

# Advanced Clinical Weight Loss Practitioner™

Advisory and Client-Focused Certification

Certification Curriculum



# Summary Course Overview

1	The dangers of excess body fat	11	Building a personalised plan
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3	How the body stores fat	13	Promoting immediate changes
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5	Ideal weight	15	Food intolerances and weight gain
6	Body composition assessment	16	Stress as a weight gain contributor
7	Metabolic analysis	17	Psychology of weight loss
8	Food addiction	18	Weight Loss Personality Test™ 
9	Good carbs, bad carbs	19	Professional considerations
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# Clinical Weight Loss Certification Overview

Unit	Content
1	Skills Lab™: Personal Strategy Questionnaire (What's your goal?)
2	The dangers of being overweight
3	Skills Lab™: What do people eat?
4	Skills Lab™: What is your weight gain probability?
5	What makes us fat?
6	How to start losing weight?
7	How the body stores fat and protein
8	How the body stores carbohydrates
9	Low carb vs. low fat diets
10	Weight history analysis

# Clinical Weight Loss Certification Overview

Unit	Content
11	Weight history evaluation
12	Skills Lab™: What is your ideal weight?
13	Optimal weight and goal setting
14	Successful weight loss and adherence
15	Calculating BMI
16	Calculating ideal weight
17	Body composition assessment
18	Blood pressure and weight control
19	Measuring height and weight
20	Tracking body measurements

# Clinical Weight Loss Certification Overview

Unit	Content
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22	Preparing your consultation space
23	Effective weight management
24	Analysing the energy values in food
25	What is metabolism
26	Client metabolic assessment
27	Food addiction: Lack of willpower, or else?
28	Skills Lab™: Are you addicted to food?
29	Food habituation and weight loss
30	Insulin and the glycaemic index

# Clinical Weight Loss Certification Overview

Unit	Content
31	GI of foods and satiety
32	Low GI or Low Carb
33	How do hormones work?
34	Skills Lab™: Why are we getting fatter this fast?
35	How to plan a weight loss diet
36	Carbohydrates and weight loss
37	Dietary fat reduction
38	Protein for fat loss
39	How to personalise target macronutrient ratios
40	The Weight Loss Formula™

# Clinical Weight Loss Certification Overview

Unit	Content
41	Dietary evaluation methods
42	Food record analysis and recommendations
43	Introducing the Weight Loss Pyramid™
44	Skills Lab™: Current Weight Loss Pyramid™
45	Meal planning and eating times
46	The 15 pillars of weight control
47	Skills Lab™: What is your personal action plan?
48	How to promote weight loss success
49	Is exercise really necessary to lose weight?
50	How to speed up fat loss

# Clinical Weight Loss Certification Overview

Unit	Content
51	Skills Lab™: How fit are you?
52	Client activity programme
53	Skills Lab™: Could you have a food intolerance?
54	When is fat not fat
55	Detecting a food allergy or intolerance
56	Pulse testing methods
57	Food rotation and reintroduction
58	Skills Lab™: How stressed are you?
59	Comfort food as self-medication
60	Sleep debt and cravings



# Clinical Weight Loss Certification Overview

Unit	Content
61	Sleep and weight loss
62	Psychology of change
63	Motivational interviewing
64	Roadmap to success
65	How not to fail
66	Food relationship
67	Skills Lab™: What is your weight loss personality?
<b>BONUS</b> 68	Personality traits and weight loss: Weight Loss Personality Test™
69	Dos, don'ts, and, must dos as a Clinical Weight Loss practitioner
70	Legal, Insurance, Tax, and Professional considerations

# The dangers of excess body fat

Unit	Here's what you'll learn	Client materials and handouts
<p>1.1 Skills Lab™: Personal Strategy Questionnaire (What's your goal?)</p> <p>1.2 The dangers of being overweight</p> <p>1.3 Skills Lab™: What do people eat?</p>	<ul style="list-style-type: none"><li>▪ What clinical weight loss is</li><li>▪ Fat gain: From survival advantage to survival disadvantage</li><li>▪ The weight gain battle</li><li>▪ Health complications of excess body fat</li><li>▪ Why portion control isn't the answer</li><li>▪ What makes people overweight</li><li>▪ Do lean people live longer?</li></ul>	<ul style="list-style-type: none"><li>▪ Supermarket Field Trip Workbook</li></ul>

# What causes weight gain?

Unit	Here's what you'll learn	Client materials and handouts
<p>2.1 Skills Lab™: What is your weight gain probability?</p>	<ul style="list-style-type: none"> <li>▪ What makes us fat?</li> <li>▪ Insulin: The fat storage hormone</li> <li>▪ Can fat make you fat?</li> <li>▪ Why fat is more fattening</li> <li>▪ Can alcohol make you fat?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Weight Gain Questionnaire™</li> </ul>
<p>2.2 What makes us fat?</p>	<ul style="list-style-type: none"> <li>▪ SKILLS LAB™: Rating your weight gain probability</li> <li>▪ What is good nutrition?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Weight Gain Probability Score with personalised recommendations</li> </ul>
<p>2.3 How to start losing weight?</p>	<ul style="list-style-type: none"> <li>▪ The 50 essential nutrients that anyone needs</li> <li>▪ Vitality and nutrient breakdown</li> <li>▪ Anti-nutrient overload and weight gain</li> <li>▪ The 10 weight loss rules</li> <li>▪ What C.R.A.P. foods are – and why the brain can't resist them</li> </ul>	<ul style="list-style-type: none"> <li>▪ The 10 Weight Loss Rules (session handout)</li> <li>▪ The 50 Essential Nutrients Table</li> </ul>

# How the body stores fat

Unit	Here's what you'll learn	Client materials and handouts
3.1 How the body stores fat and protein	<ul style="list-style-type: none"><li>▪ How the body stores energy</li><li>▪ What is fat?</li><li>▪ How the body stores fat</li><li>▪ Size of fat cells</li><li>▪ Risks of abdominal fat</li><li>▪ Body fat distribution</li><li>▪ How the body stores protein</li><li>▪ Risks of excessive protein consumption</li><li>▪ How the body stores carbohydrate</li><li>▪ The body's glycogen stores</li><li>▪ Glycogen storage capacity</li><li>▪ The weight loss behind low-carb dieting</li></ul>	

# How the body stores fat (cont.)

Unit	Here's what you'll learn	Client materials and handouts
3.2 How the body stores carbohydrates	<ul style="list-style-type: none"><li>▪ Do carbs make you fat?</li><li>▪ Cut carbs to lose weight?</li><li>▪ Which wins: Low-carb or low-fat?</li><li>▪ Low-carb or low-cal?</li></ul>	
3.3 Low carb vs. low fat diets	<ul style="list-style-type: none"><li>▪ Low-carb: Long-term solution or not?</li><li>▪ Can we survive without carbs?</li><li>▪ What happens when we cut carbs?</li><li>▪ What's the solution?</li><li>▪ Risks of fibre deficiency</li><li>▪ Fibre and weight control</li></ul>	

# Weight history evaluation

Unit	Here's what you'll learn	Client materials and handouts
4.1 Weight history analysis	<ul style="list-style-type: none"><li>▪ The importance of weight history</li><li>▪ The concept of ideal weight</li><li>▪ Understanding a client's weight history</li></ul>	<ul style="list-style-type: none"><li>▪ Weight History Questionnaire™</li></ul>
4.2 Weight history evaluation	<ul style="list-style-type: none"><li>▪ How to use the Weight History Questionnaire™</li><li>▪ Weight discussions with your client</li><li>▪ How to analyse a person's weight history</li></ul>	<ul style="list-style-type: none"><li>▪ Weight History Analysis Record</li></ul>
4.3 Skills Lab™: What is your ideal weight?	<ul style="list-style-type: none"><li>▪ Weight history evaluation steps</li><li>▪ Helpful client tips</li></ul>	

# Ideal weight

Unit	Here's what you'll learn	Client materials and handouts
5.1 Optimal weight and goal setting	<ul style="list-style-type: none"><li>▪ What's "healthy weight"?</li><li>▪ How to set a weight loss goal</li><li>▪ BMI and optimal weight</li><li>▪ Helping a client who gained weight but is in the "healthy weight" range</li></ul>	<ul style="list-style-type: none"><li>▪ Weight Loss Calculator</li></ul>
5.2 Successful weight loss and adherence	<ul style="list-style-type: none"><li>▪ How long will it take to reach the target weight?</li><li>▪ Faster initial weight loss</li><li>▪ Weight loss rate vs. long-term success</li><li>▪ When is rapid weight loss ideal?</li><li>▪ Early weight loss satisfaction and adherence</li><li>▪ Long-term weight loss rate</li><li>▪ When exercise isn't an option</li></ul>	<ul style="list-style-type: none"><li>▪ Weight Category Chart</li></ul>

# Ideal weight (cont.)

Unit	Here's what you'll learn	Client materials and handouts
5.3 Calculating BMI	<ul style="list-style-type: none"><li>▪ Do unrealistic goals hinder success?</li><li>▪ Goal-setting strategies</li><li>▪ How to calculate a person's BMI</li></ul>	<ul style="list-style-type: none"><li>▪ BMI Calculator</li></ul>
5.4 Calculating ideal weight	<ul style="list-style-type: none"><li>▪ How to determine "overweight risk"</li><li>▪ Is BMI an accurate measure?</li><li>▪ BMI works, but not for everyone</li><li>▪ How to calculate ideal weight</li><li>▪ How to apply the Hamwi Formula</li><li>▪ The Hamwi adjustment per body type</li><li>▪ Performing the Wrist Measurement Test</li><li>▪ How to apply the Longevity Formula</li><li>▪ Which formula is best?</li></ul>	<ul style="list-style-type: none"><li>▪ Ideal Weight Calculator</li></ul>



# Body composition assessment

Unit	Here's what you'll learn	Client materials and handouts
6.1 Body composition assessment	<ul style="list-style-type: none"><li>▪ Anthropometric measurements and weight control</li><li>▪ The importance of a body composition assessment</li></ul>	<ul style="list-style-type: none"><li>▪ Classification of blood pressure</li></ul>
6.2 Blood pressure and weight control	<ul style="list-style-type: none"><li>▪ Assessing health risk</li><li>▪ Why measuring weight alone isn't sufficient</li><li>▪ Why body composition is needed</li><li>▪ Objectives of a body composition analysis</li><li>▪ What is blood pressure?</li><li>▪ What affects blood pressure?</li><li>▪ How to measure blood pressure</li><li>▪ BP risk classification</li><li>▪ Nutrition tips for high blood pressure</li></ul>	<ul style="list-style-type: none"><li>▪ Blood pressure tracker</li></ul>

# Body composition assessment (cont. 1)

Unit	Here's what you'll learn	Client materials and handouts
6.3 Measuring height and weight	<ul style="list-style-type: none"><li>▪ Why measure height?</li><li>▪ What equipment is needed? (height measurement)</li><li>▪ Height measurement procedure</li></ul>	<ul style="list-style-type: none"><li>▪ Client Height Record</li><li>▪ Weight Loss Tracker</li></ul>
6.4 Tracking body measurements	<ul style="list-style-type: none"><li>▪ Why measure body weight?</li><li>▪ Weigh-in tips</li><li>▪ What equipment is needed? (body weight measurement)</li><li>▪ Weight measurement procedure</li><li>▪ Tracking body measurements</li><li>▪ How to get accurate measurements</li><li>▪ Why take waist measurements?</li><li>▪ Waist measurement procedure</li></ul>	<ul style="list-style-type: none"><li>▪ Body Measurements Tracker</li><li>▪ Risk Classification by Waist Size</li></ul>

# Body composition assessment (cont. 2)

Unit	Here's what you'll learn	Client materials and handouts
6.5 Monitoring body fat	<ul style="list-style-type: none"><li>▪ Why take hip measurement?</li><li>▪ Hip measurement procedure</li><li>▪ What's waist-to-hip ratio?</li></ul>	<ul style="list-style-type: none"><li>▪ Waist-to-hip ratio calculator</li></ul>
6.6 Preparing your consultation space	<ul style="list-style-type: none"><li>▪ WHR formula and risk classification</li><li>▪ What's body composition?</li><li>▪ How much body fat for health?</li><li>▪ Who is considered very lean or overly fat?</li><li>▪ Body composition methods: Analysis and accuracy (DEXA, HW, ADP, BIA and skinfold callipers compared)</li></ul>	<ul style="list-style-type: none"><li>▪ Body Fat Classification for Women and Men worksheets</li></ul>

# Body composition assessment (cont. 3)

Unit	Here's what you'll learn	Client materials and handouts
6.6 Preparing your consultation space	<ul style="list-style-type: none"><li>▪ Measuring body fat</li><li>▪ Pre-test recommendations and procedure</li><li>▪ How to prepare your consultation space</li><li>▪ Blood pressure monitor</li><li>▪ Body tape measure</li><li>▪ Electronic scales with bioelectrical impedance analysis</li><li>▪ Stadiometer</li><li>▪ Checking product reviews</li><li>▪ Additional equipment</li></ul>	<ul style="list-style-type: none"><li>▪ BIA pre-test recommendations and contra-indications</li><li>▪ Body Fat Tracker</li><li>▪ My Consultation Shopping List</li></ul>

# Metabolic analysis

Unit	Here's what you'll learn	Client materials and handouts
7.1 Effective weight management	<ul style="list-style-type: none"><li>▪ What does effective weight management involve?</li><li>▪ Energy and metabolic reactions</li><li>▪ Sources of energy in the diet</li></ul>	<ul style="list-style-type: none"><li>▪ Maintenance Calories Calculator</li></ul>
7.2 Analysing the energy values in food	<ul style="list-style-type: none"><li>▪ Energy balance and weight control</li><li>▪ How to lose body fat</li><li>▪ Where do calories come from?</li><li>▪ The energy in food</li><li>▪ Nutritional facts</li><li>▪ Food energy</li><li>▪ Non-energy foods</li><li>▪ Understanding energy values in food</li><li>▪ Calculating calories per nutrient</li><li>▪ Comparing the macronutrient values in different foods</li></ul>	

# Metabolic analysis (cont.)

Unit	Here's what you'll learn	Client materials and handouts
7.3 What is metabolism	<ul style="list-style-type: none"><li>▪ When less calories equal more nutrition</li><li>▪ What's metabolism?</li><li>▪ Metabolic equations</li></ul>	
7.4 Client metabolic assessment	<ul style="list-style-type: none"><li>▪ What makes metabolism high or low?</li><li>▪ Metabolism and body weight</li><li>▪ Low metabolism: A survival mechanism?</li><li>▪ Can dieting slow metabolism down?</li><li>▪ How to increase your basal metabolic rate</li><li>▪ 3-step process to assess your client's metabolism</li><li>▪ How to calculate your client's BMR</li><li>▪ Physical activity and caloric expenditure</li><li>▪ Assessing daily caloric needs</li><li>▪ Where should calories come from?</li></ul>	

# Food addiction

Unit	Here's what you'll learn	Client materials and handouts
<p>8.1 Food addiction: Lack of willpower, or else?</p> <p>8.2 Skills Lab™: Are you addicted to food?</p>	<ul style="list-style-type: none"><li>▪ What is food addiction?</li><li>▪ Lack of willpower, or...</li><li>▪ Symptoms of food addiction</li><li>▪ What is substance dependence?</li><li>▪ Food addiction and brain activity</li><li>▪ Compulsive eating and food rewards</li><li>▪ Food environment</li><li>▪ Food addicts versus non-food addicts</li><li>▪ Food addiction assessment and results</li><li>▪ What's the solution?</li></ul>	<ul style="list-style-type: none"><li>▪ Food Addiction Assessment with scores and recommendations</li></ul>

# Food addiction (cont.)

Unit	Here's what you'll learn	Client materials and handouts
8.3 Food habituation and weight loss	<ul style="list-style-type: none"><li>▪ Can food habituation help to alleviate a food addiction?</li><li>▪ Meal monotony and caloric intake</li><li>▪ The food habituation hypothesis</li><li>▪ How habituation reduces caloric intake</li><li>▪ Does it work for obese people?</li><li>▪ What's the exception to the habituation rule?</li><li>▪ Your Brain on Sugar</li></ul>	



# Good carbs, bad carbs

Unit	Here's what you'll learn	Client materials and handouts
9.1 Insulin and the glycaemic index	<ul style="list-style-type: none"><li>▪ Not all carbs are created equal</li><li>▪ What's insulin?</li><li>▪ Insulin and fat gain</li><li>▪ High insulin and hunger</li><li>▪ What's the glycaemic index?</li><li>▪ GI and the rise of blood sugar levels</li><li>▪ The GI of a diet and health</li><li>▪ Low GI foods and fat loss</li><li>▪ How to use the glycaemic index</li><li>▪ Where to find the GI of foods</li><li>▪ How to read a GI table</li><li>▪ A low GI diet and weight loss</li><li>▪ Benefits of low GI eating</li></ul>	<ul style="list-style-type: none"><li>▪ Low GI Grocery List</li> <li>▪ My Personal Low GI Grocery List</li></ul>

# Good carbs, bad carbs (cont.)

Unit	Here's what you'll learn	Client materials and handouts
9.2 GI of foods and satiety	<ul style="list-style-type: none"><li>▪ Low GI and gut hormones</li><li>▪ GLP-1 and appetite suppression</li><li>▪ How high GI foods trigger cravings</li></ul>	<ul style="list-style-type: none"><li>▪ Low GI Recipes</li></ul>
9.3 Low GI or Low Carb	<ul style="list-style-type: none"><li>▪ Does low GI mean low carb?</li><li>▪ High carb, low GI diets</li><li>▪ Examples of low and high GI diets</li><li>▪ Visual representations</li><li>▪ How to reduce the GI of a meal</li><li>▪ Reducing the GI of a meal with fibre</li></ul>	

# Hunger and hormones

Unit	Here's what you'll learn	Client materials and handouts
<p>10.1 How do hormones work?</p> <p>10.2 Skills Lab™: Why are we getting fatter this fast?</p>	<ul style="list-style-type: none"><li>▪ What are hormones?</li><li>▪ How our hormones run and regulate our bodies</li><li>▪ What's leptin?</li><li>▪ Leptin resistance and weight gain</li><li>▪ Fructose and leptin resistance</li><li>▪ High-fructose sweeteners to avoid during weight loss</li><li>▪ Client recommendations</li><li>▪ Fruits and fructose</li><li>▪ Types of fruit to avoid</li></ul>	<ul style="list-style-type: none"><li>▪ Shareable video series</li></ul>

# Building a personalised plan

Unit	Here's what you'll learn	Client materials and handouts
11.1 How to plan a weight loss diet	<ul style="list-style-type: none"><li>▪ Who are these guidelines for?</li><li>▪ How to plan a weight loss diet – step by step</li><li>▪ Weight loss speed</li></ul>	<ul style="list-style-type: none"><li>▪ Weight Loss Caloric Planner</li></ul>
11.2 Carbs and weight loss	<ul style="list-style-type: none"><li>▪ Personalising a reduction plan</li><li>▪ How much carbohydrate?</li><li>▪ How to calculate carb needs</li></ul>	<ul style="list-style-type: none"><li>▪ Weight Loss Carb Planner</li></ul>
11.3 Dietary fat reduction	<ul style="list-style-type: none"><li>▪ What's your carb target?</li><li>▪ What type of carbohydrate?</li><li>▪ Does low GI, high calorie work?</li><li>▪ Nine principles of low GI eating</li><li>▪ How much dietary fat?</li><li>▪ Fat intake calculation</li><li>▪ What's your dietary fat limit?</li><li>▪ Five principles of low fat eating</li></ul>	

# Building a personalised plan (cont.)

Unit	Here's what you'll learn	Client materials and handouts
11.4 Protein for fat loss	<ul style="list-style-type: none"><li>▪ Protein and weight control</li><li>▪ Thermic effect of protein</li><li>▪ Protein and increased glucagon</li></ul>	<ul style="list-style-type: none"><li>▪ Weight Loss Fat Control Planner</li></ul>
11.5 How to personalise target macronutrient ratios	<ul style="list-style-type: none"><li>▪ Protein and increased IGF-1</li><li>▪ How much protein?</li><li>▪ How to calculate protein needs</li><li>▪ What's your protein target?</li><li>▪ How to integrate the optimal carbohydrate, protein and fat intake based on the caloric reduction percentage</li><li>▪ Target macronutrient ratios corresponding to a 20% caloric reduction</li><li>▪ Target macronutrient ratios corresponding to a 30% caloric reduction</li></ul>	<ul style="list-style-type: none"><li>▪ Weight Loss Protein Planner</li><li>▪ Target Macronutrient Ratios worksheet</li></ul>

# Diet evaluation and action planning

Unit	Here's what you'll learn	Client materials and handouts
12.1 The Weight Loss Formula™	<ul style="list-style-type: none"><li>▪ The Weight Loss Formula™</li><li>▪ Caloric reduction, not restriction</li><li>▪ What's energy density?</li></ul>	<ul style="list-style-type: none"><li>▪ Food Frequency Questionnaire</li></ul>
12.2 Dietary evaluation methods	<ul style="list-style-type: none"><li>▪ Energy density and weight loss</li><li>▪ More food, less calories?</li><li>▪ Greater weight loss with less hunger</li><li>▪ The soup experiment</li><li>▪ Bigger portions, better diet quality</li><li>▪ Strategies for overeaters</li><li>▪ Can meal frequency help with overeating?</li><li>▪ Does snacking cause weight gain?</li><li>▪ Why it's important to analyse your client's diet</li><li>▪ Methods to record dietary intake and their efficacy</li></ul>	<ul style="list-style-type: none"><li>▪ 24-hour Food Recall Diary</li><li>▪ Daily Food Diary</li><li>▪ Food Diary Analysis</li><li>▪ Fluid Intake Assessment</li></ul>

# Diet evaluation and action planning (cont. 1)

Unit	Here's what you'll learn	Client materials and handouts
12.3 Food record analysis with recommendations	<ul style="list-style-type: none"><li>▪ Food Frequency Questionnaire</li><li>▪ 24-hour Recall</li><li>▪ Daily Food Diary</li><li>▪ How to conduct a food record analysis and provide recommendations (step-by-step)</li><li>▪ 5 questions to evaluate your client's fluid intake</li><li>▪ What process to follow in the second consultation</li><li>▪ Programme goal setting and action planning</li><li>▪ Weight loss strategies</li><li>▪ Pictorial food guides: Why the Eat Well Plate is not relevant to your client</li><li>▪ How to plan a weight loss diet</li></ul>	<ul style="list-style-type: none"><li>▪ Food Diary Discussion worksheet</li><li>▪ Programme Goal Sheet</li></ul>

# Diet evaluation and action planning (cont. 2)

Unit	Here's what you'll learn	Client materials and handouts
12.4 Introducing the Weight Loss Pyramid™	<ul style="list-style-type: none"> <li>▪ How to use the Weight Loss Food Pyramid™</li> <li>▪ How to calculate portions</li> <li>▪ Tips for each nutrient group (Water and zero-calorie fluids, Non-starchy vegetables, Fruit, Protein-rich foods, Calcium-rich foods, Starches, Healthy fats, Extras)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Weight Loss Food Pyramid™ (with recommendations table)</li> </ul>
12.5 Skills Lab™: Current Weight Loss Pyramid™	<ul style="list-style-type: none"> <li>▪ What foods to choose?</li> </ul>	<ul style="list-style-type: none"> <li>▪ What is a portion?</li> <li>▪ My Current Food Pyramid (Skills Lab™)</li> </ul>
12.6 Meal planning and eating times	<ul style="list-style-type: none"> <li>▪ Meal planning: Step by step</li> <li>▪ Is breakfast for everyone?</li> <li>▪ Ideal meal frequency</li> <li>▪ Meal frequency alternatives in weight loss</li> <li>▪ “Should I eat now, just in case?”</li> <li>▪ Can a late dinner stop weight loss?</li> <li>▪ How to activate rapid changes</li> </ul>	<ul style="list-style-type: none"> <li>▪ Daily Meal Planner</li> <li>▪ Food Pyramid Daily Diary</li> </ul>



# Promoting immediate changes

Unit	Here's what you'll learn	Client materials and handouts
13.1 The 15 pillars of weight control	<ul style="list-style-type: none"><li>▪ The 15 pillars of weight loss</li><li>▪ Why each pillar is important</li><li>▪ How to apply them in practice</li><li>▪ How to double your weight loss</li></ul>	<ul style="list-style-type: none"><li>▪ Daily Action Tracker</li><li>▪ Your Personal Goal Guidelines</li></ul>
13.2 Skills Lab™: What is your personal action plan?	<ul style="list-style-type: none"><li>▪ Food diary benefits</li><li>▪ Psychology behind food diaries</li><li>▪ Food diaries and overeating</li><li>▪ Food diaries and accountability</li><li>▪ Recording unplanned excesses</li></ul>	<ul style="list-style-type: none"><li>▪ Goal Journaling Workbook</li><li>▪ Change Action Planner</li></ul>
13.3 How to promote weight loss success	<ul style="list-style-type: none"><li>▪ What every food diary should include</li><li>▪ Food journaling and achievement</li></ul>	<ul style="list-style-type: none"><li>▪ Food Diary Tip Sheet</li><li>▪ Daily Achievement Journal</li></ul>

# How to speed up fat loss

Unit	Here's what you'll learn	Client materials and handouts
14.1 Is exercise really necessary to lose weight	<ul style="list-style-type: none"><li>▪ How to speed up fat loss</li><li>▪ How can exercise help with fat loss?</li><li>▪ Lack of activity and weight gain</li><li>▪ Exercise and the mind</li><li>▪ Low impact or high impact?</li></ul>	<ul style="list-style-type: none"><li>▪ Calories per Activity Calculator</li><li>▪ HRmax Calculator</li></ul>
14.2 How to speed up fat loss	<ul style="list-style-type: none"><li>▪ Moderate and vigorous exercise</li><li>▪ Muscle strengthening</li><li>▪ Physical activity volume per age group</li><li>▪ The great benefits of exercise</li><li>▪ Can you speed up fat loss?</li><li>▪ Calories burned from exercise</li></ul>	<ul style="list-style-type: none"><li>▪ HRmax Goal Tracker</li></ul>

# How to speed up fat loss (cont.)

Unit	Here's what you'll learn	Client materials and handouts
<p>14.3 Skills Lab™: How fit are you?</p> <p>14.4 Client activity programme</p>	<ul style="list-style-type: none"><li>▪ Do you lose muscle during weight loss?</li><li>▪ What's the best exercise for fat loss?</li><li>▪ High intensity better than low intensity?</li><li>▪ High intensity for unconditioned clients</li><li>▪ Making an emotional connection</li><li>▪ Enjoyment comes first</li><li>▪ Client activity programme</li><li>▪ Creating accountability</li></ul>	<ul style="list-style-type: none"><li>▪ Fitness Assessment (as part of Skills Lab™ – “How fit are you?”)</li><li>▪ Physical Activity Score Sheet</li><li>▪ Daily Activity Log</li></ul>

# Food intolerances and weight gain

Unit	Here's what you'll learn	Client materials and handouts
<p>15.1 Skills Lab™: Could you have a food intolerance?</p> <p>15.2 When is fat not fat</p>	<ul style="list-style-type: none"><li>▪ When fat is not fat</li><li>▪ Causes of water retention</li><li>▪ When you react to food</li><li>▪ Food addiction as a symptom</li><li>▪ Food intolerances and cravings</li><li>▪ Food intolerances and binge eating</li><li>▪ The response to reactive foods</li><li>▪ Food sensitivities and fat gain</li><li>▪ Food allergy or intolerance?</li><li>▪ How to tell the difference</li></ul>	<ul style="list-style-type: none"><li>▪ Food Intolerance Assessment™</li><li>▪ Food Intolerance Scores and Recommendations</li></ul>

# Food intolerances and weight gain (cont. 1)

Unit	Here's what you'll learn	Client materials and handouts
15.3 Detecting a food allergy or intolerance	<ul style="list-style-type: none"><li>▪ Food intolerance triggers</li><li>▪ What's gluten?</li><li>▪ Gluten and autoimmune conditions</li><li>▪ Coeliac disease symptoms, complications, and treatment</li><li>▪ What causes gluten sensitivity?</li><li>▪ Candida and food reactions</li><li>▪ Candida overgrowth</li><li>▪ Identifying problem foods</li><li>▪ Can you be allergic to any foodstuff?</li><li>▪ Does allergy to fruit or vegetables exist?</li><li>▪ Referring your client to their GP</li><li>▪ Skin-prick testing, blood test, and biopsy</li></ul>	<ul style="list-style-type: none"><li>▪ Symptom Monitoring Workbook</li></ul>

# Food intolerances and weight gain (cont. 2)

Unit	Here's what you'll learn	Client materials and handouts
15.4 Pulse testing methods	<ul style="list-style-type: none"><li>▪ Pulse testing for intolerances</li><li>▪ Pulse testing procedure</li><li>▪ The isolated pulse testing method</li></ul>	<ul style="list-style-type: none"><li>▪ Isolated Pulse Test Log</li></ul>
15.5 Food rotation and reintroduction	<ul style="list-style-type: none"><li>▪ How can you check your pulse?</li><li>▪ The combined pulse testing method</li><li>▪ Why do we teach pulse testing?</li><li>▪ Nocebo foods and psychosomatic reactions</li><li>▪ Food exclusion diets</li><li>▪ Monitoring symptoms</li><li>▪ Reintroduction procedure</li><li>▪ Importance of the 4-day gap</li><li>▪ How to relieve food intolerances</li><li>▪ Is reintroduction always possible?</li><li>▪ Food rotation diets</li></ul>	<ul style="list-style-type: none"><li>▪ Combined Pulse Test Log</li></ul>

# Stress as a weight gain contributor

Unit	Here's what you'll learn	Client materials and handouts
16.1 Skills Lab™: How stressed are you?	<ul style="list-style-type: none"><li>▪ What's "bad stress"? What causes it?</li><li>▪ Risks of acute psychological stress</li><li>▪ Comfort food as self-medication</li><li>▪ Acute stress and visceral fat</li></ul>	<ul style="list-style-type: none"><li>▪ Perceived Stress Scale Test (part of Skills Lab™: "How stressed are you?")</li></ul>
16.2 Comfort food as self-medication	<ul style="list-style-type: none"><li>▪ "Bad stress" and the drive to eat</li><li>▪ Stress eating and weight gain</li><li>▪ Weight control beyond your diet</li><li>▪ Stress reduction tips</li><li>▪ The sleep/cortisol connection</li><li>▪ Sleep and weight loss</li></ul>	

# Stress as a weight gain contributor (cont.)

Unit	Here's what you'll learn	Client materials and handouts
16.3 Sleep debt and cravings	<ul style="list-style-type: none"><li>▪ When less sleep means more calories</li><li>▪ Sleep debt and food purchasing</li><li>▪ How poor sleep causes overeating</li></ul>	<ul style="list-style-type: none"><li>▪ Sleep-Wake Cycle Questionnaire</li></ul>
16.4 Sleep and weight loss	<ul style="list-style-type: none"><li>▪ Bad sleep, bad food choices?</li><li>▪ Poor sleep and hormones</li><li>▪ Why sleep should be part of any weight loss plan</li><li>▪ Resetting your internal biological clock</li><li>▪ Sleep tips for your client</li><li>▪ How to record your client's sleep patterns and monitor any correlations to their body weight</li></ul>	<ul style="list-style-type: none"><li>▪ Weekly Sleep Log</li><li>▪ Sleep Tips</li></ul>



# Psychology of weight loss

Unit	Here's what you'll learn	Client materials and handouts
17.1 Psychology of change	<ul style="list-style-type: none"><li>▪ Behavioural modification</li><li>▪ Understanding habits and motives</li><li>▪ Developing your skills</li></ul>	<ul style="list-style-type: none"><li>▪ Stages of Change Model</li></ul>
17.2 Motivational interviewing	<ul style="list-style-type: none"><li>▪ How does change come about?</li><li>▪ How can you assess readiness?</li><li>▪ Stages of Change Model for weight loss</li><li>▪ Cognitive and behavioural processes of change</li><li>▪ SCM coaching techniques</li><li>▪ Understanding progress</li><li>▪ What's motivational interviewing</li><li>▪ How to inspire change and action</li><li>▪ Motivational interviewing in practice</li><li>▪ Motivational interviewing strategies and scripts</li></ul>	<ul style="list-style-type: none"><li>▪ SCM Coaching Techniques</li><li>▪ Motivational Interviewing Scripts</li></ul>

# Psychology of weight loss (cont. 1)

Unit	Here's what you'll learn	Client materials and handouts
17.3 Roadmap to success	<ul style="list-style-type: none"><li>▪ Barriers to change and suggestions</li><li>▪ How to create a session summary for your client</li><li>▪ 20 proven methods to help your client succeed</li><li>▪ Why internal motivation is what counts</li><li>▪ Ideas to stay motivated</li><li>▪ Developing your own ideas</li><li>▪ How to make change stick</li><li>▪ Psychology of chronic dieting</li><li>▪ Can “food stress” cause weight gain?</li><li>▪ Enjoyment of food and weight loss</li><li>▪ Stress and lack of self-control</li><li>▪ Learning new habits vs. self-control</li></ul>	<ul style="list-style-type: none"><li>▪ Barriers to Change and Suggestions</li><li>▪ Session Summary Handout</li><li>▪ Automatic Behaviour Wish List</li></ul>

# Psychology of weight loss (cont. 2)

Unit	Here's what you'll learn	Client materials and handouts
17.4 How not to fail	<ul style="list-style-type: none"><li>▪ How stress and exhaustion cancel willpower</li><li>▪ Back-up strategies in times of stress</li><li>▪ How not to fail in the long run</li></ul>	<ul style="list-style-type: none"><li>▪ Food Relationship Questionnaire with Scores</li></ul>
17.5 Food relationship	<ul style="list-style-type: none"><li>▪ Weight re-gain predictors</li><li>▪ What are the key maintenance habits to develop?</li><li>▪ How long does it take to form a new automatic behaviour?</li><li>▪ Have you got disordered eating?</li><li>▪ The effects of disordered eating</li><li>▪ Helping a client with an eating disorder</li><li>▪ Characteristics of bulimia nervosa</li><li>▪ Characteristics of anorexia nervosa</li><li>▪ Treating eating disorders</li><li>▪ What can treatment involve?</li></ul>	<ul style="list-style-type: none"><li>▪ Characteristics of bulimia nervosa</li><li>▪ Characteristics of anorexia nervosa</li></ul>

# Weight Loss Personality Test™

BONUS MODULE

Unit	Here's what you'll learn	Client materials and handouts
<p>18.1 Personality traits and weight loss</p> <p>18.2 Skills Lab™: What is your weight loss personality?</p>	<ul style="list-style-type: none"><li>▪ The Weight Loss Personality Test™</li><li>▪ Why personality matters</li><li>▪ Why strengths and weaknesses matter</li><li>▪ Weight Loss Personality and health</li><li>▪ The four Weight Loss Personalities</li><li>▪ Origins of the Weight Loss Personality</li><li>▪ Psychological types compared</li></ul>	<ul style="list-style-type: none"><li>▪ Psychological Types table</li><li>▪ The Weight Loss Personality Test™</li><li>▪ Weight Loss Personality Results, Individual Analysis and Action Workbook (part of Skills Lab™)</li></ul>

# Professional considerations

Unit	Here's what you'll learn	Client materials and handouts
19.1 Dos, don'ts, and must dos as a Clinical Weight Loss practitioner	<ul style="list-style-type: none"><li>▪ Acting responsibly and ethically</li><li>▪ What you CAN and CANNOT do</li><li>▪ What you MUST do</li><li>▪ The importance of medical advice</li><li>▪ Which products or brands?</li><li>▪ Setting up your practice</li></ul>	<ul style="list-style-type: none"><li>▪ Client Health Check Questionnaire</li><li>▪ Medical Referral Form</li></ul>
19.2 Legal, Insurance, Tax, and Professional considerations	<ul style="list-style-type: none"><li>▪ The 4 most important steps to follow</li><li>▪ Types of insurance cover you need</li><li>▪ Registering as self-employed</li><li>▪ Your initial client consultation</li><li>▪ Observing client confidentiality and Data Protection</li></ul>	<ul style="list-style-type: none"><li>▪ Client Informed Consent Form (done-for-you legal template)</li></ul>

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