



A
**NUTRITION
& FOOD TIMING**

B
**MYTHS
& MISCONCEPTIONS**

SA1	10:00am-11:00am EDT 9:00am-10:00am CDT 7:00am-8:00am PDT	Hot Topics in Nutrition 2021 Layne	Top 10 Nutritional Nightmares Miller
SA2	11:15am-12:15pm EDT 10:15am- 11:15am CDT 8:15am-9:15am PDT	Nutrition for HIIT & LIIT Sessions Layne	Energy Pathways & Ketones Comana
SA3	12:30pm-1:30pm EDT 11:30am-12:30pm CDT 9:30am-10:30am PDT	Nutrient Timing Comana	Intermittent Fasting - Fact or Fiction Bryce
LUNCH: 1:30pm-2:00pm EDT, 12:30pm-1:00pm CDT, 10:30am-11:00am PDT			
SA4	2:00pm - 3:00pm EDT 1:00pm - 2:00pm CDT 11:00am - 12:00pm PDT	General Population Nutrition Toole	Abs Are Made in the Kitchen Digsby
SA5	3:15pm- 4:15pm EDT 2:15pm - 3:15pm CDT 12:15pm - 1:15pm PDT	Train on an Empty Stomach Charlop	Why You Can't Stop Eating Digsby
SA6	4:30pm - 5:30pm EDT 3:30pm - 4:30pm CDT 1:30pm - 2:30pm PDT	Functional Foods for a Fantastic You Fearheiley	Diet Myths & Misconceptions Bryce

Fri, June 18



Nutrition For Active Agers Live-Stream Certification

5:30pm-9:30pm CDT • Silverman



C COACHING & BUSINESS	D SLEEP & SPECIALTIES	
Self Coaching Strategies for Wellness Silverman	Reducing Chronic Inflammation with Nutrition Ruani	SA1
Nutrition Tips Overview Silverman	Eating For Good Sleep Ruani	SA2
Common Sense Nutrition: Your Scope Miller	Get the Skinny On Diet Trends Kooperman, Layne, Digsby & Silverman	SA3
LUNCH: 1:30pm-2:00pm EDT, 12:30pm-1:00pm CDT, 10:30am-11:00am PDT		
Ditching Diets: Individually Tailored Nutrition Davis	Performance, Strength & Proper Nutrients Kooperman, Bryce, Comana & Miller	SA4
Successful Nutritional Coaching Comana	Nutrition & Mental Health Miller	SA5
Whole-Food Plant Based Diet Charlop	Holistic Health & Longevity Conti	SA6

