pertaining to Nutritional Health History Forms with prescriptive dietary suggestions that can be used immediately. Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education.

CECS: SCW (7.0), ACE (0.7), ACSM (7.0), AEA (8.0), AFAA (8.0), NASM (0.8).

If you can't make the Live Stream Certification, take the course online. Visit

<https://scwfit.com/store/product/practical-nutrition-online-certification/>



SCW ACTIVE AGING NUTRITION LIVE-STREAM CERTIFICATION

Tricia Silverman, RD, LDN, MBA

Friday, June 18, 2021

6:30pm-10:30pm EDT

5:30pm-9:30pm CDT

3:30pm-7:30pm PDT

Was \$259 Now Only \$99

Join Tricia as she shares scientific, research-based, current insights on the distinct nutritional needs of your active-aging classes and over 50 clients. Learn practical tips for preserving and increasing lean body mass, enhancing cognition, losing excess body fat, acquiring essential vitamins and minerals and MORE. Explore nutritional strategies from regions across the globe known for longevity. Make yourself more marketable to this population by sharpening your nutritional knowledge on aging.

Price includes training manual and testing fee (\$59 value).

Manuals will be emailed from SCW Fitness Education. SCW (4.0), ACE (0.4), ACSM (4.0), AEA (4.0), AFAA (4.0), NASM (0.4).

If you can't make the Live Stream Certification, take the course online. Visit

<https://scwfit.com/store/product/active-aging-nutrition-online-certification/>



SESSIONS

SATURDAY, JUNE 19

SA1 - SATURDAY SESSION 1

10:00am-11:00am EDT

9:00am-10:00am CDT

7:00am-8:00am PDT

HOT TOPICS IN NUTRITION 2021

Melissa Layne, MEd

Collagen, bone broth, ketosis, macros for body types, alcohol intake, cleanses, activated charcoal, fasting, carb cycling and the list continues. Every year brings new fads and reactivates past fads. Which ones are backed by peer-reviewed science and what is the bottom line? Join us to find out!

SA1A Saturday, 10:00am-11:00am EDT

TOP 10 NUTRITIONAL NIGHTMARES

Kimberly Miller, NKT, ACE CPT

Paralysis by analysis. A conundrum of information. With so much conflicting nutrition information and various fads, it is critical to learn the common nutritional mistakes wreaking havoc on the metabolism. Discover why so many who are eating "healthy" are still failing to meet their mental and physical goals.

SA1B Saturday, 10:00am-11:00am EDT

SELF-COACHING STRATEGIES FOR WELLNESS

Tricia Silverman, RD, LDN, MBA

Discover helpful strategies that you can use or share with your clients. Find new ways to motivate yourself and clients to move more and eat right. Learn more about mindful eating, tapping, self-compassion, journaling, vision boards, gratitude and more for wellness and weight loss!

SA1C Saturday, 10:00am-11:00am EDT

REDUCING CHRONIC INFLAMMATION WITH NUTRITION

Alex Ruani

What are the possible causes of inflammation? How can we tell if we have it? And how can we mitigate it through nutrition? Decreasing inflammation in the body is key to maintaining good health at any age. Discover the role of nutrition in reducing chronic inflammation, including the key components of an anti-inflammatory diet.

SA1D Saturday, 10:00am-11:00am EDT

SA2 - SATURDAY SESSION 2

11:15am-12:15pm EDT

10:15am- 11:15am CDT

8:15am-9:15am PDT

NUTRITION FOR HIIT & LIIT SESSIONS

Melissa Layne, MEd

HIIT (sympathetic training) is popular on fitness schedules due to its effectiveness and parasympathetic training (LIIT) is also growing. Fitness professionals must understand the nutritional concepts that feed these systems and hormonal effects of overtraining. We will cover these topics as well as timing and macronutrient combinations for training these programs.

SA2A Saturday, 11:15am-12:15pm EDT

ENERGY PATHWAYS & KETONES

Fabio Comana, MA, MS

'Keto-everything' is a popular term, but is it safe, effective and even sustainable? Put aside the marketing claims and understand the real science of ketones, metabolism, weight loss and performance. Join this session to learn metabolic science and the role of ketones in weight loss and exercise.

SA2B Saturday, 11:15am-12:15pm EDT

NUTRITION TIPS OVERVIEW

Tricia Silverman, RD, LDN, MBA

Wondering what type of nutrition information you can share in your coaching and fitness sessions? Learn evidence-based nutrition tips from a registered dietitian that you can feel comfortable incorporating into your own messaging for your clients and facilities.

SA2C Saturday, 11:15am-12:15pm EDT

EATING FOR GOOD SLEEP

Alex Ruani

About a third of us aren't getting the recommended hours of sleep to function at our best. So what does it take to promote a good night's sleep? Discover how nutrition may help us to fall asleep faster, sleep more deeply, and sleep longer – including which nutrients and foods may help to have a good night's rest!

SA2D Saturday, 11:15am-12:15pm EDT

SA3 - SATURDAY SESSION 3

12:30pm-1:30pm EDT

11:30am-12:30pm CDT

9:30am-10:30am PDT

NUTRIENT TIMING

Fabio Comana, MA, MS

We focus heavily upon movement prep, the exercise bout and muscle recovery, but ignore the impact of nutrient and fluid intake on performance, recovery and muscle adaptation. Why train hard when you should train smart? This session discusses the carbohydrate, protein and fluid intake (timing, type, quantity) before, during and following exercise.

SA3A Saturday, 12:30pm-1:30pm EDT

INTERMITTENT FASTING - FACT OR FICTION

Alex Bryce, MSE, CSCS

Is the hype real? How does IF impact special populations? Let's separate fact from fiction and dive into the available literature on one of the most popular diet crazes.

SA3B Saturday, 12:30pm-1:30pm EDT

COMMON SENSE NUTRITION: YOUR SCOPE

Kimberly Miller, NKT, ACE CPT

Are your clients eating healthy but still seem unable to lose unwanted body fat? Are they lacking energy during their training program? Kimberly discusses how deficiencies hinder client results and make your job more difficult. Learn how micro-nutrients influence metabolism, well-being, and performance. Effectively help your clients become vitamin-infused all-stars.

SA3C Saturday, 12:30pm-1:30pm EDT

GET THE SKINNY ON DIET TRENDS

Sara Kooperman, JD, Melissa Layne, MEd, Sohaila Digsby, RDN, LD & Tricia Silverman, RD, LDN, MBA

Keto, intermittent fasting, plant-based, oh my! With so many diets to choose from, each promoting superior weight loss results, the choices can be overwhelming. Join us as we take a look at some of the most popular diet trends and how each stacks up in terms of weight loss and overall health benefits.

SA3D Saturday, 12:30pm-1:30pm EDT

SA4 - SATURDAY SESSION 4

2:00pm - 3:00pm EDT

1:00pm - 2:00pm CDT

11:00am - 12:00pm PDT

GENERAL POPULATION NUTRITION

Amber Toole

Fitness Professionals walk a fine line of "staying in your lane" when helping clients understand nutrition. Nutrition is a large puzzle piece of health and getting clients results. Learn how to properly do that with the general population, creating lasting results and doing so within the scope of your practice.

SA4A Saturday, 2:00pm-3:00pm EDT

ABS ARE MADE IN THE KITCHEN

Sohailla Digsby, RDN, LD

What can you do for 10 minutes a day (or an hour each weekend) that would impact what you end up putting in your mouth? Learn from a Registered Dietician, Cookbook author and mom of 3, that it doesn't have to be so hard: streamline your meal prep, grocery time and kitchen-set up!

SA4B Saturday, 2:00pm-3:00pm EDT

DITCHING DIETS: INDIVIDUALLY TAILORED NUTRITION

Reed Davis

It's time to ditch the one-size-fits-all diet approach! Learn how bio-individuality influences nutritional needs, the difference between eating healthy and eating right for your body, and how food can be used as medicine- no spoonful of sugar required! Discuss the use of functional lab tests and how to interpret results for finding your client's perfect fuel mixture. (LECTURE)

SA4C Saturday, 2:00pm-3:00pm EDT

PERFORMANCE, STRENGTH & PROPER NUTRIENTS

Sara Kooperman, JD, Alex Bryce, MSE, CSCS, Fabio Comana, MA, MS & Kim Miller, NKT, ACE CPT

Join expert panelists as they discuss achieving peak performance through optimal nutrition. Explore how putting the right types of foods in your body, in the right amounts, at the right time enhances recovery and optimizes strength and power. Learn how training modalities influence nutritional needs and how to coach your clients to eat to win. Leave with your hunger (and thirst!) for cutting-edge, evidence-based information satiated!

SA4D Saturday, 2:00pm-3:00pm EDT

SA5 - SATURDAY SESSION 5

3:15pm- 4:15pm EDT

2:15pm - 3:15pm CDT

12:15pm - 1:15pm PDT

TRAIN ON AN EMPTY STOMACH

Dr. Gregory Charlop, MD

Do you train on an empty stomach? It's not as crazy as you think. New research shows the benefits of training while fasting. In this lecture, you'll learn about how to use ketosis to boost mitochondria and muscle performance.

SA5A Saturday, 3:15pm-4:15pm EDT

WHY YOU CAN'T STOP EATING

Sohailla Digsby, RDN, LD

Explore the influence of an obesogenic environment and hyper-palatable foods. Could it be true that current food culture and accessibility are making it almost impossible for us to manage weight and stay healthy, despite how much we work-out? Learn from a registered dietitian which foods and triggers are setting up our downfall, and what to do about it!

SA5B Saturday, 3:15pm-4:15pm EDT

SUCCESSFUL NUTRITIONAL COACHING

Fabio Comana, MA, MS

Learn key secrets and shortcuts to successful nutrition coaching so that you can design and deliver top-quality, individualized programs to your clients. Learn some of the latest applications of nutritional science related to macronutrients, fat loss, muscle gain, nutrient timing, hydration and overall wellness, and key tools driving effective behavioral change.

SA5C Saturday, 3:15pm-4:15pm EDT

NUTRITION AND MENTAL HEALTH

Kimberly Miller, NKT, ACE CPT

Join Kimberly Miller for a valuable session as to how nutrition impacts mental health. Discover why clients who are exercising on a regular basis, may experience an increase in anxiety, fatigue and depression. Learn simple solutions that are sure to reduce the chance of these occurrences.

SA5D Saturday, 3:15pm-4:15pm EDT

SA6 - SATURDAY SESSION 6

4:30pm - 5:30pm EDT

3:30pm - 4:30pm CDT

1:30pm - 2:30pm PDT

FUNCTIONAL FOODS FOR A FANTASTIC YOU

Amanda Fearheiley, RDN, LD, CPT

Functional foods do more than just providing your body with essential nutrients, they promote optimal health and help reduce the risk of disease. Learn how to elevate your nutrition and start eating your way to long-lasting health!

SA6A Saturday, 4:30pm-5:30pm EDT

DIET MYTHS & MISCONCEPTIONS

Alex Bryce, MSE, CSCS

Keto or intermittent fasting? Bulletproof coffee or detox teas? If you're confused by the misinformation on social media and don't know where to turn for evidence-based nutrition concepts, this is for you!

SA6B Saturday, 4:30pm-5:30pm EDT

WHOLE-FOOD PLANT BASED DIET

Dr. Gregory Charlop, MD

Learn what a whole-food plant-based diet (WFPB) is and why you and your clients should give it a try. WFPB diets fight cancer and heart disease. New research shows that they may be one of the best diets for weight loss, and people like them!

SA6C Saturday, 4:30pm-5:30pm EDT

HOLISTIC HEALTH & LONGEVITY

Christine Conti

Experience this powerful session that explores holistic approaches to battle autoimmune diseases and arthritis. Learn how to incorporate fitness, nutrition, and mindfulness practices to reduce both physical and emotional stresses.

SA6D Saturday, 4:30pm-5:30pm EDT

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NUTRITION EXPERTS

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