

## Course Information Sheet

### Course Title: Diet Lies and Weight Loss Truths

**Course Description:** There is no magic diet scheme, meal plan, or one-size-fits-all workout that will help everyone achieve their weight loss goals, but "Diet Lies and Weight Loss Truths" is a trustworthy, evidence-based guidebook to help you find the approach that will work for your clients. You'll discover that weight loss is complicated and there is no single solution that works for everyone. "Diet Lies and Weight Loss Truths" cuts through all the confusion and provides real research and practical guidance on choosing a diet plan that will work! Boasting over 200 references, you'll see the science that explains the biological, genetic, and psychological components that make weight loss difficult and you'll examine the pros and cons of 12 popular diet styles like keto, low carb, raw food, and cleanses. 211 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

### Learning Objectives:

- After completing this course, you will be able to:
  - List the concepts of low carbohydrate.
  - Explain the concepts low-fat diets.
  - Identify the concepts of vegan.
  - Identify how to implement a raw food diet.
  - Explain the components of timed diets.
  - Explain how intermittent fasting works.
  - List the effects of cleanses and detoxes.
  - Define high intensity exercise.
  - Define moderate intensity exercise.
  - Explain how biology impacts weight loss.
  - Explain how psychology impacts weight loss.

**Target Audience:** Beginner/Intermediate/ Advanced

**Schedule and Format:** Self-paced home study

**Registration Fees:** See our website for details: [www.exerciseetc.com](http://www.exerciseetc.com)

**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind and ask for a full refund. Just notify us within the three day window and then return the book to use in saleable condition. That's it. No questions asked.

### **Instructor/Author Credentials**

**Melody Schoenfeld, MA, CSCS**, is a certified personal trainer with over 25 years of training experience in many different disciplines. She holds a master's degree in health psychology and writes and speaks both nationally and internationally on a wide variety of health and fitness subjects. She is the owner of Flawless Fitness, a personal training center in Pasadena, California. In 2019, she was recognized as NSCA's Personal Trainer of the Year.

Schoenfeld has held state and national records in all three lifts in powerlifting (squat, bench press, and deadlift) and competes in powerlifting and strongman competitions. An aficionado of old-time strongman shows of strength, she performs feats such as tearing phone books and license plates in half and bending steel rebar, horseshoes, and nails. She is the self-published author of *Pleasure Not Meating You*. In her free time, you'll find her cooking unreasonably large quantities of vegan food, fronting a few heavy metal bands, and telling horrible jokes.

**Susan Kleiner, PhD, RD, CNS, FACN, FISSN**, is the founder and owner of the internationally recognized consulting firm High Performance Nutrition LLC. A visionary educator and motivator, she speaks nationally and internationally on topics in the field of nutrition, health, and performance. She is a sought-after expert interview as well as writer in all forms of print, online, and broadcast media. She has authored eight books, including the bestseller *The New Power Eating*, *The Good Mood Diet*, and *The PowerFood Nutrition Plan*.

Kleiner has been the high-performance nutrition consultant to professional athletes and teams nationally and internationally, including the Seattle Storm, Seattle Reign, Seattle Seahawks, Seattle Mariners, Seattle Supersonics, Cleveland Browns, Cleveland Cavaliers, Miami Heat, Olympians, and elite and recreational athletes of all ages in countless sports.

She is a cofounder and fellow of the International Society of Sports Nutrition and a fellow of the American College of Nutrition. She is also a member of the American College of Sports Medicine and the National Strength and Conditioning Association.

**Contact Hours/CEUs/CECs:** See our website for details: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A