

The Metabolic Edge: Mastering Stress to Accelerate Fat Loss & Fitness

Course Overview:

The Metabolic Edge is a dynamic 3-hour workshop designed for Health & Fitness Professionals who want to leverage stress as a powerful and practical toolkit to improve client results. You'll learn how to decode the stress response, distinguish between harmful and helpful stressors, and leverage cutting-edge techniques like breathwork, HRV monitoring, and strategic recovery to unlock fat loss, boost energy, and elevate performance. From understanding restorative exercise, breathwork and circadian rhythms to using hormetic stressors like cold exposure and sauna, this hands-on session equips you with a practical toolkit to help clients train smarter, recover faster, and thrive under pressure.

Course Objectives:

- **Understand the Stress Response:** Briefly explore the physiology of stress, modern-day stressors, and how acute vs. chronic stress impacts fat loss and energy levels.
- **Breathwork & Self-Regulation Techniques:** Learn how to activate the vagus nerve, integrate breathwork into training, and apply stress-reducing techniques for faster recovery and improved performance.
- **Training Adaptation Strategies:** Discover when and how to modify sessions based on client stress levels using the "Working In vs. Working Out" model.
- **Using Stress as a Performance Enhancer:** Understand hormonal rhythms, caffeine use, and circadian timing to strategically enhance fat loss, training output, and recovery.
- **Build a Resilience Toolkit:** Gain hands-on tools including advanced stretching, body scanning, and recovery techniques like sauna, ice baths, and breath-based recovery protocols.

Who Will Benefit from This?

- Fitness Professionals
- Healthcare Professionals
- Fitness Enthusiasts

Pre-requisite:

This is a continuing education course designed for Health & Fitness Professionals who want to learn how to optimize their client's health, fitness and recovery during and outside of your sessions. A basic knowledge of fitness instructing, health coaching and/or personal training is recommended. Knowledge and experience of client assessment and programming is also recommended to ensure learning objectives are achieved.

Course Edutainer:

Ricky Brown (UK Registered, Osteopath, Naturopath, Sports Therapist & Personal Trainer
M. Ost Med, Dip ST & PT)

Course Provider

RB Health

CEC Points

TBC

Course Duration

3 hours/ 1day

Class Plan

Duration	Topic	Format
30 mins	What is Stress Resilience & Why is it important? - <ul style="list-style-type: none">• The Stress Response• Different Modern-Day Stressors: physical/psychological/environmental, etc• Acute V Chronic• Metabolic Health- Fat loss/ energy levels, T2 Diabetes etc.• How to monitor Stress using HRV• How do you regulate yourself and what techniques do you use to help clients manage stress?	Theory
30 mins	Stress Reduction techniques for Self- Regulation - 30 mins <ul style="list-style-type: none">• How breathing impacts stress response- Diaphragm/ Nasal/ Phrenic & Vagus Nerve activation.• Breathing Techniques- Nasal (slow HR) / box breathing / Long exhale / Physiological sigh• How to integrate breathwork into session- During exercise & recovery• HRR regulation DEMO- In pairs, compare- 1 min HIIT with normal recovery / With 1 min HIIT and 1 min breathing technique.	Theory & Practical

30 mins	Working In V Working Out <ul style="list-style-type: none"> Recognizing stress in your client and when to modify training Working IN/OUT- Principles & Exercises – Low intensity/ Endurance / Mindful/ Proprioceptive Breathing Squats/Cat Cow/ bird dog/ spinal rotations-standing & lying. 	Practical
30 mins	Using stress to enhance fat loss & performance <ul style="list-style-type: none"> Understanding daily fluctuations of stress hormones Caffeine as an ergogenic aid for fat loss Morning / Evening Routine for Sleep optimisation Circadian Rhythm considerations- What is the optimal time for clients to train/rest Hormesis- face plunge (dive reflex)/ sauna/ ice bath 	Theory
30 mins	The Stress Resilience Toolkit <ul style="list-style-type: none"> Enhanced Stretching Techniques Body Scan Breathing Techniques 	Theory
30 mins	Case Study & Feedback <ul style="list-style-type: none"> Discuss what techniques you would include in a PT session, based on a common client profile: <p>(Example Profile) 45-year-old busy male exec wants to improve weight. He's a late sleeper (average 5-6 hrs per night) increasing weight around the midsection, high blood pressure, eats out mostly, travels a lot with work, works late due to US time zone.</p>	Theory & Practical

Learning Materials

Electronic Materials- Workshop Manual & Presentation Slides

Awards

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

Grading Criteria

Demonstrate an understanding of how to effectively adapt training session/ exercise prescription for clients with compromised sleep, ongoing stress, fatigue and weight loss plateau.

Recertification

N/A

Exam Fee

N/A

Dress Code

Fitness Attire

What Do I Need to Bring?

Laptop, Pen & Paper

Course Capacity

Unlimited

Language

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