



## SCW Nutrition Coaching Summit June 18-19, 2021 CEC Form

\*Please print this form, circle applicable sessions, and save for your records. You do not need to send this form to SCW Fitness since there is record of your participation.

\*\*If you renew an SCW Certification, you also do not need to send this form to SCW Fitness.

Please renew your SCW Certification by going to the following website: [www.scwfit.com/certification-renewal](http://www.scwfit.com/certification-renewal)

\*\*\*To renew your SCW Certification, you need 20 Continuing Education Credits every 2 years: [www.scwfit.com/certifications-faqs](http://www.scwfit.com/certifications-faqs)

### Total Conference CECs (based upon attendance at all Conference Sessions)

SCW = 15.0

ACE = 0.6

ACSM = 6.0

AEA = 6.0

AFAA = 15.0

NASM = 1.9

### SATURDAY, June 19, 2021

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	AA21	CEP217137	NA	11237	10241	316
<b>SA1 9:00am-10:00am CST</b>						
SA1A: Hot Topics in Nutrition with Melissa Layne	1.0	0.1	1.0	1.0	1.0	0.1
SA1B: Top 10 Nutritional Nightmares with Kim Miller	1.0	0.1	1.0	1.0	1.0	0.1
SA1C: Self-Coaching Strategies for Wellness with Tricia Silverman	1.0	0.1	1.0	1.0	1.0	0.1
SA1D: Reducing Chronic Inflammation with Nutrition with Alex Ruani	1.0	0.1	1.0	1.0	1.0	0.1
<b>SA2 10:15am-11:15am CST</b>						
SA2A: Nutrition for HIIT & LIIT Sessions with Melissa Layne	1.0	0.1	1.0	1.0	1.0	0.1
SA2B: Energy Pathways & Ketones with Fabio Comana	1.0	0.1	1.0	1.0	1.0	0.1
SA2C: Nutrition Tips Overview with Tricia Silverman	1.0	0.1	1.0	1.0	1.0	0.1
SA2D: Eating for Good Sleep with Alex Ruani	1.0	0.1	1.0	1.0	1.0	0.1
<b>SA3 11:30am-12:30pm CST</b>						
SA3A: Nutrient Timing with Fabio Comana	1.0	0.1	1.0	1.0	1.0	0.1
SA3B: Intermittent Fasting - Fact or Fiction with Alex Bryce	1.0	0.1	1.0	1.0	1.0	0.1
SA3C: Common Sense Nutrition: Your Scope with Kim Miller	1.0	0.1	1.0	1.0	1.0	0.1
SA3D: Get the Skinny on Diet Trends with Kooperman, Layne, Digsby & Silverman	1.0	0.1	1.0	1.0	1.0	0.1
<b>SA4 1:00pm-2:00pm CST</b>						
SA4A: General Population Nutrition with Amber Toole	1.0	0.1	1.0	1.0	1.0	0.1
SA4B: Abs Are Made in the Kitchen with Sohailia Digsby	1.0	0.1	1.0	1.0	1.0	0.1
SA4C: Ditching Diets: Individually Tailored Nutrition with Reed Davis	1.0	0.1	1.0	1.0	1.0	0.1
SA4D: Performance, Strength & Proper Nutrients with Kooperman, Bryce & Comana	1.0	0.1	1.0	1.0	1.0	0.1
<b>SA5 2:15pm-3:15pm CST</b>						
SA5A: Train on an Empty Stomach with Gregory Charlop	1.0	0.1	1.0	1.0	1.0	0.1
SA5B: Why You Can't Stop Eating with Sohailia Digsby	1.0	0.1	1.0	1.0	1.0	0.1
SA5C: Successful Nutrition Coaching with Fabio Comana	1.0	0.1	1.0	1.0	1.0	0.1
SA5D: Nutrition & Mental Health with Kim Miller	1.0	0.1	1.0	1.0	1.0	0.1
<b>SA6 3:30pm-4:30pm CST</b>						
SA6A: Functional Foods for a Fantastic You with Amanda Fearheiley	1.0	0.1	1.0	1.0	1.0	0.1
SA6B: Diet Myths & Misconceptions with Alex Bryce	1.0	0.1	1.0	1.0	1.0	0.1
SA6C: Whole Food Plant-Based Diet with Gregory Charlop	1.0	0.1	1.0	1.0	1.0	0.1
SA6D: Holistic Health & Longevity with Christine Conti	1.0	0.1	1.0	1.0	1.0	0.1



**SCW Nutrition Summit June 18-19th, 2021 Pre-Con CEC Form**

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**FRIDAY, June 18, 2021**

Certification	Presenter	SCW		ACE		ACSM		AEA		AFAA		NASM	
		CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #
SCW Active Aging Nutrition Certification	Silverman	4.0		0.4		4.0		4.0		4.0		0.4	
SCW Nutrition, Hormones & Metabolism Certification	Layne	7.0		0.7		7.0		8.0		8.0		0.8	

If you require any assistance securing CECs/CEUs from other organizations, please reach out to [certs@scwfit.com](mailto:certs@scwfit.com). We are here to help!

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Email Address: \_\_\_\_\_