

## Webinar Name

Breaking Fat Loss Plateaus

## Overview

How do you know if you have stopped losing body fat in a diet? Understanding how to navigate stalls is what set's coaches apart. Maybe fat loss has stalled or maybe something else is at play. In this presentation, Jacob Schepis, founder and owner of JPS Health & Fitness will take a closer look at how we identify whether a client's fat loss has actually plateaued, what factors and considerations we must keep in mind and how to drive progress further towards the clients goal.

## Presenter

Jacob Schepis is the director of JPS Health & Fitness and JPS Education, a Physique and Powerlifting coach and an accredited sports nutritionist.

## Course Provider Details

JPS Education is a fitness and personal trainer education provider. Based in Melbourne, Australia for over 10 years our team has provided education and professional development for personal trainers and coaches around the world. Our mission is to Raise the Standard of the fitness industry through enhancing the quality of coaches' knowledge and education.

## Duration

60 mins total - 45 min presentation + 15 min Q&A

## Prerequisites

No prerequisites required

## CEC Points

N/A

## Certificate Details

Upon successful completion of the course, participants will NOT receive a certificate of completion. Please note that this is a 45-60 mins webinar on a topic related to “JPS Physique Transformation Masterclass” and not a full course. For the “Physique Transformation Masterclass” course, you can refer to <https://fit.com.my/course/physique-transformation-masterclass/>