

Get the All-Access Pass to the Nutrition Coaching Summit to watch all recorded Zoom sessions from the convenience of your own home!

		<b>A</b> NUTRITION & FOOD TIMING	<b>B</b> MYTHS & MISCONCEPTIONS
<b>SA1</b>	10:00am-11:00am EDT 9:00am-10:00am CDT 7:00am-8:00am PDT	<b>Fuel for Performance</b> <i>Howard</i>	<b>Feasting &amp; Fasting?</b> <i>Layne</i>
<b>SA2</b>	11:15am-12:15pm EDT 10:15am- 11:15am CDT 8:15am-9:15am PDT	<b>Micronutrients Broken Down</b> <i>Howard</i>	<b>Diet Myths &amp; Misconceptions</b> <i>Bryce</i>
<b>SA3</b>	12:30pm-1:30pm EDT 11:30am-12:30pm CDT 9:30am-10:30am PDT	<b>Functional Foods for a Fantastic You</b> <i>Fearheiley</i>	<b>Metabolism 101: Nourish to Flourish Panel</b> <i>Kooperman, Layne, Digsby &amp; Bryce</i>
LUNCH: 1:30pm-2:00pm EDT, 12:30pm-1:00pm CDT, 10:30am-11:00am PDT			
<b>SA4</b>	2:00pm - 3:00pm EDT 1:00pm - 2:00pm CDT 11:00am - 12:00pm PDT	<b>Mealtime Makeover for Effortless Weight Loss</b> <i>Seti</i>	<b>Low Insulin Diet - How Hormones Affect Weight Loss</b> <i>Foe</i>
<b>SA5</b>	3:15pm- 4:15pm EDT 2:15pm - 3:15pm CDT 12:15pm - 1:15pm PDT	<b>Getting Clients Lean Healthfully</b> <i>Digsby</i>	<b>Diet vs. Exercise: Food Choices Always Win</b> <i>Fearheiley</i>
<b>SA6</b>	4:30pm - 5:30pm EDT 3:30pm - 4:30pm CDT 1:30pm - 2:30pm PDT	<b>Nutrition Math - Calories, Grams &amp; Size, Oh My!</b> <i>Toole</i>	<b>Intermittent Fasting - Fact or Fiction</b> <i>Bryce</i>

		<b>C</b> COACHING & BUSINESS	<b>D</b> SLEEP & SPECIALTIES		
		<b>The Ecosystem of Nutrition</b> <i>Foss</i>	<b>Sleep &amp; Nutrition: Influence on Body Composition</b> <i>Lambe</i>	<b>SA1</b>	
		<b>All Things Creatine: Performance, Cognition, and More</b> <i>Mike</i>	<b>Five Fat-Burning Hormones</b> <i>Layne</i>	<b>SA2</b>	
		<b>Master of Mindful Eating</b> <i>Seti</i>	<b>Unleash the Power of Superfruits!</b> <i>Davis</i>	<b>SA3</b>	
LUNCH: 1:30pm-2:00pm EDT, 12:30pm-1:00pm CDT, 10:30am-11:00am PDT					
		<b>How to Know if You're Under-Eating</b> <i>Digsby</i>	<b>Words Matter: Eating Disorders &amp; the Fitness Industry</b> <i>Conti</i>	<b>SA4</b>	
		<b>Eat to Lose!</b> <i>Seti</i>	<b>Sports Supplements and Recovery for Older Adults</b> <i>Mike</i>	<b>SA5</b>	
		<b>Maximizing Protein Intake for Coaches &amp; Trainers</b> <i>Mike</i>	<b>Childhood &amp; Adolescent Obesity: Healthy Guidance</b> <i>Fearheiley</i>	<b>SA6</b>	

