

Course Information Sheet:

The New Power Eating

Transform your body as you build muscle, lose fat, and maximize performance with *The New Power Eating*. Author Susan Kleiner delivers the proven strategies she's used with male and female professional athletes and Olympians in one practical, effective resource that gives you the know-how to reach your personal goals.

In *The New Power Eating*, Kleiner brings together the latest scientific research on nutrition planning and explains not just what to eat but also when and how to adjust eating plans for your body and specific energy needs. Whether it's a heavy or light training day, in peak season or off-season, you'll learn how to achieve your physique and performance goals safely, legally, and effectively.

New recipes pack a nutritional punch into every meal or snack, and sample meal plans for each meal of the day help you easily put it all together—you'll even find a food group template to help you customize your own menus. Plus, updated details on safe supplements guide you through the maze of marketing claims to help you select the best options in view of the scientific evidence. Dr. Kleiner also walks you through how she evaluates products and brands based on testing for purity, potency, digestibility, and absorption.

Based on the author's research, you'll also find fascinating facts that explain how your relationship with food and the gut-to-brain axis can affect your physical and emotional health and performance. Both males and females will discover gender-specific guidance and strategies to help you take advantage of your body's benefits and overcome unhealthy triggers or habits to create and maintain an effective power eating program.

Exercise professionals must operate within the boundaries of their defined scope of practice and competencies. When client needs extend beyond these areas, such as in matters related to medical nutrition therapy, prescription of supplements, or mental health concerns, they should refer clients to appropriately qualified healthcare or licensed professionals.

420 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:

1. Explain the foundational principles of eating for strength, power, and speed.
2. Identify the components to manufacture muscle and fuel workouts.
3. Explain the role of hydrating for workouts.
4. Discuss the role of vitamins and minerals for strength trainers.
5. Explain the role of muscle-building supplementation.
6. List botanicals that aid in boosting brain and nervous system function.
7. Identify the components of a power eating plan.
8. List the macronutrients needed to maintain physique.
9. List the macronutrients needed to build muscle.
10. List the macronutrients needed to lose fat.
11. Discuss nutrition strategies for competition and training.

Target Audience: Beginner/Intermediate/ Advanced

Schedule and Format: Self-paced home study

Registration Fees: See our website for details: 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: *Susan Kleiner, PhD, RD*, is a titan in sports nutrition. Her seminal research on male and female bodybuilders studied the nutritional needs of muscle building, power, and strength. Her expertise and research have expanded to hydration, and she is passionate about the nutritional needs of athletic women and girls. She is the founder and owner of the internationally recognized consulting firm High Performance Nutrition, LLC. The author of six other popular books, she has written numerous academic chapters and peer-reviewed scientific journal articles, as well as featured columns in all forms of media.

Kleiner has consulted with professional athletes and teams, Olympians, and elite athletes in countless sports. She is currently the high-performance nutritionist for the Seattle Storm and previously served that role for the Seattle Reign FC, the Seattle Seahawks, the Seattle Supersonics, the Miami Heat, the Cleveland Cavaliers, and the Cleveland Browns. She is a cofounder and fellow of the International Society of Sports Nutrition, a fellow of the American College of Nutrition, and a member of both the American College of Sports Medicine and the National Strength and Conditioning Association. Kleiner is a frequent invited speaker at national and international conferences and is a regular expert presence in online, print, and broadcast media.

Maggie Greenwood-Robinson, PhD, is a leading health and medical writer in the United States. She has authored or coauthored more than 65 books on nutrition, exercise, weight loss, psychological health, and other health-related issues, among them *The Biggest Loser*, a New York Times best seller that was the official diet and fitness book for NBC's hit reality show of the same name. Through her many collaborations, she has had 12 other New York Times best sellers, including *20/20 Thinking*, *Good Carbs vs. Bad Carbs*, and *Foods That Combat Cancer*. Greenwood-Robinson has appeared on numerous television and radio shows, including *Dr. Phil* and NBC's *Dateline*. She has also written articles that have appeared in the magazines *Shape*, *Let's Live*, *Great Life*, *American Health*, *Physical*, *Muscle & Fitness*, and *MuscleMag International*. Greenwood-Robinson resides in Flower Mound, Texas.

Contact Hours/CEUs/CECs: See our website for details: www.exerciseetc.com

Sponsors: N/A