

Achieving Optimal Health Nutrition & Weight Management

Course Duration: 2-day; Instructor-led

Time Schedule: 9am-5pm

Lunch: 1:00pm- 2:00pm

Morning Tea-break: 10:30am-10:45am

Afternoon Tea-break: 3:30pm -3:45pm

PROGRAM OBJECTIVES

This masterclass aims to equip participants with comprehensive knowledge and practical strategies for optimizing their nutrition and effectively managing weight for enhanced health and wellness.

METHODOLOGY

Utilizing a dynamic blend of interactive lectures, case studies, group discussions, and hands-on activities, participants will engage in a stimulating learning environment conducive to both understanding and practical application.

WHO CAN ATTEND

This masterclass is suitable for corporate professionals, health enthusiasts, individuals seeking weight management solutions, and anyone interested in enhancing their nutrition knowledge for personal or professional development.

PREREQUISITE

There are no prerequisites for attending this masterclass. It is open to participants of all levels of expertise and backgrounds.

COURSE OUTLINE

Module 1: Understanding Nutrition Basics

- Introduction to macronutrients and micronutrients
- Exploring the role of nutrition in overall health
- Establishing dietary guidelines for optimal nutrition

Module 2: Decoding Weight Management

- Factors influencing weight gain and loss
- Strategies for setting realistic weight management goals
- Practical approaches to sustainable weight management

Module 3: Nutrition for Energy & Performance

- Nutrition strategies to boost energy levels
- Fueling the body for peak performance
- Integrating nutrition into an active lifestyle

Module 4: Mindful Eating & Behavior Modification

- Exploring the psychology of eating
- Techniques for mindful eating and portion control
- Strategies to overcome emotional eating habits

Module 5: Creating Healthy Eating Habits

- Understanding food labels and making informed choices
- Planning and preparing nutritious meals
- Incorporating variety and balance into daily eating habits

Module 6: Personalized Nutrition Planning

- Assessing individual dietary needs and goals
- Developing personalized nutrition plans
- Addressing common challenges and barriers to success

Module 7: Sustaining Success & Long-Term Wellness

- Strategies for maintaining progress and preventing relapse
- Building a supportive environment for healthy living
- Resources and tools for continued learning and growth