



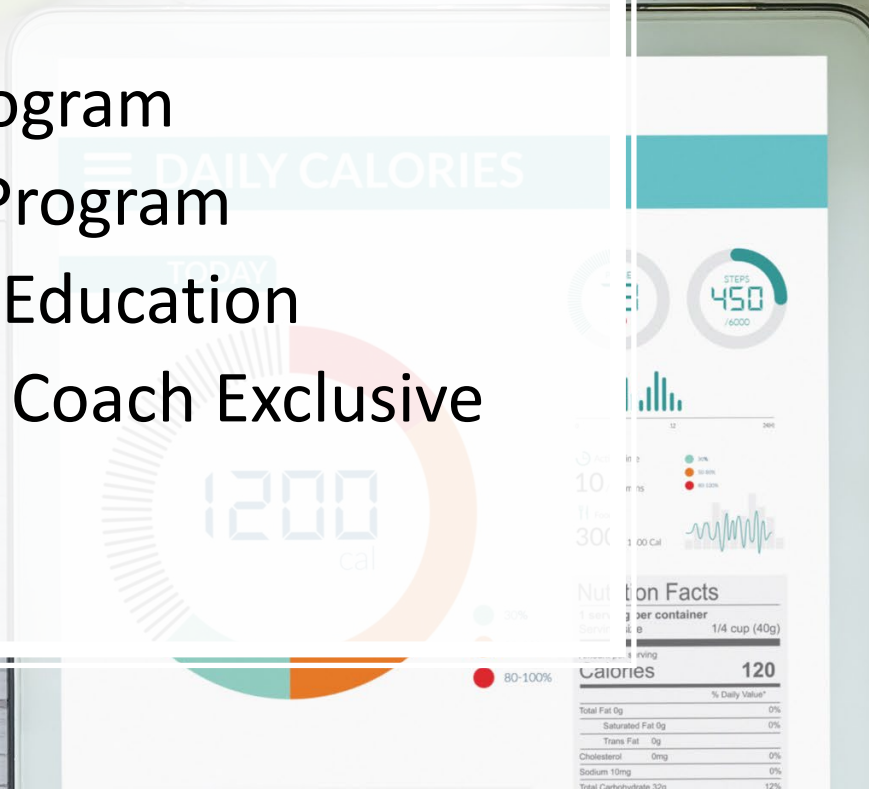
dotFIT Masterclass: Nutrition Programming for Fitness Professionals

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Content to be Presented

- Role of Nutrition in Fitness
- Nutrition Scope of Practice for Fitness Professionals
- Features of the dotFIT Program
- Live Demo of the dotFIT Program
- Recommended Nutrition Education
- NASM Certified Nutrition Coach Exclusive Offer



The Role of Nutrition in Fitness

- Overweight and Obesity Continue to Rise in the US
- The Top Fitness Goal is Weight Loss
- Nutrition is the Primary Driver of Weight Loss and Optimizing Body Composition

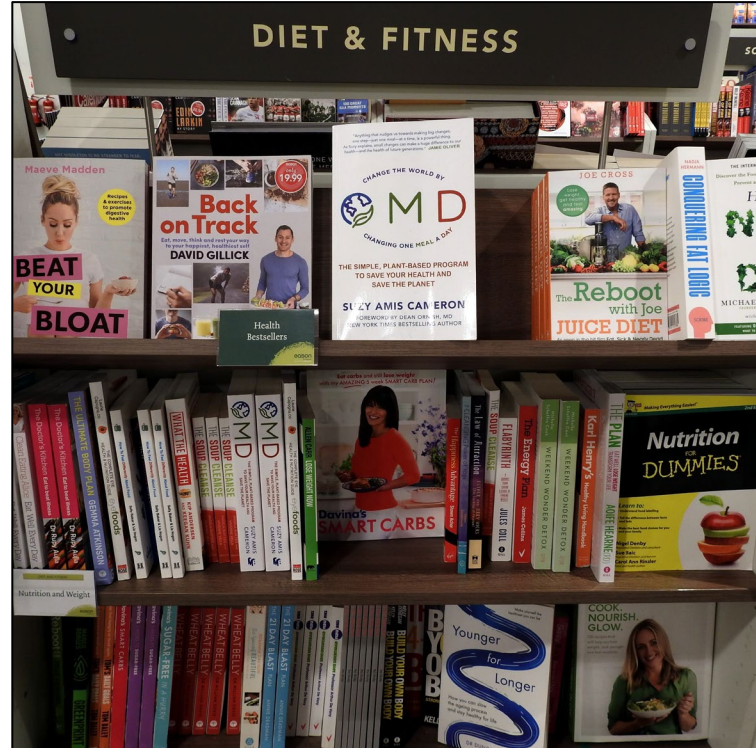


The Majority of Americans Use Supplements as Part of a Healthy Lifestyle

- **77%** of Americans report using a dietary supplement
- **84%** of gym members report using dietary supplements
- **90%** of elite athletes report using dietary supplements

Source: [CRN](#)





FDA warns consumers about weight loss & male enhancement products sold through Amazon, eBay

By Stephen Daniels [✉](#)
04-Jan-2021 - Last updated on 05-Jan-2021 at 00:54 GMT

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Misinformation is Everywhere!



Key Points

- Clients need proper nutritional guidance to achieve health and fitness goals
- Fitness Professionals who provide clients with safe and effective nutrition solutions make a bigger impact and build a thriving clientele



Nutrition Scope of Practice for Fitness Professionals

Provide credible, evidence-based nutrition information and tools related to general health, fitness and improving body composition

- Peer-reviewed research
- Credible organizations
- Articles, position stands and textbooks by nutrition scientists and trained nutrition professionals



Nutrition Scope of Practice

- Dispel myths and misinformation
- Help clients avoid unsafe quick fixes and “too good to be true” products and fads
- Assist in developing healthy habits - cooking, dining out, food shopping, meal prep



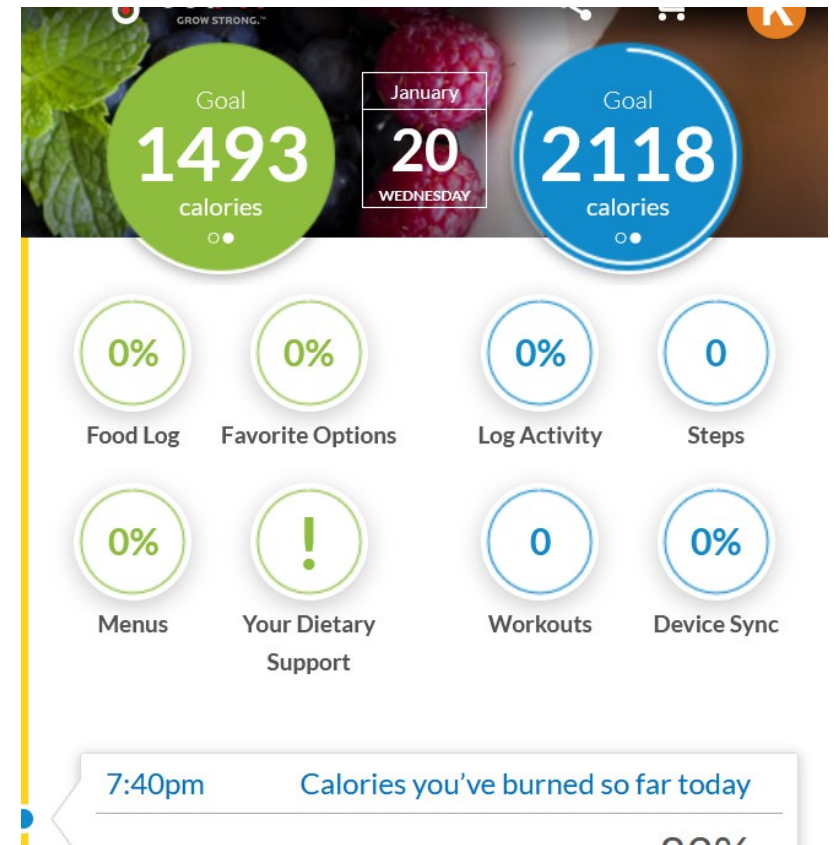
Nutrition Scope of Practice

- Motivate, inspire and assist clients in taking the right actions to improve health, build muscle, lose weight and optimize workouts
- **Avoid prescribing nutrition to diagnose, treat or cure a medical condition or disease**



About the dotFIT Program

- Allows Fitness Pros to Provide Nutrition Plans
- Incorporates Safe Weight Control Guidelines
- Provides 9 Different Reference Menus
 - Clients can modify and save
- Dietary Support Plan is Customized
 - Incorporates medical history, age, gender + activity level
- Entering Measurements Updates Calorie Targets and Provides Guidance
 - No recalculating calories needed
- Registered Dietitians on Staff for Clinical Guidance
- Includes a Certification Course Approved for CEUs for RDs and Trainers





4 PILLARS OF FITNESS

NUTRITION

Fuel your body with foods
that you enjoy.

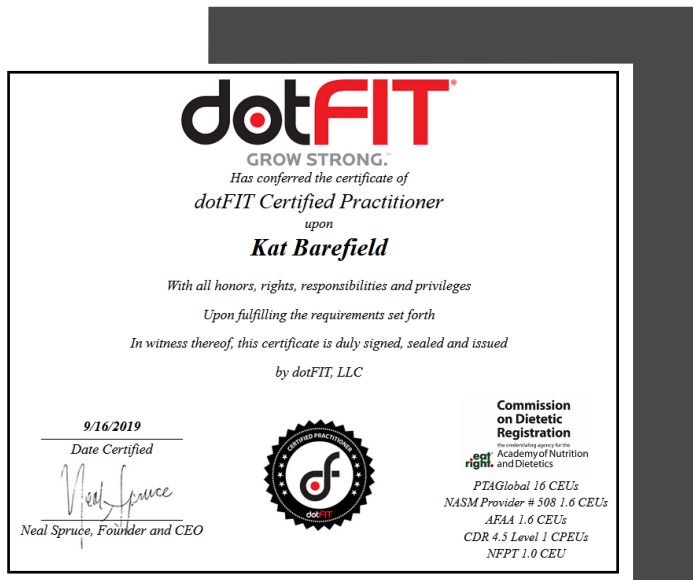
Program Demo





dotFIT Delivers Safe and Effective
Nutrition Solutions to Help You,
Your Clients and Your Family
Grow Strong, Play Longer and
Live Better





Nutrition Education for Sport-Fitness-Exercise Professionals



4 Year Degree Required

NASM Certified Nutrition Coach - Course Content

Section 1: Nutritional Science

- ◆ Chapter 1: Introduction
- ◆ Chapter 2: Scope of Practice
- ◆ Chapter 3: Evidence-Based Nutrition and Practice
- ◆ Chapter 4: Food Preference and Influences
- ◆ Chapter 5: Energy Balance and Metabolism
- ◆ Chapter 6: Protein
- ◆ Chapter 7: Carbohydrates
- ◆ Chapter 8: Fats
- ◆ Chapter 9: Alcohol
- ◆ Chapter 10: Micronutrients
- ◆ Chapter 11: Hydration
- ◆ Chapter 12: Nutrient Timing
- ◆ Chapter 13: Supplements

Section 2: Behavior Change Strategies

- ◆ Chapter 14: Psychology of Weight Control and Behavior Change
- ◆ Chapter 15: Coaching and Communication
- ◆ Chapter 16: Motivational Interviewing
- ◆ Chapter 17: Goal Setting

Section 3: Nutrition Coaching

- ◆ Chapter 18: Dietary Assessment and Body Composition Testing
- ◆ Chapter 19: Food and Supplement Labels and Portion Size
- ◆ Chapter 20: Helping Clients Navigate the Real World
- ◆ Chapter 21: Navigating Diets
- ◆ Chapter 22: Nutrition Hot Topics and Controversies
- ◆ Chapter 23: Managing Weight-Loss Plateaus and Maintaining Weight Loss
- ◆ Chapter 24: Programming – Putting it All Together

An amazing opportunity from NASM, the world's most respected name in fitness.

BECOME A CERTIFIED NUTRITION COACH

Sign Up Today and Save 40%

\$539* ~~\$899~~ (you save \$360!)

Use code dotFIT.



LEARN MORE

<https://www.nasm.org/continuing-education/cnc-dotfit>



Thank you

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