

CERTIFICATIONS Sunday, May 17



Nutrition Coaching for Fitness Pros Certification
Online / Recorded



Active Aging Nutrition Certification
Online / Recorded



Menopause Wellness Certification
Online / Recorded



Sports Nutrition Certification
Online / Recorded



Nutrition, Hormones, & Metabolism Certification
Online / Recorded



Weight Management Certification
Online / Recorded



Anti-Obesity Medication & Fitness Programming Certification
Online / Recorded



		A NUTRITION & FOOD TIMING	B ANTI-INFLAMMATORY & AGING	C COACHING & LEADERSHIP
SA1	10:00am-11:00am EDT 9:00am-10:00am CDT 7:00am-8:00am PDT	Glucose Regulation Essentials Kirkwood (NEW)	Real Relief of Frozen Shoulder Jambor (NEW)	Small Habits, Big Impact Robinson (NEW)
SA2	11:15am-12:15pm EDT 10:15am- 11:15am CDT 8:15am-9:15am PDT	What Do You Eat? Ross (NEW)	Nourish Through Menopause Price (NEW)	Creating a Nutrition Challenge Lemons (NEW)
SA3	12:30pm-1:30pm EDT 11:30am-12:30pm CDT 9:30am-10:30am PDT	Art of Food as Fuel Lemons (NEW)	Nutrition Strategies for Arthritis Conti (NEW)	Noise-Free Nutrition & Fitness Coaching Nitschke (NEW)
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	Working Out Hungry Varol (NEW)	Nutrition for Healthy Aging Charlop	Why 'Just Eat Better' Fails Kirkwood (NEW)
SA5	3:15pm- 4:15pm EDT 2:15pm - 3:15pm CDT 12:15pm - 1:15pm PDT	The Missing Data in Nutrition John S (NEW)	Sustainable Nutrition for Menopause Toole (NEW) PRE-RECORDED	How Meal Prepping Works Ross (NEW)
SA6	4:30pm - 5:30pm EDT 3:30pm - 4:30pm CDT 1:30pm - 2:30pm PDT	How Blood Sugar Works Digsby (NEW)	Anti-Inflammatory Nutrition Reset Price (NEW)	Ditch Diet Drama Toole (NEW) PRE-RECORDED

D STRATEGIES & SPECIALTIES	E PRE-RECORDED VIDEOS	F PRE-RECORDED VIDEOS	
Endurance Fueling: Facts vs Fiction Conti (NEW)	Alcohol & Aging-Myths vs. Facts Charlop	Internal Wellness Fuels Outer Beauty Caldwell	SA1
Metabolic Disease: The Heavy Impact Offerdahl (NEW)	How To Know If You're Under-Eating Digsby	Hot Topic Research Layne	SA2
The Busy Parent Nutrition Blueprint Foss (NEW)	Mastering Macros Toole	Fueling Fitness – Food Meets Mood Herlihy	SA3
LUNCH: 1:30pm-2:00pm EDT, 12:30pm-1:00pm CDT, 10:30am-11:00am PDT			
Antioxidants and Their Profound Impact Offerdahl (NEW)	Healthy Aging Weight Loss Childers-Richmond	Kitchen Makeover For Food Lovers Digsby	SA4
Food, Politics & Perspectives Varol (NEW)	Inflammation: The Exercise-Nutrition Nexus Fearheiley	Solve 30 Training & Nutrition Mistakes Mike	SA5
7 Nutrition Myths that Refuse to Die Layne (NEW) PRE-RECORDED	Hydrate Before You Dehydrate Saniatan	Self-Care For Your Immune System Seti	SA6