





Active Aging
Nutrition
Certification
Online / Recorded



Chronic Disease & Fitness Specialist Certification
Online / Recorded



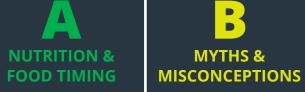
10:00am-11:00am EDT

8:15am-9:15am PDT

12:30pm-1:30pm EDT

11:30am-12:30pm CDT

9:30am-10:30am PDT





SAT	7:00am-8:00am PDT	
SA 2	11:15am-12:15pm EDT	

SA3



Healthy Eating for

Active Agers

Malaghan

NEW!



Chasing the Dragon:
Food Addiction
Layne
NEW!







Functional Foods for a Fantastic You Fearheiley



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	Protein Power for Weight Control Digsby <i>NEW!</i>	Superfoods for Healthy Life Kirkwood <i>NEW!</i>	Nutrition & Behavior Change Conti <i>NEW!</i>
SA5	3:15pm- 4:15pm EDT 2:15pm - 3:15pm CDT 12:15pm - 1:15pm PDT	Aging and Nutritional Changes Nitschke <i>NEW!</i>	Fad Diets & Failed Expectations Toole <i>NEW!</i>	Feed Your Body and Soul: Mindful Eating Pyle <i>NEW!</i>
SA6	4:30pm - 5:30pm EDT 3:30pm - 4:30pm CDT 1:30pm - 2:30pm PDT	Fresh Food Matters Robinson <i>NEW!</i>	Macros: What you Need to Know Howard	Kitchen Makeover for Weight Loss Success Seti NEW!



Practical Guide
to Nutrition,
Hormones,
& Metabolism
Certification
Online / Recorded





Weight
Management
Certification
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SLEEP & SPECIALTIES	PRE-RECORDED VIDEOS	PRE-RECORDED VIDEOS	
Nutrition and Hormones: Healthy Aging Zuleger <i>NEW!</i>	Food Insecurity & Fitness Varol	The Ecosystem of Nutrition Foss	SA1
Building Bone Layne <i>NEW!</i>	Sleep & Nutrition: Influence on Body Composition Lambe	The D.I.E.T. Revelation Douglass	SA2
Mastering Menopause Layne <i>NEW!</i>	What Do You Eat? Ross	All Things Creatine: Performance, Cognition and More Mike	SA3

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How Hormones Drive Client Results Malecha <i>NEW!</i>	Low Insulin Diet - How Hormones Affect Weight Loss Foe	Intermittent Fasting - Fact Or Fiction? Bryce	SA4
Sleep: The Weight Loss Miracle Seti NEW!	Maximizing Protein Intake for Coaches and Trainers Mike	PRE-RECORDED WORDS MATTER: Eating Disorders & the Fitness Industry Conti	SA5
Helping Fitness Clients Reject Food Guilt & Body Negativity Nitschke NEW!	Diet Myths & Misconceptions Bryce	Ketogenic Diets: History and Applications Hyde	SA6