

nutrition

COACHING SUMMIT

SCW



SATURDAY, SEPTEMBER 17

- **24 Sessions**
- **14 Presenters**
- **1 Certification**
- **Up To 15 CEC/CEUs** SCW, ACE, AFAA, ACSM, AEA & NASM + More!
- **30 Days Recorded Sessions**
- **Flexible Payment Options**

NutritionCoachingSummit.com



**ENLARGE & PRINT
SCHEDULE**

A
**NUTRITION
& FOOD TIMING**

B
**MYTHS
& MISCONCEPTIONS**

SA1

10:00am-11:00am EDT
9:00am-10:00am CDT
7:00am-8:00am PDT

**Fuel for
Performance**
Howard

**Feasting
& Fasting?**
Layne

SA2

11:15am-12:15pm EDT
10:15am- 11:15am CDT
8:15am-9:15am PDT

**Micronutrients
Broken Down**
Howard

**Diet Myths
& Misconceptions**
Bryce

SA3

12:30pm-1:30pm EDT
11:30am-12:30pm CDT
9:30am-10:30am PDT

**Functional Foods For
A Fantastic You**
Fearheiley

**METABOLISM 101: NOURISH
TO FLOURISH PANEL**
Kooperman, Layne,
Digsby, 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

**Mealtime Makeover For
Effortless Weight Loss**
Seti

**Low Insulin Diet -
How Hormones
Affect Weight Loss**
Foe

SA5

3:15pm- 4:15pm EDT
2:15pm - 3:15pm CDT
12:15pm - 1:15pm PDT

**Getting Clients
Lean Healthfully**
Digsby

**Diet Vs. Exercise:
Food Choices Always Win**
Fearheiley

SA6

4:30pm - 5:30pm EDT
3:30pm - 4:30pm CDT
1:30pm - 2:30pm PDT

**Nutrition Math - Calories,
Grams And Size, Oh My!**
Toole

**Intermittent Fasting -
Fact Or Fiction**
Bryce

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





CERTIFICATIONS

FRIDAY, SEPTEMBER 16

SCW NUTRITION, HORMONES & METABOLISM LIVE-STREAM CERTIFICATION



Melissa Layne, MEd

Friday, September 16, 2022

12:00pm - 6:00pm EDT

11:00am-5:00pm CDT

9:00am-4:00pm 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/>

SESSIONS

SATURDAY, SEPTEMBER 17

SA1 - SATURDAY SESSION 1

10:00am-11:00am EDT

9:00am-10:00am CDT

7:00am-8:00am PDT

FUEL FOR PERFORMANCE

Larry Howard, MS, CSCS

Are you looking for a competitive edge in nutrition? This lecture will highlight performance nutrition for beginner, novice, and elite athletes. Learn strategies for carbohydrate loading, pre/post competition hydration, and proper protein allotment for optimal recovery. You can't compete unless you eat!

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

FEASTING & FASTING?

Melissa Layne, MEd

Feasting and Fasting - and everything in between! What does the research show, as far as the various patterns of nutrient timing? How does the thermic effect of food raise our metabolism & for how long? What are the proven benefits of time-restricted feeding & why do they occur?

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

THE ECOSYSTEM OF NUTRITION

Dillan Foss, MS

The ecosystem of food is all about making individuals, yourself and your clientele, see the world of nutrition and dietary habits through a different lens. A lens of balance in which we eat foods from all sources, of all colors, of all groups and even prepare them in a variety of ways. We want the ecosystem inside of us to be in balance just like the world around us.

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

SLEEP & NUTRITION: INFLUENCE ON BODY COMPOSITION

Nicholas Lambe

In this presentation, explore the bidirectional relationship between sleep and nutrition, specifically in the context of body composition. Discuss implications on energy balance & utilization, metabolic health, cravings and more. We also review practical sleep assessment and coaching strategies.

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

MICRONUTRIENTS BROKEN DOWN

Larry Howard, MS, CSCS

Within the fitness Scope of Practice, learn the definitions, details, and applications for various vitamins and minerals necessary for human function and improved human performance. Discover the values you need, based on your fitness regimen, to ensure you deliver the Recommended Daily Allowances you require.

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

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

ALL THINGS CREATINE: PERFORMANCE, COGNITION AND MORE

Tricia Silverman, RD, LDN, MBA

Creatine supplementation augments the gains in muscle mass & performance during periods of resistance training. Creatine is by far the most researched supplement in the history of sports nutrition. The last 10 years has seen a dramatic increase in its usage for elderly individuals, increases in immune markers, and cognitive performance. Review the science and application of creatine usage and how to maximize its benefits for all populations.

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

FIVE FAT-BURNING HORMONES

Melissa Layne, MEd

Is a calorie truly a calorie? Not in the presence of hormones! What five hormones play a major role in the body's metabolic pathways & how can we maximize (or minimize) these hormones? Get the low down on these lipolytic hormones to start dropping fat stores.

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

FUNCTIONAL FOODS FOR A FANTASTIC YOU

Amanda Fearheiley, RDN, LD, CPT

Functional foods do more than provide 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!

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

METABOLISM 101:**NOURISH TO FLOURISH PANEL**

Sara Kooperman, JD, Melissa Layne, MEd, Sohailla Digsby, RDN, LD, & Alex Bryce, MSE, CSCS

Metabolism, a word heard in the fitness industry every single day, but what does it actually mean? Join our panel of nutrition experts as they discuss the basics of metabolic individuality and what you must know about it. Discover tips and tricks to meet your unique needs, improve cellular performance and reach your health, fitness, performance and body composition goals.

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

MASTER OF MINDFUL EATING

Dr. Candice Seti, Psy.D.

Eating slowly and enjoying our food without distraction is something we rarely do. Learn the most effective strategies to become a mindful eater. Understand the connection between mindfulness, weight, and our relationship with food. Learn easy techniques to teach these strategies to your clients.

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

UNLEASH THE POWER OF SUPERFRUITS!

Dr. Samantha Davis, DPT

With the rising concerns of inflammation, poor gut health, detoxification, and boosting the immune system, superfruits have become a hot topic. Unleash the 'Mfinite' benefits of an undiscovered superfruit found to support skincare, healthy fat loss, and core health. Discover the power of the world's greatest antioxidants and spices of life.

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

MEALTIME MAKEOVER FOR EFFORTLESS WEIGHT LOSS

Dr. Candice Seti, Psy.D.

Discover the 10 super-simple mealtime habits you can change that will lead to effortless weight loss success. No starvation, pills, or gimmicks! Just simple behavioral fixes that won't leave you starving! Learn easy ways to present these concepts to your clients that still fit within the scope of your practice.

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

LOW INSULIN DIET - HOW HORMONES AFFECT

Katrina Foe

Stubborn baby lbs that won't come off no matter how much exercise you do? Many women struggle with extra pounds even though they do all the "right" things! Review the roles of our hormones & their effect on weight loss. Discuss several significant factors that can block the process & how to tell if those are the issues for your clients. Leave with the confidence to help your clients successfully implement these strategies and expand your reach!

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

HOW TO KNOW IF YOU'RE UNDER-EATING

Sohailla Digsby, RDN, LD

Many gym-goers are focused on eating clean foods and staying in a specific calorie range to support weight control goals. However, they are often under-eating, triggering the metabolism to backfire and causing the body to compromise important functions – without even meaning to! Could you or your clients be under-eating?

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

WORDS MATTER: EATING DISORDERS & THE FITNESS INDUSTRY

Christine Conti, MEd

Let's Open The Dialogue! This powerful session examines the impact of words that either trigger or help with the healing process for clients with an eating disorder. Learn appropriate, and turnkey communication methods, to improve client-trainer relationships and identify the most common types, signs, and symptoms of eating disorders.

"Because not saying anything is NOT okay!"

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

GETTING CLIENTS LEAN HEALTHFULLY

Sohailla Digsby, RDN, LD

Learn what it takes to get clients the results they want! No matter how hard they work out, you know they can't out-train a poor diet or self-sabotaging habits. Get the script of what you need to ask them to ensure they see results, and what to zone in on.

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

DIET VS. EXERCISE:

FOOD CHOICES ALWAYS WIN

Amanda Fearheiley, RDN, LDN, CPT

Studies suggest that nutrition is more important than exercise for achieving weight loss and maintaining a healthy weight. Learn the science behind why popular diets fail and specific training-based nutritional needs. Leave with the knowledge to help your clients reach their goals while staying within your scope of practice.

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

EAT TO LOSE!

Dr. Candice Seti, Psy.D.

So much of the weight loss world is focused on avoidance and restriction. Instead of focusing on what not to eat, learn about the top foods to help with overall weight management and how to flavor and spice your food to aid fat burning and stimulate weight loss.

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

SPORTS SUPPLEMENTS AND RECOVERY FOR OLDER ADULTS

Dr. Jonathan Mike, PhD, CSCS*D

Sports Supplements are typically used in effort to improve maximum performance. However, they can also be used to enhance recovery from various training stimuli. Older adults exhibit a longer recovery period as they age due to training volumes, genetics, and metabolic differences. This presentation will cover the science, efficacy and application of which supplements provide the most value when training to recover optimally.

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

NUTRITION MATH - CALORIES, GRAMS AND SIZE, OH MY!

Amber Toole

What we eat and how much we eat is a huge piece of the nutrition puzzle. Understanding how to figure caloric intake and proper macronutrient balance can be quite confusing... especially if math is not your forte. Understanding how to calculate nutrition numbers will allow you to coach your clients in a way that produces much greater results that they can maintain for a lifetime.

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

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

MAXIMIZING PROTEIN INTAKE FOR COACHES AND TRAINERS

Dr. Jonathan Mike PhD, CSCS*D

Protein intake is crucial for increases in lean body mass, decreasing body fat, and numerous other health markers. The majority of trainers and coaches have misconceptions about the role of protein, how it works & how much to consume. Separate fact from fiction and provide no-nonsense education to better apply specific protein requirements for clients and athletes.

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

CHILDHOOD & ADOLESCENT OBESITY: HEALTHY GUIDANCE

Amanda Fearheiley, RDN, LD, CPT

Today, more than ever, it is essential to learn how to navigate through the ever growing crisis of youth and adolescent obesity. As fitness professionals we are called to make a positive and life-long impact on the future of our nation. Learn nutrition guidelines and tips to appropriately, gently, yet effectively target this population.

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

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NUTRITION EXPERTS

Elevate your Nutrition knowledge by learning and engaging the industry's top experts. Motivate your clients with powerful new ideas, trending advice, and concrete plans and programming.

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