

The 10-Step System to Help Clients with Fat Loss Goals **Exercise and Diet Is Not Enough**

Course Overview

A new comprehensive perspective to manage your overweight & obese clients

Course Highlights

- 10-Step System to Manage Clients
- 7 common mistakes trainers do when training clients to lose fat
- Fat Loss Strategies which includes exercise, wellness, stress management and nutrition

Course Objectives

- Learn how to help clients overcome barriers in weight loss
- Understand needs and motivation of clients who wants to lose weight
- Discover the tried and proven 10-step system to meet expectations of clients with fat loss goals and achieve better success rates in your clients' goals.

Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals

Pre-requisite

This is a continuing education course for existing fitness professionals. Experience in personal training and knowledge of exercise science, client assessment and programming is recommended to ensure learning objectives are achieved.

Course EduTrainer

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Founder of FEA & Managing Director of FITM

Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

ACE 0.1 CECs

Course Duration

90 minutes

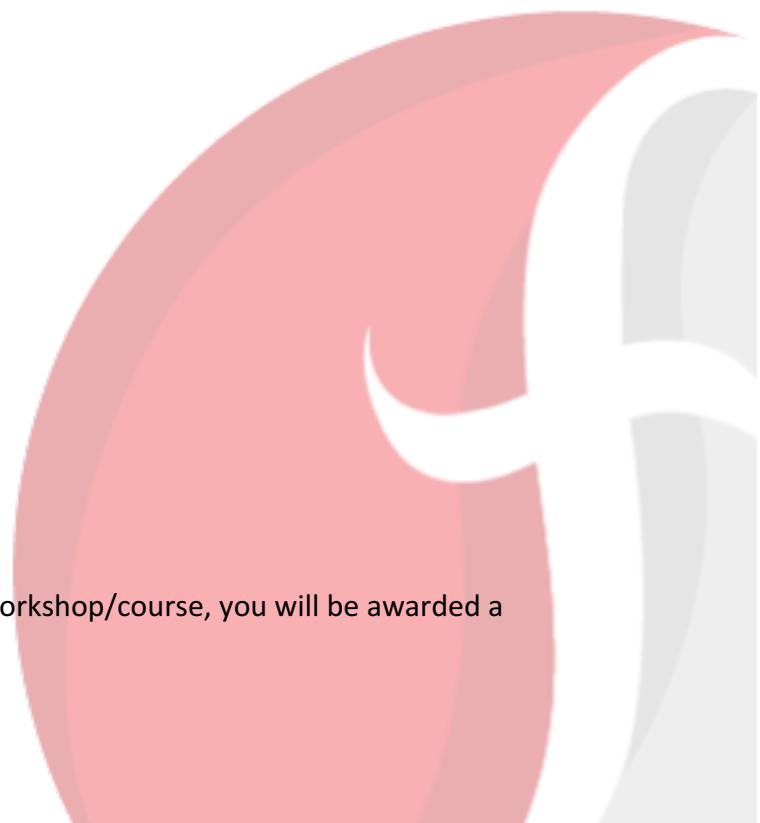
Learning Materials

Electronic Materials

Awards

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course Completion

Fitness Edutraining Asia (FEA)



Grading Criteria

Completion of course participation and assignment(s)

Recertification

N/A

Exam Fee

N/A

Dress Code

Fitness Attire

What Do I Need to Bring?

Laptop

Course Capacity

Unlimited

Language

Information displayed above is correct during time of publishing and may subject to change without prior notice