



FEA 2021 ONLINE SUMMIT (MANDARIN)

FEA 2021 线上研讨课 (中文)

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1. Introduction to Personal Training Career (Mandarin) 私人教练的职业生涯

Presenter: Yeoh Ee Ling, Dietitian, Personal Trainer, FEA Edutrainer

Audience: Fitness Professionals and Enthusiasts

Audience: People thinking of becoming a personal trainer

Duration: 75 mins

Capacity: 95 pax

Fee: RM 9.90

讲师: Yeoh Ee Ling, FITM 教育总监, FEA 培训导师, 认可注册营养师, 私人教练

适合听众: 想成为私人教练的大众

时长: 75 分钟

人数上限: 95 人

费用: RM 9.90

Do you love fitness? If you do, why not turn your passion into profession. This session provides you the insights of the personal training industry, how to become a successful personal trainer and discover what your future employers and clients will expect from you.

您喜欢健身吗? 想把热情转变成专业吗?

我们将会在此座谈会中, 带您深入了解私人教练产业的大小事, 如何成为成功的私人教练, 以及探索未来客户与雇主对你的期望。

Date & Time 日期&时间: 30 May 2021 (Sun) 9am- 10.15am

Register at 报名链接:

<https://fit.arlo.co/register?sgid=3dc0570d91b140dab3ceb0ec397966d1>

2. Fixing Your Squat (Mandarin) 改善你的深蹲姿势

Presenter: Yeoh Ee Ling, Dietitian, Personal Trainer, FEA Edutrainer

Audience: Fitness Professionals and Enthusiasts

Duration: 75 mins

Capacity: 95 pax

Fee: RM 39.90

讲师: Yeoh Ee Ling, FITM 教育总监, FEA 培训导师, 认可注册营养师, 私人教练

适合听众: 体适能专家和健身爱好者

时长: 75 分钟

人数上限: 95 人

费用: RM 39.90

Confused with all the different squat technique you learn from different sources? This workshop will guide you through learning the safest and most effective way to perform this basic, primal movement everyone should master. Walk away learning movement science, common mistakes and squat variations.

你是否会因为从不同的来源, 所学到的深蹲技巧不同, 而感到困惑? 在这次的课程中, 我们将会带你学习最安全, 最有效的方法, 来作出大家应该掌握的基础、主要动作, 同时你也会掌握其中的动作科学, 常见错误以及深蹲的其他变化。

Date & Time 日期&时间: 30 May 2021 (Sun) , 11am - 12.15pm

Register at 报名链接:

<https://fit.arlo.co/register?sgid=c31cbd2a208342088127c78d64f52659>

3. Dietary Supplements That Actually Works (Mandarin) 真正有效的膳食补给品

Presenter: Yeoh Ee Ling, Dietitian, Personal Trainer, FEA Edutrainer

Audience: Fitness Professionals and Enthusiasts

Duration: 75 mins

Capacity: 95 pax

Fee: RM 39.90

讲师: Yeoh Ee Ling, FITM 教育总监, FEA 培训导师, 认可注册营养师, 私人教练

适合听众: 体适能专家和健身爱好者

时长: 75 分钟

人数上限: 95 人

费用: RM 39.90

Some supplements may just be making your urine expensive! With almost 90,000 different types of dietary supplement claiming to 'boost vitality', 'promote muscle growth', 'burn fat', which of these are actually worth your money? In this workshop, we will explain the benefits, evidence and recommended dosage of commonly used health and fitness dietary supplements.

你知道吗? 有些补给品的功效仅仅只让你的尿液变得更昂贵! 市面上有将近 90,000 种不同的膳食补给品, 宣称能够“增强活力”、“促进肌肉成长”、“燃烧脂肪”, 但它们真的都值得你掏钱购买吗? 我们会在这次的课程中, 为您一一剖析常用的健康和健身补给品带来的好处, 证据, 和建议摄取剂量。

Date & Time 日期&时间: 5 June 2021 (Sat), 11am - 12.15pm

Register at 报名链接:

<https://fit.arlo.co/register?sgid=1009e25eeb7e4c8b8caf4e8e96a1da64>

4. Carbs, Protein and Fats 101 碳水，蛋白质和脂肪入门

Presenter: Yeoh Ee Ling, Dietitian, Personal Trainer, FEA Edutrainer

Audience: Fitness Professionals and Enthusiasts

Duration: 120 mins

Capacity: 95 pax

Fee: RM 59.90

讲师: Yeoh Ee Ling, FITM 教育总监, FEA 培训导师, 认可注册营养师, 私人教练

适合听众: 体适能专家和健身爱好者

时长: 120 分钟

人数上限: 95 人

费用: RM 59.90

Carbs, Protein and Fats are basically macronutrients - nutrients your body needs in a large amount. They are essentially the key to eating better and having a healthy diet. In this workshop, you will be reintroduced to each of this macros by looking at 'what are they', 'why do you need them', 'how much do you need' and 'which are the best sources'.

碳水化合物、蛋白质和脂肪等宏量营养素—是我们身体大量所需的营养素。基本上，它们是改善饮食和健康饮食的关键。我们见会在这次的课程中，通过“它们是什么”、“为什么需要它们”、“我们需要多少”以及“哪些是最好来源”等角度，来重新认识这些宏量营养素。

Date & Time 日期&时间: 5 June 2021 (Sat), 2pm - 4pm

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<https://fit.arlo.co/register?sgid=d10fa52308c548378346c343e42ffee8>

5. Are you hitting the True HIIT or it is N-S-H-I-I-T? 你有达到真正的 HIIT 吗?
或只是 N-S-H-I-I-T?

Presenter: Yeoh Ee Ling, Dietitian, Personal Trainer, FEA Edutrainer

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Duration: 75 mins

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Discover and experience TRUE HIIT and how to differentiate them with Not-So-High-Intensity-Interval-Training (NSHIIT).

探讨并体验真正的高强度间歇运动 HIIT 以及如何区分它们和非高强度间歇训练 (NSHIIT)。

Date & Time 日期&时间: 6 June 2021 (Sun), 9am - 10.15am

Register at 报名链接:

<https://fit.arlo.co/register?sgid=129299f943cc488d815cdeea121fd0e8>

6. Resistance Training Exercise Clinic (Mandarin) 阻力训练研习

Presenter: Yeoh Ee Ling, Dietitian, Personal Trainer, FEA Edutrainer

Audience: Fitness Professionals and Enthusiasts

Duration: 120 mins

Capacity: 95 pax

Fee: RM 59.90

讲师: Yeoh Ee Ling, FITM 教育总监, FEA 培训导师, 认可注册营养师, 私人教练

适合听众: 体适能专家和健身爱好者

时长: 120 分钟

人数上限: 95 人

费用: RM 59.90

Effective resistance training depends heavily on safe and effective exercise technique. Learn how to perform these exercises: Squat, Lunges, Push up, Shoulder Press, Bent-over Row correctly to ensure you reap the benefits of resistance training, injury-free.

想让阻力训练变得有效, 有很大的程度取决于安全有效的动作技巧。学习正确的深蹲、弓步蹲、俯卧撑、推肩和俯身划船, 能确保你在不受伤的情况下, 取得阻力训练所带来的好处。

Date & Time 日期&时间: 6 June 2021 (Sun), 11am - 1pm

Register at 报名链接:

<https://fit.arlo.co/register?sgid=b5df8d5f479e470181e9c58a078c80c7>