

The WieFit Nutrition Presentation Outline



Eat for Life

In 90 minutes, I will educate your employees on how to live in a physically strong state, to make mentally strong decisions! My goal is to empower your team to create healthy living habits that are easily attainable and sustainable.

1. Why diets fail 99% of the population.
2. Short history of diets
 - a. Fat free, Carb Free, High Protein, Low Calorie
3. Losing Weight versus Losing Fat
4. Hunger Hormones and how they affect you.
5. Why we overeat or even under-eat
 - a. “Feel Good” Endorphins
 - b. Stress
 - c. Blood sugars
 - d. Lean Mass (muscle tissue)
6. Macro-nutrients: Protein, Carbs, Fats, Water
 - a. How much of each
 - b. How they work and their benefits
 - c. Good Carbs versus Bad Carbs
 - d. Why we need Carbohydrates in our diet!
7. Eat More, Exercise Less
 - a. Why people start the New Year with good intentions, but fizzle within months.
8. How to make eating right easy—no matter your lifestyle!
 - a. Planning
 - b. Caught in a pinch?
 - c. Why you SHOULD eat before bed.
9. Why I don’t want to “waste my workout” if I’ve eaten badly that day!
 - a. Feel guiltier about missing a meal than a workout.
 - b. What foods are best to have prior to, and after your workout!