

National Endurance & Sports Trainers Association

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and

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Fitness Nutrition Coach
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Overview

Eating well and making sound food choices is not difficult. The key is to consume a wide variety of foods to provide the essential nutrients and adequate energy for the body. Physically active individuals have different needs than sedentary folks; however, with an increase in food variety and energy intake, these needs are usually met with ease.

Specific diets are designed for a number of reasons. Individuals are typically interested in enhancing overall health and well being, decreasing the risk of certain diseases, improving body composition and athletic performance. The focus of any nutrition plan, though, is essentially the same--provide adequate energy (calories) and sufficient nutrients to prevent deficiency on one end of the spectrum or toxicity on the other. Within those given parameters, certain factors can be changed or tweaked depending on a client's needs and desires.

Understanding the basics of nutrition and proper food selection is important. It is important to become familiar with this information and of course understand when to refer to a registered dietitian, physician, or other qualified health care professional. This course provides up-to-date information about diet and its role in optimizing health and vitality. With the recent release of the dietary guidelines and new food guide pyramid, the timing of this updated course is optimal.

The public is bombarded with nutrition information on a daily basis and much of it is conflicting. In the early 1990's, fat was demonized. Now, nearly 20 years later, many in the nutrition world have come full circle to embrace fat, and instead demonize carbohydrates. No wonder clients are confused; it seems as if health professionals themselves are confused as well.

At some point or another, all trainers receive questions from their clients about what they should be eating, when they should be eating, and how they should be eating. Successful completion of the *Fitness Nutrition Coach* program will provide a background of various aspects of nutrition and tools to help educate clients with case studies and practical tips. In addition, the end of this booklet has a list of suggested references and reliable websites to remain up-to-date with the ever-changing field of nutrition.

The text for this course, *Nancy Clark's Sports Nutrition Guidebook*, was selected because it provides scientific information that has been tried and tested on 1000's of individuals and athletes, and presents the information in a useful, easy to understand format. Also, follow along with the audio CD as Dr. John Spencer Ellis interviews the program's creator, Dr. Christopher Mohr, to get real life insight into a variety of nutrition topics, fad diets and more.