



FITNESS COURSES

2010

Nutrition for Fat Loss

Exposed! The tools, tips, and strategies that actually work for real world fat loss.

Weight loss is a multi-million dollar a year industry, with new miracle weight loss plans, books, and programs launched continuously for public consumption. Many such publications and programs promise rapid weight loss, but much of the promise is based heavily on "hype" and not necessarily on sound scientific principles.

The "Nutrition for Fat Loss" seminar aims to take the hype out of weight loss promotion and deliver research based principles on the topic of weight loss for the promotion of good health and wellbeing.

Here is your chance to learn from one of Australia's leading Dieticians who has achieved excellent results with hundreds of clients and continues to keep informed with the latest information in her role as a senior lecturer in Nutrition in the School of Exercise and Nutrition Sciences at Deakin University

The Nutrition for Fat Loss seminar will take the guess work out of optimising the information and dietary advice you give to clients. The session will show you proven nutritional tips, tools, and strategies which will allow you to achieve maximum results in minimum time. You will review the energy value of carbohydrate, protein, fat and alcohol and learn about the major food sources of these nutrients in Australia.

You will understand the importance of safe and effective food pattern development for effective weight loss – specifically, you will consider the health and weight loss benefits of diets high in vegetables, fruits, whole grains and legumes and low-fat dairy foods. You will also see how such dietary patterns promote fullness and satiety and reduce the risk of chronic disease.



Some of the possible weight loss benefits associated with diets higher in protein and carbohydrate and lower in fat will be discussed. You will also gain an understanding of some of the reasons behind the popularity of low carbohydrate diets and other 'popular' fad diet approaches to weight loss.

In addition you will be given an understanding of how a person's environment can sabotage weight loss attempts.

You can expect to learn...

1. Calculating daily energy use
2. Applying the principle of the glycemic index to promote weight loss
3. Understanding food pattern development
4. Issues with "Fad Diets"
5. Dietary Assessment
6. Meal Timing
7. Menu Planning

What people are saying about Career Fitness?

"My experience with Career Fitness has been exceptionally Positive... I have been able to provide quality Exercise Programs to our members, as well as, a greater level of customer service." **Rosa Bunn**

"The course was awesome and has been completely life changing for me! I'm looking forward to a new and exciting career"
Joelle Brown



Nutrition for Fat Loss Presenter – Lynne Riddell

Lynne is a Registered Nutritionist (NSA Australia), a board member of the Victorian branch of the Nutrition Society of Australia, member of the Australian and New Zealand Obesity Society and a senior lecturer in Nutrition in the School of Exercise and Nutrition Sciences at Deakin University. Lynne completed her PhD research investigating dietary strategies to reduce cardiovascular disease in 1999 and continues to investigate long term education strategies for lowering dietary related disease risk. She has several years of experience running weight loss trails for overweight and obese women. She has taught nutrition in universities in New Zealand, United States of America and currently in here in Melbourne.



Nutrition for Fat Loss Presenter – Sonja Kuklujan

Sonja is an Accredited Practising Dietician, a board member of Sports Dieticians Australia (the professional organisation of dieticians specialising in the field of sports nutrition) and Lecturer in Sports Nutrition and Exercise Programming in the School of Exercise and Nutrition Sciences at Deakin University and is the Nutrition expert for the CAE Certificate III and IV in Fitness courses.

Sonja also conducts educational seminars in the community relating to exercise and sports nutrition. She has recently completed her PhD research, which focused on the influence of nutrition and physical activity for the prevention and management of osteoporosis in older men (i.e. men aged 50 years and older).

Nutrition for Fat Loss Course Details:

Date: Saturday 9th October, 2010
Venue: CAE, 253 Flinders Lane
Melbourne

Course Code: DJS37001
Time: 10.00am – 4.30pm
Price: \$180

Enrolment Process

Option 1 -

Enrol by phone

Telephone enrolments can only be accepted if you have one of the following credit cards:

- Mastercard • Visa

Phone 9652 0611

8.30am to 6pm Monday to Thursday

8.30am to 5pm Friday

Please have your credit card number, card holder's name and expiry date ready. It will also assist us if you have your student number ready - if you have participated in a previous course, you will find your student number on your class receipt.

Option 2 -

Enrol by mail

Send your completed enrolment form together with your payment (cheque, money order or credit card details) to:

CAE Enrolments
21 Degraeves Street
Melbourne Victoria 3000

Please note: Your payment will be returned if the class is fully booked.

To download enrolment form go to:
<http://www.cae.edu.au/?cinfo=enrolments>

Option 3 -

Enrol by fax

Fax enrolments can only be accepted if you have one of the following credit cards:

- Mastercard
- Visa

Fax your completed enrolment form to 9654 7840. Please mark your fax Attn: Enrolments.

Conditions: This program is non-refundable