

## **Certified Weight Loss Counselor Course**



### **Course Details**

This course runs for 16 weeks online beginning Monday, February 15th. It contains 16 lessons on the web, webinar, and telephone. The web files are in PDF format and will be ready to be downloaded each week.

We will let you know when you can watch the webinars and will hold scheduled telephone support at your convenience. You will receive a certificate at the end of this course. There is homework with each session and there is a test at the end of the course. The homework and test will be graded as you turn them in. They will need to be mailed or e-mailed to us. This course is on your own time so you can complete the lessons at your own pace. If you are going on vacation, are ill, or don't have the time every week to read the lesson and complete the homework you will not be penalized. Because this course is online and is on your own time, you are responsible for turning in your homework when it is done. You will receive your certificate once all the homework has been turned in and once your final exam is graded and passed.

### **Course Cost**

This course costs \$300. The course can be paid in full up-front, in two payments, or monthly (whichever is easier for you). It can be paid by check, credit card, or bank wire.

### **Special Double Course Discount**

If you would like to take two courses at the same time, you can take them for a discount of \$100. Both courses you choose will cost \$500 instead of the regular price of \$600. Let us know if you want to take advantage of this special double course

discount when you register.

### **Questions & Registration**

We will need your name, company if you have one, mailing address, phone, fax, e-mail, and payment information to complete your registration process.

[Contact me if interested](#)

### **Course Definition**

Weight gain is a huge problem in the world. Weight gain is an increase in body weight. This can involve an increase in muscle mass, fat deposits, excess fluids such as water or other factors. Weight gain can be a symptom of a serious medical condition.

Certain food groups (like sugar, grains, dairy and legumes) could be having a negative impact on your health and fitness without you even realizing it. Are your energy levels inconsistent or non-existent? Do you have aches and pains that can't be explained by over-use or injury? Are you having a hard time losing weight no matter how hard you try? Do you have some sort of condition (like skin issues, digestive ailments, seasonal allergies or fertility issues) that medication hasn't helped? These symptoms may be directly related to the foods you eat - even the "healthy" stuff.

This class will help you learn for yourself and teach your clients how to lose weight and improve their body composition without counting or restricting calories. Also commonly reported are consistently high energy levels, improved athletic performance, better sleep, improved focus and mental clarity, and a sunnier disposition.

This class is intended for both people who want to lose and control their weight as well as those who want to learn how to teach clients how to lose and control their weight.

### **Course Schedule**

Session 1: Course Overview and Introduction to Weight Loss

Session 2: Setting Goals and Updating Your Kitchen

Session 3: The Importance of Water

Session 4: What About Detoxing To Lose Weight?

Session 5: Protein, Fats, Carbs, Fiber, Whole Grain

Session 6: Exercise, Exercise, Exercise

Session 7: What Type of Overeater Are You? Is Your Hunger Physical or Emotional?

Session 8: Is Counting Calories and Charting Really Necessary?

Session 9: How Stress Affects Your Ability to Lose Weight

Session 10: How Your Glandular System Affects You

Session 11: Outside Influences, Food Combining

Session 12: Shopping and Kitchen Essentials

Session 13: Breakfast, Lunch, and Dinner Ideas and Recipes

Session 14: How to Break Habits (licking spoons while making meals, etc)

Session 15: A Peak at 3 Programs: The Ideal Diet, Whole30 and Inform

Session 16: Herbs and Supplements to Help with Weight Loss, Weight Loss Sites, References

Final Exam, Certification, and Class Evaluation

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