



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
COACHING SUMMIT
MAY 16, 2026

<h1 style="font-size: 48px; margin: 0;">A</h1> <p style="font-weight: bold; margin: 0;">NUTRITION & FOOD TIMING</p>	<h1 style="font-size: 48px; margin: 0;">B</h1> <p style="font-weight: bold; margin: 0;">ANTI-INFLAMMATORY & AGING</p>	<h1 style="font-size: 48px; margin: 0;">C</h1> <p style="font-weight: bold; margin: 0;">COACHING & LEADERSHIP</p>
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SA1	<p>10:00am-11:00am EDT 9:00am-10:00am CDT 7:00am-8:00am PDT</p>	<p>Glucose Regulation Essentials Kirkwood (NEW)</p>	<p>Real Relief of Frozen Shoulder Jambor (NEW)</p>	<p>Small Habits, Big Impact Robinson (NEW)</p>
SA2	<p>11:15am-12:15pm EDT 10:15am- 11:15am CDT 8:15am-9:15am PDT</p>	<p>What Do You Eat? Ross (NEW)</p>	<p>Nourish Through Menopause Price (NEW)</p>	<p>Creating a Nutrition Challenge Lemons (NEW)</p>
SA3	<p>12:30pm-1:30pm EDT 11:30am-12:30pm CDT 9:30am-10:30am PDT</p>	<p>Art of Food as Fuel Lemons (NEW)</p>	<p>Nutrition Strategies for Arthritis Conti (NEW)</p>	<p>Noise-Free Nutrition & Fitness Coaching Nitschke (NEW)</p>

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

SA4	<p>2:00pm - 3:00pm EDT 1:00pm - 2:00pm CDT 11:00am - 12:00pm PDT</p>	<p>Working Out Hungry Varol (NEW)</p>	<p>Nutrition for Healthy Aging Charlop</p>	<p>Why 'Just Eat Better' Fails Kirkwood (NEW)</p>
SA5	<p>3:15pm- 4:15pm EDT 2:15pm - 3:15pm CDT 12:15pm - 1:15pm PDT</p>	<p>The Missing Data in Nutrition Johns (NEW)</p>	<p>Sustainable Nutrition for Menopause Toole (NEW)</p>	<p>How Meal Prepping Works Ross (NEW)</p>
SA6	<p>4:30pm - 5:30pm EDT 3:30pm - 4:30pm CDT 1:30pm - 2:30pm PDT</p>	<p>How Blood Sugar Works Digsby (NEW)</p>	<p>Anti-Inflammatory Nutrition Reset Price (NEW)</p>	<p>Beyond Kale & Calories: Why Absorption Changes Everything Huss</p>



Nutrition, Hormones, & Metabolism Certification
Online / Recorded



Weight Management Certification
Online / Recorded



GLP-1 Fitness Specialist Certification
Online / 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

