

Hormone Optimization: Burn Fat, Build Muscle and Feel Unstoppable

Unlock your innate ability by hacking your hormones and becoming Superhuman

Course Overview

This workshop aims to educate fitness professionals on the relationship between hormone function & exercise and provides insight into how the body adapts to activity in order to support the additional energy demands. Regardless of your clients' goals (more muscle, less fat, more energy, better health), being mindful of hormones first is a very powerful strategy. When you start looking at things like diet, exercise, sleep, mindfulness (and all the other buzzwords the health and fitness industry throws around) in the light of what they do to your hormones, the story starts to make a lot more sense. You will know how these different things will impact your clients because you will know what they do to the hormone balance. Then suddenly, losing weight, getting strong and becoming healthier becomes way less stressful. You will have a systematic approach that makes sense.

Course Highlights

- Understand relationship between Hormones & Health
- Hormone optimization for rapid weight loss
- Hormone optimization for muscle building and performance goal

Topics Covered

(A) Understand Relationship Between Hormones & Health

- Know the unique properties of the Endocrine system
- Know how exercise impacts the Endocrine rhythms
- Know how nutritional modulation impacts hormonal adaptations
- Understand the functions of the Automatic Nervous Systems (Stress)
- Sleep Science for Fitness Professionals
- Symptoms of Hormonal Imbalance

(B) Hormone optimization for rapid weight loss

- Balancing Hormones for Optimal Weight Loss & seven major metabolic hormones-cortisol, thyroid, testosterone, growth hormone, leptin, insulin, and estrogen
- Know the connection between hormones and fuel use in exercise
- Know the energy-regulating mechanism
- Understand the body fluid balance before, during and after exercise
- Understand hormonal control of energy expenditure and intake
- How Hormones and Metabolism Change the Training Game for Females
- Balancing Hormones through Nutrition

(C) Hormone optimization for muscle building and performance goal

- Natural fluctuations in hormones such as testosterone, human growth hormone, cortisol and insulin as being key contributors to your body composition changes.
- How to check if you have low testosterone levels
- Appearance and performance enhancing drugs (APEDs)
- Supplements
- Review: workout program, nutrition, stress management and sleep habits for hormone optimisation

Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals
- Fitness Enthusiast

Pre-requisite

This is a continuing education course for existing fitness professionals who want to understand the critical role of hormones in exercise regimes to maximize the potential of their clients. Experience in personal training and knowledge of exercise science, client assessment and programming is recommended to ensure learning objectives are achieved.

Course Provider

Classic Fitness Academy

Educator

Dr. Chirag Seth, BPT, MSPT , LWMC-ACE, CPT-ACSM
Master Degree Holder in Sports Physiotherapy and Post Graduate Diploma in Nutrition & Dietetic, Content creator of the video “Reality of Steroids”. He holds expertise in Sports Supplementation, Lifestyle and Weight Management; Nutrition-Exercise Counselling and Health Coaching. He has played instrumental role in educating over 15, 000 fitness professionals till date. He was the official nutrition and fitness coach to parathlete Deepa Malik, who won the first ever silver medal in shot put at the paralympics in 2016 held in RIO, Brazil. Under his guidance many athletes have won medals and have brought laurels for the country. Chirag is also invited as a speaker to various fitness conferences around the country as well as a guest speaker and a lecturer at conferences in Thailand and Malaysia.

CEC Points

ACE 1.2 CECs

Course Duration

12 hours

Learning Materials

Handouts

Awards

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

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?

Stationery

Course Capacity

A minimum of 12 pax and a maximum of 30 pax

Language

English

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