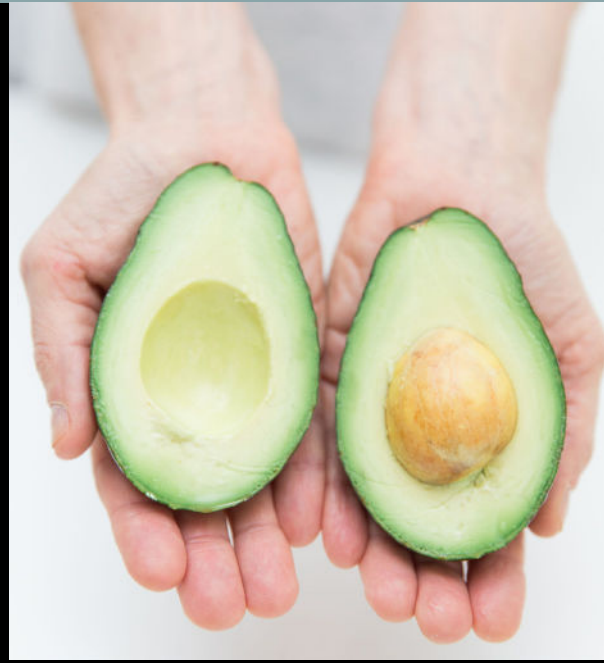


BECOME A NUTRITION COACH IN 6 MONTHS

the NUTRITIOUS LIFE *studio* 





WELCOME

We're so excited you're here! Get ready to discover a truly life-changing experience packaged into the most robust, one-of-a-kind, engaging and well-respected educational programs on the market today. We'd be honored to have you join the thousands of grads from dozens of countries around the world who have become Nutritious Life Certified and are paving the way for healthier, happier people all around the planet.

Our nutrition training curriculum will teach you everything you need to know about the science of nutrition, how to apply that knowledge to work with clients and change lives, and how to build the wellness business of your dreams.

- Learn 100% online from anywhere in the world!
- No prerequisites are required - just come with passion!
- Get everything you need to start coaching before you've even completed the program.

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WHAT IS A NUTRITION COACH?

A Nutrition Coach is someone who can truly help clients set - and reach - their health-related and nutrition goals. They understand the challenges each individual client faces with their health history and eating habits, and they create a plan to help them overcome their obstacles to make lasting changes in their diet.

In doing so, a nutrition coach empowers clients to make the best food and wellness decisions to live healthier, happier lives. Nutrition coaches, through their knowledge, mastery of human behavior, coaching skills, accountability, guidance, and encouragement are the agents of change the world needs to make the planet a better place.

Becoming a nutrition coach may start with learning science, but it ends with changing people's lives for the better.

NUTRITIOUS LIFE CERTIFIED NUTRITION COACHES HELP CLIENTS IN 8 PILLARS OF THEIR LIVES:

1

Eat Empowered:
Improved Food/
Diet Choices

2

Drink Up:
Hydration

3

Live Consciously:
Environmental
Awareness

4

Love More:
Healthier
Relationships

5

Nurture Yourself:
Prioritized Self Care

6

Sleep Deep:
Better Sleep

7

Stress Less:
Reduced Stress

8

Sweat Often:
Consistent Exercise



THE WORLD NEEDS NUTRITION COACHES!

People all across the globe are dieting more than ever, but they're also becoming sicker, sadder, and heavier in their weight and in their hearts more than ever before.

As waistlines are increasing, mental health is declining, relationships are suffering, and the health of your friends, family, neighbors, loved ones, and strangers is too often in crisis.

What the majority of people are doing isn't working, and they need help— a different kind of help than they've ever had before. It's simple: They need YOU. They need a better way of living, a healthier way of eating, a more sustainable way to reach their goals, and the encouragement, accountability, and knowledge so that they CAN turn their lives around, for good this time.

In our Nutritious Life Master Certification Program, you'll acquire the nutrition, science, coaching, and business skills you need to help others transform their lives and create lasting health habits to live their most Nutritious Lives—for the long term.

Becoming Nutritious Life Master Certified in our one-of-a-kind program is a once-in-a-lifetime opportunity to study under world-renowned dietitian, Keri Glassman, and other world-class experts. In just 6 short months you can not only change the trajectory of your own life and career, but also impact the lives of others around the globe, like never before.

Becoming a nutrition coach may start with learning science, but it ends with changing people's lives for the better.

THE 8 PILLARS OF A NUTRITIOUS LIFE

1

EAT EMPOWERED

The healthiest diet is an approach to eating that fuels your body and mind and fits into your lifestyle. Eating empowered means listening—*really* listening—to your body and focusing on the diverse, delicious, healthy foods you can have rather than what a hard-to-follow diet says you can't have. (Come on, who needs fried food when you can have rich, satisfying dark chocolate?) When you eat whole, nutrient-dense foods, you feel like the best version of yourself. You're inspired to exercise, you sleep soundly, and you're motivated to keep on eating well. Your food choices don't ruin your life, they make it way, way better—because you feel (and look!) amazing.

2

DRINK UP

Proper hydration—via water and healthy beverages like green tea and kombucha (not sugary bottled drinks disguised as health elixirs!)—aids digestion, boosts energy, and promotes great skin. Drinking H₂O also supports your healthy eating habits, since you don't metabolize food properly without it (seems important, right?). Trying to work out more? You won't have the stamina to recover from a tough spin class if you're dehydrated. Considering your body is made of mostly water, getting enough should be pretty high up on your list of priorities.

3

STRESS LESS

Stress is a wellness threat that wears many, many hats. It sabotages your healthy eating habits by contributing to inflammation, increasing appetite, and causing sugar cravings, and saps energy you could have used to build muscle at the gym. Plus, ever meet a super-stressed person who was maintaining strong relationships? Stress is a normal part of modern life, but *managing* it allows you to live that modern life while maintaining your physical, mental, and emotional health. In other words, you'll be a happier, healthier you. Isn't that a relaxing thought?

4

SLEEP DEEP

We get it: Life is crazy busy and unpredictable, and making time to get eight hours of sleep every night isn't easy. Even when you do make a point to get your head on to that pillow, it can be impossible to get your brain to give it a rest. But quality shut-eye is essential to living well. If you sleep more, you'll be able to make better food choices and avoid overeating. You'll have the energy you need to get to the gym and to hop into bed for reasons that are much more fun (wink wink). The research showing how sleep protects your brain also keeps getting stronger—and in which part of your lifestyle is a sharp mind *not* essential? We help you figure out how much sleep you need, why you need it, and how to get it, so you can focus on sticking to a bedtime.

5

LOVE MORE

A healthy sex life and relationships that make you feel happy and fulfilled? Yes, please! We know that sex is more than just a really fun way to spend a lazy afternoon. It reduces stress and boosts feel-good hormones that make other healthy habits—like deep sleep and smart food choices—fall into place. And expressing and spreading love in other ways, among friends, family, and acquaintances, can also contribute to a healthier, happier existence. We're all about helping you live a more heart-centered life (that just happens to include regular orgasms). Don't worry, you can thank us later.

6

LIVE CONSCIOUSLY

There are plenty of practical ways we can shape the spaces we inhabit to benefit our own physical and mental health and the health of the planet. It may be as simple as organizing your desk space for more mental clarity or practicing a daily two-minute meditation. Or maybe it means driving an extra few miles to buy your organic blueberries and greens from local farmers who use sustainable practices. We point out and support simple changes you can make to act mindfully in your day-to-day life (without requiring you to live like a monk, obviously). Because when you live with purpose, you treat yourself better. You'll sleep well at night, too, knowing you're sticking to your principles.

7

NURTURE YOURSELF

Self-care is not all about indulgence (although, for the record, we support plenty of that, too). A manicure, massage, or aromatherapy bubble bath can reset your mood and stress levels, motivating you to get to bed on time, to wake up to work out, or to choose the kale salad over the fries. We provide intel on how to take care of yourself so all of that happens. Think glow-inducing beauty products that also nourish your body (without chemicals) and therapies that align your mind and body like woah.

8

SWEAT OFTEN

If you think exercise is just about burning calories, you're missing more than a few pieces of the puzzle. Yes, sweat sessions *are* important if you want to stay slim and show off your guns, but working out also comes with whole-body benefits that are pretty unparalleled. Hopping on the treadmill on a regular basis protects against heart disease, which promotes longevity; swinging and hoisting kettlebells revs up your metabolism and strengthens your bones. Exercise is also a major brain booster, supporting cognition and memory and providing endorphins, AKA happy-making chemicals. We help you find workouts that fit into your busy schedule, make you feel amazing, and tire you out just enough for deep, blissful sleep.

THE NUTRITIOUS LIFE MANIFESTO

1. EVERYTHING STARTS WITH SCIENCE.

Understanding the elements of good physical, mental, and emotional health requires a solid foundation based on scientific research. Anecdotal evidence is helpful but not conclusive; scientific studies are imperfect but are our best resource.

2. TRADITIONS AND INDIVIDUAL EXPERIENCES ARE VALUABLE.

Science is where our understanding of health starts, but knowledge also exists outside the lab. Traditions are often brilliant, and the fact that something hasn't been studied yet doesn't mean it inherently lacks value. We hold up traditional and Eastern medicine strategies to scrutiny and in the best case, scientific inquiry. We appreciate and learn from anecdotal evidence while understanding it doesn't represent the big picture.

3. WELLNESS IS PERSONAL.

Whatever science or tradition says, if a strategy isn't right for your body and your lifestyle, it won't work. Every individual is unique, and there is endless variation in terms of what your most Nutritious Life looks like.

4. WELLNESS IS INTUITIVE.

We believe that our bodies and minds—these extraordinary wonders that pump blood, transmit nerve signals, and are hungry for nourishment—instinctively crave health and balance. Listening to your body is crucial to prevent emotional eating, achieve spiritual growth, and discover what works for unique, wonderful you.

5. THE NITTY GRITTY IS WHERE MAGIC HAPPENS.

We like to ask big, philosophical, and scientific questions about the best ways to lose weight and stress less, but it's the stuff of life—meetings, bills, phone calls, family drama, and annoying errands—that distracts, damages, and derails us from our true purpose. Dealing with those details is where the magic happens, and Nutritious Life helps you bridge that gap between information and action. In other words, the no-fail 10-minute salmon recipe is just as important as the white paper on omega-3s.

6. WE START WITH WHOLE, NUTRIENT-DENSE FOODS.

Good food is our starting point—always. That means filling our plates with nutrient-dense whole foods—vegetables (especially greens!), fruits, lean meats, nuts, seeds, and whole grains so that the stuff of nutrition labels, like macronutrients, vitamins, minerals, and antioxidants, fill our diets, naturally.

7. WE DRINK...WATER.

Soda, never. Wine, as a conscious indulgence. Water, all day every day (and of course tea and coffee!). It never gets old.

8. EXERCISE IS A CHOICE, NOT A CHORE.

The key to consistent exercise is finding a workout that makes you want to move—and there is something that does that for everyone. We think of sweat sessions as precious, exhilarating me-time, not as a chore. We leave the gym or finish a long run outside energized, happier, and stronger than before.

9. NURTURING YOURSELF IS NECESSARY, NOT INDULGENT.

We are super busy go-getters, but we know that taking time to care for ourselves—to sleep deep, stress less, and nurture yourself—is an important part of being an achiever and a giver. Non-stop pushing inevitably leads to burnout. The more balanced and centered we are, the better we can take care of those around us.

10. WE BELIEVE IN A THING CALLED LOVE.

Love trumps a lot of things in our book. Thinking thoughts of love and living your life from that perspective results in joyful relationships (with yourself and others)...and great sex, which is just as important to your overall health.

11. OUR IMPACT ON THE WORLD MATTERS.

Meditation is important because tapping into a place of calm and considering our place in the world reminds us that yes, we're small, but we're also bigger than just ourselves. Our actions day-to-day impact countless other people and the planet, so living consciously extends into the tiniest details—from keeping cleaning products clean to staying organized at the office so you're a less stressed boss and mom.

12. CONNECTION IS KEY.

The eight pillars of a Nutritious Life (and this manifesto!) don't exist in a vacuum. The power is in the fact that living the principles of each one affects all of the others. Eating nutrient-dense, whole foods gives you energy to approach exercise from a happy place. Killing it at the gym helps you sleep soundly. A good night's sleep means you wake up ready to love. The Nutritious Life philosophy doesn't exist in a straight line. It's a continuous circle—and YOU are a part of it.

MEET

KERI GLASSMAN

MS, RDN, CDN

Keri Glassman MS, RDN, CDN is known for her “whole-person” approach to health and wellness. This includes focusing on sleep, stress, love, environment and exercise in addition to food. Her effective methodologies have helped thousands of clients but she recognizes that her methods took time to develop. She knows that it is often a struggle for dietitians, nutritionists, and others working in health and fitness to find their footing in the field. As Keri says “There’s a really big gap between getting your degree in clinical nutrition and then being able to apply it and have a private practice and actually help people. I want to bridge the gap for RDs and also embrace other people out there who are not RDs and are already giving out nutrition information”, like health coaches, writers, personal trainers, nurses, career changers, and even parents. The Nutritious Life Studio is the perfect platform to help passionate individuals build successful careers based on up-to-date information.





WHO IS NLS FOR?

The Nutritious Life Studio is for anyone who has a passion for nutrition, health and wellness and wants to help others live a more nutritious life! We have students ranging from those interested in learning more about nutrition or perhaps contemplating a career in health to fitness professionals to chefs to experienced registered dietitians.

While a master's degree is great, we know that it's not realistic for everyone. We designed the program both for RDs who are looking for a specific business plan to follow, as well as others who are looking to learn pertinent nutrition, how to counsel clients, and how to launch a business. If you have less exposure to nutrition, then *The Nutritious Life Studio* is the perfect way to receive an education in nutrition and learn the practical side of how to help clients and build a business. For those already in the field, the program is a great way for you to offer more value to your clients, be recognized, grow your business and brand, and join a top-notch community who will support you throughout your entire journey.



THE CURRICULUM AT A GLANCE

The Nutritious Life Studio by Keri Glassman is an unprecedented online nutrition and business course. Its purpose is to provide nutrition education as a springboard for building a successful career as a nutritionist and/or for growing an existing career in the health and wellness industry. When you join *The Nutritious Life Studio* you will learn how to help clients, build your business, and gain recognition for your work.

In Level 1, you will receive extensive training on various aspects of nutrition science and counseling to be able improve the lives of clients by mastering the following topics: *Explanation of Nutritious Life; Nutrition 101; Cravings and Emotional Eating; Inflammation, Allergies, and Gut Health; What Makes Us Fat?; Detoxing and Cleansing; Supplements; Common Nutrition Myths; Vegetarian, Vegan, Raw, and Paleo Diets; Nutritious Life Counseling; The Nutritious Life Handbook; and Running a Successful Business.* Once you complete these 12 main lessons, you will be able to access the bonus lessons taught by some of the biggest names in the health and wellness industry. These lessons include Building a Killer Website for Your Business, Understanding GMOs, The Lymphatic System and its Role in Weight Loss, Growing Your Social Media Channels, and so much more!

As you continue through *Level 2*, you'll dive into the most advanced training we offer. Consisting of 20 Modules, and 101 Lessons, it is the most robust training in nutrition, counseling, and business - there is nothing else like it on the market today.

You will have access to the ultimate education, and you'll be Nutritious Life Master Certified upon completion of *The Nutritious Life Studio Become a Nutrition Coach Course.* You will deepen your knowledge become a master in the following topics: *Heart Disease; Obesity; Aging & Brain Health; Gut Health & Digestive Disorders; Thyroid & Hormones; Autoimmune Diseases; Mental Health; Women's Health; Men's Health; Athletes & Exercisers; Food & Environmental Issues; Advanced Counseling; Empowerment, Trust, and Success; Motivating and Communicating: Making Connections While Counseling; Setting Yourself Up For Success: Business Clarity; How to Build a Killer Website the Represents Your Brand; Creating Content that Converts; Marketing Funnels and Sales Strategy; Cracking the Social Media Code; Getting Down to Business and Creating Happy Customers.*

OUR FULL CURRICULUM



LEVEL 1

▶ *UNIT 1: The Certification*

Module 1: Science

LESSON 1: Explanation of a Nutritious Life

The Nutritious Life philosophy is a whole person approach to health and wellness. Clients must understand that it's not just about the food. In Lesson 1 we'll get up close and personal with the 8 Pillars of a Nutritious Life: Drink Up, Eat Empowered, Live Consciously, Love More, Nurture Yourself, Sleep Deep, Stress Less and Sweat Often. We'll go over what they are, what they mean, why they're important and how they all work together in a Nutritious Life. This lesson provides the foundation for the rest of this course. After completing this lesson you will feel confident about integrating these 8 Pillars into your wellness practice.

- 8 Pillars of a Nutritious Life

LESSON 2: Nutrition 101

In order to help clients make better food decisions, you need to know the basics of nutrition science. In Lesson 2 we'll review the fundamentals of carbohydrates, fats, and protein: the macronutrients. We'll go over the science and talk about what these macronutrients do in your body and why you need them. We'll also discuss the best food sources for each macronutrient and how much of each your clients should be eating. We'll then reveal the Guide to 4 Keys: How to put it all together. These are the big four things to focus on when structuring a client meal plan and the philosophy on which the entire meal plan will be based. Understanding the 4 Keys is essential to helping your clients succeed. You'll finish this lesson with a solid knowledge of nutrition science and feel ready to help your clients make better food choices.

- Unconventional Fats
- Carbohydrates
- Fats
- Guide to The 4 Keys
- Protein

LESSON 3: Cravings and Emotional Eating

You're sure to have clients who experience cravings and emotional eating, so it's super important to understand the science behind why they happen. In Lesson 3 we'll discuss the similarities and the differences between cravings and emotional eating and how to detect if your clients are experiencing either—or both. We'll take a look at how environmental factors, neurotransmitters and nutrient deficiencies affect our food decisions and discuss different strategies to use when working with clients who need to overcome their cravings or emotional eating habits. You'll come away from this lesson feeling prepared to work with these types of clients and ready to implement these strategies into your nutrition and wellness practice.

- Environmental Factors that Can Harm Eating
- Food & Impact on Neurotransmitters
- Nutrient Deficiencies & Cravings
- Triggers & Controls
- Rewrite Your Rituals
- Assessing Triggers & Controls

LESSON 4: Inflammation, Allergies, and Gut Health

Foods can affect different people in different ways. As a health professional, you need to recognize that every client will be different and have an understanding of the ways in which clients may react to certain foods. We'll start Lesson 4 by discussing inflammation: what it is, what it's caused by, and how you can help your clients reduce it. We'll also talk about allergies and the difference between true food allergies, food intolerances and food sensitivities. We'll then get into gut health and discuss the ways in which our guts can affect the rest of what goes on in our bodies. Finally, we'll go over how to help clients who experience negative symptoms after eating and talk about methods you can use to detect what food or foods are causing your clients distress. After completing this lesson you will be better prepared to help each individual client feel their very best after eating.

- Elimination Diet
- Allergies
- Inflammation
- Gut Health & Probiotics
- Inflammation Tool
- Foods that Contain Gluten

LESSON 5: What Makes Us Fat

Clients may think they're doing everything right with their diets, but could still be struggling to lose or maintain their weight. There are so many factors that affect why and how our weights may fluctuate and they don't all have to do with food. In Lesson 5 we'll talk about the importance of being aware and go over common slipups your clients may be making—not just with their diets. We'll reveal the top foods and ingredients that can contribute to making us fat and talk about how to decipher between nutritious foods and junk. We'll also discuss the other lifestyle factors that clients need to be focusing on, including hydration and sleep. After this lesson you will be armed with the tools you need to help your clients pinpoint lifestyle changes they may need to make in order to reach their wellness goals.

- Best Ways to Stay Hydrated
- Dangers of Diet Soda
- Guide to Artificial Sweeteners & Sugar Substitutes
- How to Read Food Labels
- Sleep & Weight Gain
- The Things That Make Us Fat

LESSON 6: Detoxing & Cleansing

Is there a time and a place to cleanse? There are so many different opinions about this topic and different versions of detoxes and cleanses your clients may ask you about. In Lesson 6 we'll answer all your questions about detoxes and cleanses and review the whats, whys, whens and hows of cleansing. We'll reveal the best cleansing foods your clients should be eating and talk about how to safely and effectively guide your clients through a cleanse. We'll provide a handout on organic foods and other labels—your comprehensive guide to food shopping—that will make it easy for your clients to navigate the grocery store.

- Cleansing Foods
- Organic Foods & Other Labels
- Healthy Real Food Cleanses

LESSON 7: Supplements

Real food first is the way to go, but supplements can play an important role in health and wellness. Your clients may already be taking certain supplements, may have questions about certain supplements, or may benefit from supplements that they have not yet considered, so it's uber important to understand this topic. In Lesson 7 you'll learn exactly which supplements may be beneficial for specific populations. We'll also talk about health claims, regulations and common mistakes people can make with supplements. After this lesson you will feel ready to answer your clients' supplement questions, know where to find reliable information, and be able to decipher from nutrition science and marketing schemes.

- Understanding Supplements: Part I
- Understanding Supplements: Part II
- Understanding Supplements: Part III

LESSON 8: Common Nutrition Myths

Even the most knowledgeable among us have been tripped up by a nutrition myth. Your clients are faced with tons of nutrition information every day—on the news, in social media, on TV—and it can be tough to weed through the health and the hype. In Lesson 8 we'll reveal the truth behind some common myths and discuss how to decipher between fact and fiction. We'll talk low carb diets, skipping breakfast, and other nutrition myths your clients are sure to have questions about. After finishing this lesson you will feel armed to answer questions about these myths, and better prepared to tackle new nutrition myths that may come your way.

- Breakfast
- The Science Behind Low Carb Diets: What Works & What Doesn't
- Sample Breakfasts

LESSON 9: Vegetarian, Vegan, Raw, and Paleo Diets

There are many diets that have clearly transitioned into lifestyles and your clients may be considering pursuing a new way of eating. In Lesson 9 we'll take a deeper look at vegetarian, vegan, raw and paleo diets and go over how to work with clients who are interested in these lifestyles. We'll talk about the pros and cons of each diet and how to make sure nutrient requirements are met when certain foods are restricted. We'll provide sample menus for each diet so you can see how to create a nutritious and balanced plan for each specific diet. After this lesson you'll be ready to work with clients who have already transitioned to or are thinking about one of these specific ways of eating.

- Principles of Sports Nutrition
- Intermittent Fasting
- The Ketogenic Diet
- Plant-Based Sources of Iron, Vitamin B12, Calcium & Omega-3 Fatty Acids
- Pros & Cons of Specialty Diets
- Sample Day Paleo Menu
- Sample Day Raw Menu
- Sample Day Vegan Menu
- Sample Day Vegetarian Menu

Module 2: Coaching

LESSON 10: The First Session

In Lesson 10 we'll really get down to business...nutrition business that is. We'll go over everything you'll need for your first client session, including appointment confirmation letters, client intake forms and food journal templates. We'll provide an easy-to-follow checklist so that you have everything you need for getting started. We'll reveal common consultation mistakes (so you don't make them!) and let you in on the Nutritious Life process for writing personalized meal plans for clients. We'll also provide the Nutritious Life Portion Guide so that your clients know exactly how much they should be eating and what brands we love. After completing this lesson you will be armed and ready to start booking and working with clients.

- Appointment Confirmation Letter
- Client Intake Form
- Common Mistakes
- Perfect Day & Sample Client Journals
- Referral Letter
- Sample Letter
- Sample Meal Plan
- Step-By-Step Checklist for Your First Session
- The Importance of Snacking & Snacking Right
- Portion Guide
- Client Intake Form Tool
- Meal Plan

LESSON 11: The Nutritious Life Handbook

Lesson 11 is all about communication. You'll learn how to decide what works for you. We'll reveal tips for emailing and provide samples so that you are confident in your communication abilities. We'll provide a comprehensive list of our favorite apps, websites and new technology for both you and your clients. We'll also give you plenty of tools including a follow up session form so that you can help keep your clients accountable to their goals. After finishing this lesson you will be ready to help your clients work towards and achieve their nutrition and wellness goals.

- Client Follow-Up Form
- Client Follow-Up Form Tool
- Food Journal
- Annual Nutrition Checkup
- Fiber
- I Rock
- Sample Emails
- Some Favorite Apps, Websites & Tools
- Sugar
- Fiber Tool
- I Rock Tool
- Sugar Tool

Module 3: Business

LESSON 12: Running a Successful Business

Manage your business, take it to the next level and build your brand! Yes, you CAN build the wellness brand of your dreams, but it won't happen overnight. In Lesson 12, you'll get the inside scoop on building and growing a nutrition and wellness business. You'll learn the steps you need to take to build your own brand—yes, we lay them out for you in steps 1 through 5, providing you with a roadmap to business success. We'll go over everything you need from brand names and websites, to social media and networking, to pricing and growing your client base. Once you complete this lesson you will be Nutritious Life Certified and be ready to conquer the nutrition and wellness space.

- Freelance Templates
- Sample Social Media Calendar
- Pricing Strategies for Clients
- Step 1 To Build Your Brand
- Step 2 To Build Your Brand
- Step 3 To Build Your Brand
- Step 4 To Build Your Brand
- Step 5 To Build Your Brand

▶ *Unit 2: Bonus Unit*

Module 1: Guest Experts

LESSON 1: Natalie Jill, Founder of Natalie Jill Fitness:

How to Build a Facebook Following of 1+ Million: Want to learn how to build an online empire? Natalie teaches our students how and spill the secrets to how she did it herself.

LESSON 2: Michele Promaulayko, Former Editor-in-Chief of Cosmopolitan and Womens Health Magazine:

How to Get Your Content Published: Learn how to get published and make a name for yourself at some of the top health and wellness media sources! Michele shares her advice exclusively with our students.

LESSON 3: McKel Hill, MS, RD, and Founder of Nutrition Stripped:

Strategies to Build Your Instagram Following: Learn how to build your Instagram following from a dietitian who built a huge following on the platform. McKel exclusively teaches our students how she did it and how they can do it, too.

LESSON 4: Ashley Koff, MS, RD, and Founder of Better Nutrition, Simplified:

Everything You Need to Know About GMOs: Not sure about GMOs? Ashley offers her expertise on one of the hottest (and most confusing!) nutrition topics – genetically modified organisms aka GMOs - exclusively to our students of The Nutritious Life Studio.

LESSON 5: Patricia Moreno, Creator of The intenSati Method:

The Secret Recipe to Ensuring Client Success: Help your clients change the way they look at food, exercise, and themselves. Patricia is all about helping people find Thinner Peace, and she's all about teaching our students her secret recipe (Diet + Exercise + THIS) to help her clients master their goals.

LESSON 6: Adam Bornstein, Founder of BornFitness:

How to Build a Successful Website: You CAN build an influential and successful site for your brand. Adam is a leading expert in the field and teaches our students about building successful websites and mistakes that could make or break them.

LESSON 7: Lauren Roxburgh, Author and Creator of Lo Rox Aligned Life:

The Scoop on Fascia and the Lymphatic System: Want to know more about body alignment, fascia and movement? Lauren has worked with some of the world's top athletes and celebrities and is the go-to writer and expert on all things fascia. She teaches our students everything they need to know about the fascia and lymphatic system, why it's as important as eating healthy and managing stress, and what to do everyday to care for it.

LESSON 8: Natalie Uhling, Creator of NUFit:

How to Build a Fitness Empire: Grow your wellness brand into an empire! Natalie shares her story and reveals how she built NUFit from the ground up, the challenges she's faced, the obstacles she's overcome, and the rewards and successes she's earned from her entrepreneurial endeavors.



UNIT 1

In the science portion of The Nutritious Life Master Certification Nutrition Coach training you'll learn about everything from mental health, hormones and heart disease, to obesity, autoimmune diseases, and gut health. The range of this unit is extensive and detailed, but is meant to help you become the best coach possible no matter what your client's situation. You never know what a client will come to you with and you want to have as much information as possible to help them. This unit is designed to give you the confidence and knowledge to speak on a vast array of topics such as cholesterol, aging, brain health, exercise and so much more.

Module 1: Heart Disease

We hear about heart disease almost everyday, whether it's new research being shared on the news, a commercial on TV, an ad on a billboard, clients that have it or may be at risk, or someone in our life who is dealing with it. We'll teach you the mechanisms and research behind heart disease that you should know in order to make evidence-based recommendations, how to interpret lab values and readings associated with heart disease, and nutrients and cardiac medications that play a big role in prevention, treatment, and management, which makes your knowledge of them crucial when dealing with this disease.

LESSON 1: The Number One Killer

One person dies every 37 seconds from heart disease in the U.S. It truly is the number one killer in the U.S., which is why you need to become more educated on this devastating disease. This lesson will provide all the information you need to approach disease prevention, management, and treatment with clients.

- Heart Disease Statistics
- Signs & Symptoms of Heart Disease
- Cardioprotective Diet
- Cardioprotective Lifestyle

LESSON 2: BP/HR: What You Need to Know

Heart rate and blood pressure are key components of cardiovascular health that you need to understand how to address with clients. In this lesson, you'll learn how to interpret your clients' blood pressure readings and the top six most important factors to address with those at high risk for heart disease.

- Blood Pressure & Hypertension
- Behavior Change Strategies for BP Control

LESSON 3: Balancing Sodium & Potassium

In this lesson, you'll learn about the roles sodium and potassium play in heart disease, recommended intake limits and goals, specific food packaging terms, and drug-nutrient interactions. You'll also learn how the balance of these minerals can help you manage your clients' blood pressure and heart health.

- Sodium Recommendations for Heart Health
- Sources of Sodium in the Diet
- Potassium Recommendations for Heart Health
- Sources of Potassium in the Diet

LESSON 4: Cholesterol Medications

In this lesson, we'll give you simple and easy-to-grasp explanations of the most common cardiac medications. We'll cover the organs these medications act on, common brand names, and how these medications work to lower triglyceride and cholesterol levels, so you can help clients make smarter heart health decisions.

- Cardiac Medication Prescription List
- Diet & Lifestyle Recommendations for Cardiac Care

Module 2: Obesity

When it comes to obesity, there is so much information to cover, from statistics and research, to genetics, metabolism, weight loss, disease and medications - and the list goes on. We'll cover all of these topics and more, and teach you how to appropriately counsel obese clients and those who may be considering weight loss surgeries. We'll also teach you how obesity relates to other aspects of our health, including sleep and food security. There are many approaches to weight loss counseling, and we are constantly learning more about this epidemic. By educating yourself on this topic, you'll improve the lives and health of your clients and work towards changing the statistics.

LESSON 1: Obesity in America

In this lesson, we'll share the latest evidence-based research from the Center for Disease Control (CDC), the American Medical Association (AMA), and the World Health Organization (WHO) so you have a deeper understanding of obesity in America, and the many factors which contribute to this epidemic.

- Obesity Statistics Cheat Sheet

LESSON 2: Research & Genetics in Obesity

In this lesson, you'll learn the best approaches to empower your clients and others to take control of their obesity. You'll learn about the role of genetics in obesity, details about genetic testing, and additional factors that play an important role in obesity, such as environment, behaviors, and more.

- Obesity & Genetics Research

LESSON 3: How Metabolism Factors into Obesity

This lesson will answer some of the most common questions clients have about metabolism, starting with, "What exactly is metabolism?" And, "What are the main differences in metabolism between people of different genders and ages?" And, "How does our metabolism change as we age?" You'll learn all this, and more.

- Ways to Maximize Metabolism
- Exercise Benefits
- Exercise & Calorie Burn
- Metabolic Syndrome

LESSON 4: Diseases & Medical Issues in the Obese

This lesson will teach you how obesity is connected to various diseases, and help you to create appropriate goals and strategies for achieving weight loss with your clients who are seeking this guidance. This knowledge will empower you and your clients to be successful when approaching the goals you have set.

- Diseases Related to Obesity

LESSON 5: Obesity & Weight Loss

In this lesson, you'll hear an inspiring story about weight loss that will demonstrate just how rewarding this process can be for you AND your client. We'll dive into the science of it all, and you'll learn how to be a cheerleader for your client, speak to their goals, and help them make healthier life choices.

- Behavior Therapy Strategies in Weight Loss

LESSON 6: Obesogens

This lesson will teach you about new and emerging research about obesogens, what they are, and why you and your clients should care. Having a deeper understanding of obesogens will allow you to help clients identify obesogens in their daily life, allowing them to set goals towards further improving their health.

- Obesogens: What They Are & Where to Find Them

LESSON 7: Poverty & Food Deserts

This lesson will take you through a deep dive into the current statistics around food deserts, and more importantly - will teach you ways to make a real impact. By gaining more knowledge about the issue, and learning the skills required to help those affected, YOU can help people live more Nutritious Lives.

- Poverty & Food Deserts Statistics Cheat Sheet
- Poverty & Food Deserts: How You Can Help

LESSON 8: Sleep Disturbances

Did you know there is a connection between your health, weight, and sleep patterns? Not getting enough good quality sleep can pose a serious risk to your health. This lesson will teach you ways to combat that risk with better sleep habits, and how to help clients with sleep and weight concerns.

- Obesity Related Sleep Disorders
- Top Sleep Hygiene Recommendations

LESSON 9: The Basics of Obesity Counseling

This lesson will teach you how to successfully apply all 8 pillars of a #NutritiousLife in your recommendations to clients, helping you to increase your clients' motivation and overall quality of life.

- Obesity Counseling Guide

LESSON 10: Weight Loss Procedures

This lesson will provide you with a deep understanding of the various types of weight loss procedure. This topic is important to learn about so you can decide whether or not to incorporate this into your practice, and so you're prepared to answer any questions if a client is considering one of these surgeries.

- Weight Loss Procedures Cheat Sheet

Module 3: Aging & Brain Health

As we age, we often fear someone we love or ourselves developing dementia, and our clients have the same fear and chance of developing it. The best thing we can do is be educated about what it is and the best approaches for prevention, treatment, and management. While dementia is an umbrella term, we'll teach you specifically about the research on cognitive decline and Alzheimer's disease, the roles nutrition has in brain health and mood, and physiological changes that occur in men and women as we age. You'll learn how to improve your clients' emotional health and brain health, while increasing their quality of life and making them feel more at ease in the face of the inevitable life process that is aging.

LESSON 1: Cognitive Decline

This lesson will help you understand the process of cognitive decline and current research on when and why we start experiencing this loss of acuity in our lives. You'll learn approaches to slow and manage this often frustrating and confusing change.

- The Pillars of a Nutritious Life for Brain Health

LESSON 2: Nutrition & Cognition

This lesson dives into the latest research surrounding *nutrition* and *cognition*. You'll learn the benefits of consuming certain nutrients to improve brain health, as well as specific diets, meal patterns, and supplements that can be incorporated into your lifestyle to prevent cognitive decline.

- Nutrients & Food to Improve Cognition
- Sample Meal Plan for Cognition Support

LESSON 3: Physiological Changes with Aging

This lesson explores the various changes our bodies go through while we age, and how to manage these changes to minimize the risk for developing diseases and other preventable conditions. After this lesson, you'll have the knowledge required to help clients get ahead of any potential issues.

- Calcium & Vitamin D Recommendations for Bone Health
- Sources of Calcium in the Diet
- Sources of Vitamin D in the Diet
- Physiological Changes with Age Cheat Sheet
- Best Foods for Healthy Skin

LESSON 4: Alzheimer's

As prevalent as Alzheimer's disease is, many of us don't fully understand the various symptoms and stages one experiences when they have this form of dementia. Did you know Alzheimer's is categorized as a form of dementia, and is the most common form of dementia we see? This lesson dives deeper into the details of how to recognize Alzheimer's and how it can be managed, and will help you answer those tough questions to empower your client who is struggling with memory loss.

- Alzheimer's Disease: Symptoms & Changes in Daily Life
- The Mediterranean Diet
- MIND Diet: 10 Foods to Help Prevent & Manage Alzheimer's

LESSON 5: The Female Aging Lifecycle

This lesson covers everything related to the female aging lifecycle, from hormones, to hot flashes, to diet and exercise, and more. Discover how to help your clients manage the many symptoms of menopause and increase their quality of life as they age.

- Female Life Cycle & Blood Estrogen Concentration

LESSON 6: The Male Aging Lifecycle

In this lesson, you'll learn how to incorporate all 8 Pillars of a Nutritious Life - including sleep, diet, and exercise - into your male clients' plans to combat those difficult changes they often see later in life.

- Andropause Cheat Sheet

LESSON 7: Food & Mood

Most of us have experienced emotional food triggers at one time or another, and this includes your clients. In this lesson we'll explore the connection between food and mood, cover all the latest research, and help you improve your clients' brain health and emotional health as a result.

- Nutrients Linked to Food & Mood

Module 4: Gut Health & Digestive Disorders

Gut health is a dynamic and flourishing area of health that we are learning more and more about everyday! We'll go over what the research says, and teach you about the enzymes and diseases that are related to gut health, how to identify and categorize your clients' digestive disorder symptoms, and how to help your clients feel their best through diet modifications that will build up their immune system and improve their gut health.

LESSON 1: Digestive Enzymes

This lesson covers the signs and symptoms to be aware of which may indicate your client lacks or isn't may producing enough of certain digestive enzymes. You'll also learn about the roles and names of these digestive enzymes, and about diet modifications to make with clients experiencing digestive symptoms.

- The Role of Fiber
- Tips to Increase Fiber Intake
- Digestive Enzymes 101
- Elimination Diet

LESSON 2: Microbiome

In this lesson, you'll discover the layers to this topic, including bacteria, diet, disease, disorders, and research. We'll share innovative approaches to use with your clients for a healthy, flourishing microbiome.

- Microbiome Research

LESSON 3: The Gut & Brain Connection

This lesson covers the vast world of gut health and the powerful connection between your gut and your brain. We'll also cover some #StressLess strategies and dietary changes you can share with your clients to empower them to take control of their mental health and gut health.

- Bacteria Strains
- The Vagus Nerve

LESSON 4: The Immune System

This lesson will help you understand the connection between the gut and our immune systems. We'll teach you how to help your client build up their immune system with good gut bacteria, diet modifications, and more, so they can feel like their best and most capable selves.

- Foods that Support the Immune System

LESSON 5: Diverticulitis

There are two types of diverticular disease: diverticulitis and diverticulosis. While they may sound the same, they are very different in terms of symptoms and potential complications. This lesson covers dietary and lifestyle recommendations to consider during treatment and management of this disease.

- Risk Factors for Diverticulitis

LESSON 6: Leaky Gut

After this lesson, you'll be able to give a quick description of the pathophysiology and common symptoms that the research has revealed so far about leaky gut. You'll also learn the relation between leaky gut and other diseases, along with dietary recommendations to make for clients experiencing this condition.

- Food Plan for Leaky Gut

LESSON 7: IBS & Stress

Irritable Bowel Syndrome, or IBS, is a functional gastrointestinal disorder that is quite common, but can be challenging to work with due to how individualized symptoms can be among clients. After this lesson, you'll know how to help those clients who can't seem to find any relief.

- IBS Food Triggers
- The Low FODMAP Diet

LESSON 8: Crohn's Disease

This lesson will dive into the complex yet interesting and developing world of research surrounding Crohn's disease. You'll learn how you can help your clients suffering from Crohn's Disease through diet changes, supplements, and other tools.

- Crohn's Disease: Risk & Interventions

Module 5: Thyroid & Hormones

Stress. Fatigue. Exhaustion. Weight gain. Weight loss. These are just some of the symptoms you may be hearing from your clients or experiencing yourself, but did you know they may be related to thyroid issues and hormone imbalances? We'll explain what the thyroid is, the hormones it produces and how to interpret their levels, and the most common thyroid diseases. You'll learn how to help your clients who suffer from this manage their symptoms and get back to living their daily life with the assurance that you can and will support them.

LESSON 1: The Prevalence of Thyroid Issues

In this lesson, we'll teach you about the thyroid, and how this gland in your neck can impact a variety of the body's daily functions, such as weight regulation, metabolism, and hormone secretion. After this lesson, you'll have a better understanding of how shifts in thyroid hormones impact daily life.

- Thyroid Diseases & Statistics Cheat Sheet

LESSON 2: TSH, T3 & T4

In this lesson, you'll learn how to interpret TSH, T3, and T4 lab values, and understand what high and low levels of these hormones mean for your client. After this lesson, you'll be ready to help clients improve their thyroid health through diet and lifestyle changes, ensuring they get the best care possible.

- TSH, T3 & T4
- Goitrogens
- Foods to Improve Thyroid Function

LESSON 3: Hyperthyroid & Hypothyroid

This lesson will explain best approaches to management for your client who may have hyper- or hypothyroidism. We'll teach you specific signs and symptoms that may indicate your client has a thyroid disease, and best approaches to management for your client who may have hyper- or hypothyroidism.

- Hypothyroidism & Hyperthyroidism: Symptoms & Interventions

LESSON 4: Cholesterol & Thyroid Connection

In this lesson you'll discover how thyroid hormone levels and serum cholesterol levels are related, and learn when to refer out to a client's medical care provider and/or other professionals, so you can get down to the root causes of concerning lab values.

- Thyroid & Cholesterol: LDL, HDL & Triglycerides

LESSON 5: Adrenal Fatigue & Chronic Fatigue Syndrome

In this lesson, we'll teach you about Chronic Fatigue Syndrome and Adrenal Fatigue, and treatments and interventions to use with your clients who may suffer from them. We'll also discuss how you may play an important role in helping clients manage their symptoms associated with these conditions.

- Stress & Fatigue
- Adrenal Fatigue

LESSON 6: Hashimoto Disease

In this lesson, you'll discover the most common cause of hypothyroidism in the United States, Hashimoto Disease. We'll cover the basics of this autoimmune disease, along with management and treatment approaches to help clients identify symptoms and provide guidance on how to continue to live a normal life.

- Hashimoto's Disease: Symptoms & Interventions

Module 6: Autoimmune Diseases

Autoimmune diseases can seem like a large and confusing subject to tackle, but this module will help you sort through the most common types of autoimmune diseases to understand how symptoms differ and how to best support your client when they are faced with this disease. You'll learn the nutrients and food groups to focus on and become familiar with the medications often prescribed for disease management with this population. Showing your client that you are able to sort through the confusion they face and help them nail down behavioral changes to support them in this disease will provide relief and make them even more confident in your care.

LESSON 1: Autoimmune 101

This lesson will cover the most common types of autoimmune diseases and symptoms you may see among your clients. We'll show you how you can help your clients through symptom management and behavioral changes, and by providing the support your clients may need as they face these often confusing diseases.

- Basics of Autoimmune Disease
- Pro-Inflammatory & Anti-Inflammatory Foods
- Full list of Autoimmune Diseases
- Autoimmune Symptoms
- Doctors Who Treat Autoimmune Diseases

LESSON 2: The Role of Nutrition in Autoimmune Diseases

This lesson will cover recommended food groups and nutrients to focus on with clients suffering from an autoimmune disease. It will also get deep into the science behind why these are recommended, what foods the recommended nutrients are found in, and provide a concrete explanation of the role of nutrition in autoimmune disease.

- Autoimmune Disease Food Swaps
- Foods & Autoimmunity
- Artificial Colors, Preservatives, & Sweeteners

LESSON 3: Medications for Autoimmune Diseases

This lesson will provide you with the basics about autoimmune medications. Through efficient research and gaining an understanding of the medications your client with autoimmune disease is taking, you can show your client that you are well-educated, reliable, and supportive of their disease management.

- Common Drugs for Autoimmune Diseases

Module 7: Mental Health

Mental health is a very important part of overall wellness, and you should be using appropriate strategies to discuss this topic with your client who is struggling and aide in their journey. Whether they are a disordered eater, an emotional eater, are depressed, have anxiety, or experiencing a combination of things that are not serving their mental health well, you are there to support them. We'll teach you who to refer out to and why you should refer out when you are not within your scope of practice, in order to provide the best care for your clients who are going through this struggle.

LESSON 1: Disordered Eating

In this lesson, we'll define the most common eating disorders, cover symptoms to be aware of, and teach you how to appropriately approach your client if you suspect an eating disorder. We'll also cover best practices for referring out to other healthcare professionals when necessary.

- Common Symptoms in Eating Disorders

LESSON 2: Emotional Eating

In this lesson, we'll teach you how to recognize an emotional eater, the benefits of teaching your clients how to use the Hunger Quotient (HQ) and to eat intuitively, and how to utilize tools like food journals and meditation in your practice.

- Food Journal Examples
- Trigger & Controls

LESSON 3: Anxiety & Depression, Nutrition & Weight

This lesson will help you discover how to support your clients who experience anxiety and/or depression. We'll discuss anxiety disorder statistics in the U.S., how mental health providers may diagnose and treat this disorder, and how important nutrition is when treating and counseling clients with mental illness.

- Nutrition Planning For Psychotropic Medication Side Effects

LESSON 4: Psychological Factors in Weight Loss

This lesson will teach you how consistency and patience are crucial when approaching weight loss with your clients. We'll cover examples of clients who have tried and "failed" various diets, and why, and why ditching the word "willpower" when talking about weight management and mental health is critical.

- Why Diets Fail & Successful Psychological Tools for Weight Loss

LESSON 5: Nutritionist vs. Therapist

This lesson will explain how to stay within your scope of practice when counseling your patients and clients, and why it is so important to do so. Whether you're a coach, a trainer, or a registered dietitian - it's important to stay within your boundaries and know who to refer out to and when.

- Scope of Practice

Module 8: Women's Health

The world of women's health is a truly fascinating (but often complicated) world. There's fertility, hormones, PCOS, menopause, menstruation, and more. We'll cover all of these topics in this module, and teach you about the changes your clients will face throughout the life cycle that they'll be coming to you with questions about. This module will prepare you to empower your female clients through diet and behavioral changes that will keep them strong and healthy!

LESSON 1: Estrogen/Progesterone/Testosterone

In this lesson, we'll teach you about the major women's sex hormones to discuss with female clients. These hormones are important at every stage of the life cycle. After this lesson, you'll have a foundational understanding and be ready to support your clients in whatever these hormones throw their way.

- Female Hormones

LESSON 2: Weight & Menstruation

This lesson prepares you to discuss weight and menstruation with your female clients. You'll learn about everything from the basic definitions of menstrual disorders, to the roles weight and hormones play in female menstrual health, all the way down to the cellular level.

- Symptoms & Conditions with Amenorrhea

LESSON 3: PCOS

In this lesson, we'll cover the symptoms your client may present if they have PCOS. We'll also cover factors that may worsen PCOS, as well as other diseases linked to PCOS, such as insulin resistance and endometrial cancer.

- PCOS Important Facts
- Sample Meal Plans for PCOS

LESSON 4: Female Fertility

It's crucial to have recommendations for those clients who are either struggling to get pregnant, stay pregnant, or just want to know more. This lesson will ensure you have the right evidence-based answers about diet and lifestyle to help your client maximize their fertility through their diet choices.

- Fertility Food Recommendations
- Pre & Post Natal Nutrition
- Sample Meal Plan for Fertility

LESSON 5: Menopause

In this lesson, we'll explore the various factors that play into the severity and frequency of menopause symptoms, and how to help your female clients make diet and lifestyle adjustments. You'll walk away with a toolkit full of evidence-based techniques to help you alleviate symptoms for your female clients.

- Managing Symptoms of Menopause

LESSON 6: Bone Health

In this lesson, we'll cover the vitamins and minerals that are important for bone health, the best food sources of these nutrients, and why "weight-bearing" exercise is recommended as we age. Learn how to counsel your clients and help them build stronger bones!

- Benefiting Bone Health

Module 9: Men's Health

This module will take you through a topic that doesn't seem to get discussed as much as its female counterpart does. Men's health is just as important as women's health, and this module will encourage you to get the conversation going and improve the lives of your male clients. We'll cover hormones, steroids, fertility, and that stubborn belly fat your clients probably ask you about. As someone who sees clients, you are in the position to help them talk about the hard and confusing things that happen with their bodies and health, and this module will make that easier for both sides.

LESSON 1: Testosterone

This lesson will cover everything from testosterone boosters and steroids, to the phenomenon that men usually lose weight faster than women. We'll also dive into the pillars of a #NutritiousLife and explain how you can work with your clients to naturally boost their testosterone levels.

- Hormones in Males

LESSON 2: Weight Management

We'll share the research that shows men are just as interested in their health and appearance as women, but that they also shy away from getting into deep discussions about this topic. And, we'll teach you how to help these clients along in their weight loss journey.

- How to Best Approach Male Weight Loss

LESSON 3: Belly Fat

In this lesson, we'll dive into the science, major health risks, and hormones that you should be aware of before diving into the topic of belly fat with your clients. You'll learn how to help your male clients make diet and lifestyle changes and say goodbye to that stubborn belly fat.

- Common Diseases Among Men in the US

LESSON 4: Male Fertility

In this lesson, we'll teach you about diet and lifestyle changes your male clients can make to improve their fertility, so you can properly respond when they have questions. We'll also talk about the importance of encouraging men to discuss this topic with their medical provider, if you aren't the person for the job.

- Male Fertility Cheat Sheet

Module 10: Athletes & Exercisers

This module is all about sports nutrition and performance. Whether your clients are rockstar athletes, take a yoga class here and there, or have just shown interest in joining a gym to work on their physical health, we'll teach you about exercise at the cellular level, considerations for nutrition before and after working out, how to help your client recover from an injury, how to work with active clients who focus on certain eating patterns or exercise types, and even the effect that alcohol can have on their performance. After watching the lessons in this module, you'll be able to answer the sports nutrition questions your clients have while individualizing your recommendations based on level and type of exercise, and keeping your clients' interests and goals a priority.

LESSON 1: Definitions: Athlete vs. Exerciser

Do you know the difference between an athlete and an exerciser? This lesson explains the differences between these two types of clients, and outlines how you can personalize nutrition recommendations based on their individual needs.

- Athlete Fuel Recommendations

LESSON 2: Glycogen

This lesson is all about glycogen- the storage form of energy that your client uses throughout their day, not just while exercising! We'll cover how to help your clients optimize these stores, and recommendations you can give to ensure your clients are properly fueled.

- Carb Loading

LESSON 3: Muscle vs Fat During Weight Loss

This lesson will provide you with helpful tidbits to use with clients when they come to you with questions about weight loss and metabolism. We'll provide answers to the most commonly asked questions when it comes to losing weight, getting leaner, building muscle, and metabolism.

LESSON 4: Aerobic & Anaerobic

In this lesson, you'll discover how to help your clients #SweatOften with exercise that they enjoy, and why aerobic and anaerobic exercise are each effective and beneficial in their overall wellness plan.

LESSON 5: Nutrition During Training

In this lesson, we'll teach you nutrient recommendations, meal timing, and snack and meal ideas for your client, whether they are a casual exerciser or a competitive athlete. After this lesson, you'll be able to properly give recommendations about fueling their bodies during training to maximize performance.

- Sample Meal Plans for Eating During Training

LESSON 6: Nutrition Post Training

After this lesson, you will be prepared to recommend examples of snacks that provide protein and carbohydrates to refuel your client, and we'll outline the research and specific meals that have been found to help with inflammation and muscle recovery post-exercise.

- Examples of Post Workout Fuel

LESSON 7: Electrolytes

In this lesson, we'll explore types of electrolytes, food and beverages that provide these electrolytes, and symptoms that may indicate an electrolyte imbalance. You'll learn how to personalize electrolyte recommendations based on physical activity and more to prevent electrolyte imbalances and associated symptoms.

- Electrolyte Basics

LESSON 8: Injury & Recovery

When one of your clients who is an athlete or regular exerciser gets injured, it can be a very stressful and emotionally draining time for them. This lesson will teach you what to recommend to help fight the inflammation and help your client heal, so they can get back on their feet and into their groove.

LESSON 9: Caloric & Macros Considerations

This lesson will teach you how to properly count macros for interested clients, including percentages and math equations to make it easier for them. We'll help you understand our perspective about counting calories, and focus on healthful, effective, individualized planning to boost their performance.

- Macro Basics

LESSON 10: Carb Cycling

This lesson will teach you how to properly count macros for interested clients, including percentages and math. In this lesson, we'll cover what it means to "carb cycle" and the perceived benefits clients can get from this practice. Even though science isn't conclusive on this topic, you need to show your clients the array of knowledge you have and be prepared to introduce them to carb cycling if they express interest.

- Carb Cycling Basics

LESSON 11: HIIT

For clients looking for exercise to help with weight loss, muscle strengthening, and overall increased fitness, high-intensity interval training (HIIT) is a great type of exercise to explore. This lesson explains HIIT and how to make proper nutrition recommendations for fueling up before and after.

LESSON 12: Plant Based Athletes

This lesson will help you get familiarized with the term “plant-based”, and how to approach the athletic client that expresses interest in this lifestyle. We’ll also address the differences between being plant-based, vegetarian, or vegan, so you can successfully build recommendations for plant-based eaters.

LESSON 13: Alcohol’s Effect on Muscle Loss

This lesson explores how excessive alcohol intake or alcohol intake post-exercise may be harmful to the muscle growth goals of your serious exerciser clients. We’ll teach you how to address the side effects that may occur due to alcohol intake with your athletic clients.

- Hangover Tips
- Tips to Reduce Alcohol Intake

Module 11: Food & Environmental Issues

As a whole, humanity seems to be becoming more health conscious, especially in how what we eat and do affects our environment. This module will teach you the definitions you need to learn to have a basic understanding of the environmental concerns your clients may bring up, but will dive deep into the science and research behind these topics as well. These include the popular comparisons of organic vs. GMO and local vs. in-season. We’ll provide top tips to help you and your clients shift the statistics in food waste and global hunger, and become more environmentally aware.

LESSON 1: Carbon Footprint

This lesson will help you understand what your carbon footprint measures, and why you should be making changes to minimize it. Having this understanding will help promote a more healthful environment for your client and will make you both aware of steps you can take to live more consciously.

- Resources to Help Reduce Carbon Footprint
- Ways to Reduce Carbon Footprint
- The Meat Industry
- Toxins & Pollution
- Water

LESSON 2: Organic

This lesson will dive into the science and research behind organic produce, the relationship organic produce has with environmental and personal health, and will be your go-to lesson with handouts and tools to use when your clients ask about organic foods.

- EWG Dirty Dozen & Clean Fifteen
- GRAS
- Organic Review
- Soil Considerations

LESSON 3: GMOs

After this lesson, you will be able to explain to your client what GMO means in basic genetic terms, identify current ways we are using GMOs to make advances in biotech, and make recommendations to meet your client where they are - whether they avoid GMOs completely or don't have a clue what GMO means.

- Basics of GMOs

LESSON 4: Local & In Season

It's no secret that we want our clients to incorporate more fruits and vegetables into their diet. This lesson will help you lower your clients' grocery store bills, increase the quality of produce they're consuming, and most importantly - improve their health!

- Freezing Foods
- Hybrids & Heirlooms

LESSON 5: Food Waste

It's our job to be more aware of the amount of food we waste. This lesson will make you think about this and provide you with tips to share with clients to reduce food waste to empower them to shift these statistics and become change agents for economic losses, climate change, and global hunger.

- Ugly Produce

LESSON 6: Arsenic

In this lesson, we'll cover how arsenic even gets into our food supply, if we need to be concerned about it, and how to address this sensitive and sometimes confusing topic with your clients to keep them at ease.

LESSON 7: Mercury

Mercury is an element we should be particularly concerned with for clients who are seafood fanatics or trying to get pregnant. In this lesson, we'll teach you how to choose and recommend seafood options to lower mercury intake, and reduce overall exposure to mercury to decrease risk and improve safety.

- Mercury Cheat Sheet



UNIT 2

Learning how to counsel is one of the most important parts of becoming a coach. How you navigate and work through certain scenarios, and think on your feet with a client is crucial, and I want to make sure you have the best tools available, no matter the situation you find yourself in. In the counseling series in this course, you'll learn all about behavior and how you can move clients past their fears. I'll also teach you about how to set up group coaching programs so you can reach more clients and how to craft a lesson plan for your audience.

Module 12: Counseling

Change and new environments are hard for you and your clients. This module will teach you how to identify your clients' readiness to make changes and meet them where they are at, recognize their resistance, and be supportive throughout their journey in making sustainable lifestyle and diet modifications. If you are interested in learning more about how to approach or begin group counseling, or want to build up your skill set when working with larger groups of people, this module will equip you with a step by step outline that will help you learn what your clients' interests are and effectively develop an education and counseling plan that will position you as the expert.

LESSON 1: Stages of Behavioral Change

In this lesson, we'll teach you about the Transtheoretical Model of Change, so that you are fully equipped with the theory research from social scientists and able to identify the stage of change your client is in by what they are telling you.

- Stages of Change
- Stages of Change Tool

LESSON 2: Resistance to Change

This lesson covers all types of behavior change you may encounter with clients, whether they're set in their ways or are just uncertain of how to move forward. After this lesson, you'll have knowledge of successful strategies in behavior change and be ready to help your clients get past their resistance or fears.

- Common Roadblocks

LESSON 3: How to Craft a Group Lesson Plan

This lesson covers all the details you need to know when crafting a group lesson plan, from identifying your clients' needs, interviewing and observing the client in their environment, developing an educational program, and setting broad goals and specific objectives.

- How To Write A Group Lesson Plan

LESSON 4: Counseling a Group

In this lesson, we'll teach you how to be the best group facilitator and leader you can be, through active listening, flexibility, humor, and other techniques. You'll be more confident in group counseling sessions and your group will look forward to your leadership and respect your knowledge and expertise.

- How to be a Good Group Leader & How to Manage Good Flow
- Handling Difficult Group Participants

Module 13: Empowerment, Trust, and Success

Do you find your clients referring to their willingness and readiness to change in terms of their willpower? This module teaches you how to shift their thoughts and focus on empowerment instead, while teaching you how your interactions with them are just as important as what they are sharing with you. You'll learn how to reframe their mindsets on change so that they are more successful, positive, and mindful, and you'll also understand how to be more mindful in your relationship with your clients as well.

LESSON 1: Willpower and Empowered Eating

This lesson dives into research and statistics behind willpower to help you understand why reframing it as empowered eating can resonate better with your clients and help you to help them. You'll discover the power behind empowered eating and help clients reframe their mindset to feel good about where they're at.

- Reframing Willpower into Empowered Eating

LESSON 2: The Basics of Self-Disclosure

Discover how self-disclosure can be both positive and negative, and learn how to effectively use it to reach your client and build their trust. In this lesson, we'll teach you how to be professional with your self-disclosure in a way that brings the most benefits to you and your clients' relationships and progress.

- Tips for Effective Self-Disclosure

Module 14: Motivating and Communicating: Making Connections While Counseling

When working with clients, your ultimate goal is to create long-lasting behavior changes so that they feel comfortable and confident in their ability to grow, and your ability to coach. In this module, you'll learn how to expand your interpersonal skills and discover how our brains' structure plays a role in becoming a better coach, and ultimately creating those lifelong changes.

LESSON 1: How to Be a Better Coach

In this lesson, we'll explain how individual beliefs and the 3 basic human needs - love, safety, and belonging - influence clients when making behavioral decisions. We'll also provide you with a detailed client scenario to help you visualize this with your own clients.

LESSON 2: The Key to Lifelong Changes

In this lesson, we'll dive into the reactions that occur between our cortex, limbic system, and brain stem, so you can help your clients get "unstuck". You'll learn how to better facilitate lifelong changes in your clients' behaviors, which will help them be successful in reaching and maintaining their goals.

LESSON 3: How To Create Connection To Set The Stage For Transformation

This lesson will provide you with several crucial skills you need to coach clients with short or long term health and behavior transformation goals. You'll learn how to build rapport with clients and how to actively listen to them, so you can help them successfully make the lasting changes they seek.

Unit 3

If you want to turn your passion for wellness and coaching into a business, then it's time to put your entrepreneurship hat on. In this unit, you'll learn everything in business you need to know - whether you're starting from scratch and have never even thought about building a business, or you're a seasoned vet looking to take your existing business to the ultimate level. We'll teach you to build your brand, website, strategy, marketing plan, and so much more through easy to understand lessons, step-by-step and fill-in-the-blank plans, comprehensive lists of resources, and the best experts in various fields that share their vast knowledge, exclusively.

Module 15: Setting Yourself up For Success: Business Clarity

Building a successful business requires confidence, passion, and a lot of hard work - but it's worth it! And, the more you put into it from the beginning to lay a strong foundation, the better you'll be set up for success in the long run. In this Module, we'll teach you how to gain ultimate clarity using the NLS 360-365 Method. You'll solidify the reasons you want to grow your wellness business and remove any fear that might be blocking you. You'll determine how your business should be modeled to turn a profit, how to create a brand that customers flock towards, who your best customers are, and how to effectively target them. You'll discover the most effective marketing tactics to turn leads into conversions, and you'll establish what you need to accomplish on your own and what you need to outsource, even on a tight budget. Once you complete this module, you'll have the confidence and 360 degree clarity to get your business off the ground or take it to the profitable status you've been dreaming of.

LESSON 1: Business Clarity

In lesson 1, we'll introduce you to our 360/365 Method of Clarity, which every entrepreneur needs to build a successful business. We'll convince you why you absolutely SHOULD build your wellness business and overcome any fear that's been standing in your way. You'll dive deep to understand your personal strengths and weaknesses as an entrepreneur, and really hone in on why you feel called to fulfill this goal. We'll help you intersect your purpose and passion so you'll feel confident, ready, and willing to keep pushing forward.

- 360-365 Method
- Setting Goals
- Acknowledging and Overcoming Fears
- Personal SWOT
- NL Ultimate Business Plan

LESSON 2: Profit Clarity

In this lesson, we'll help you figure out how to make your business an actual business - that is, one that makes money! And not just any amount of money - the amount of money you want it to make. You'll learn to not shy away from audacious goals, and make a step-by-step plan to get you there. You'll learn about different profit models and which makes the most sense for your business, and how to create your signature offering that will define how you solve customer problems. By the end of this lesson, you'll have a clear plan to follow to know what to invest in, and how you will drive revenue to sustain profitability.

- Profit Models
- Signature Offering
- Revenue Streams

LESSON 3: Brand Clarity

What does your brand stand for? What is your vision? Your mission? What journey do you want to take your customers on? We'll help you work through these questions and help you realize you aren't just selling your product or service, but rather a new experience, promise, or lifestyle to your customers. We'll explain why your brand should be ever-evolving, and how to establish a brand that resonates and is sustainable, while remaining relevant with the ever changing landscape and industry.

- Branding Questionnaire
- Brand Values
- Brand Voice and Personality
- Mission and Vision
- Brand Story

LESSON 4: Customer Clarity:

In this lesson, you'll uncover who your ideal customer is, how to find them, and how to solve their problems. You'll work through our Customer Avatar exercise and discover the reasons they need your expertise, now. Once you understand exactly who your target audience is, reaching them and marketing to them will be a cinch.

- Customer Avatars
- Competitive Analysis for Customers
- 4 Keys to Growing Your Audience

LESSON 5: Marketing Clarity

How will you market to your ideal customer, and what content will you create? We'll debunk all the myths that are holding you back, help you break through the noise and become a standout expert, and teach you the skills you need to beat the competition. We'll spill some of the tricks of the trade, share resources that will make your life so much easier, and simplify marketing for you - we promise!

- 4 P's of Marketing
- 9 Marketing Myths Debunked

LESSON 6: Resource Clarity

In this lesson, we'll help you break free from overwhelm and discover what you absolutely can do yourself, even with very little native skills, and what you cannot afford to do yourself even on a minimal budget. We'll share the tech, consultants, and assistants you may need to get your business off the ground or take it to the next level, and help you gain confidence in what you can do, and no longer stress about what you can't.

- Outsourcing Professionals

Module 16: How to Build a Killer Brand and Website

Your brand is everything your customers perceive it to be. It's how you distinguish yourself from others, and how you present yourself to the world. We're going to help you create the brand you intend, design it the way you envision it, and create a website so you can share it with the world. We'll cover the technologies you need to deploy, the best website platforms for your business and skill level, basic website principles that will ensure the best user experience and build your audience quickly, and we'll share design principles the pros use that you can do yourself even if you don't consider yourself creative.

LESSON 1: Website Basics and Technology

We'll cover the strategic reasons to create and use your website, the pros and cons of Wordpress versus all in one solutions like Squarespace and Wix, how to choose the best email marketing solution or CRM, and we'll simplify the confusion on what you can do yourself versus what you'll need to outsource. We cover choosing your name and URL, hosting platforms, and everything you need to know and do to get your website up and running. We'll also share some of our favorite plugins, add-ons, and software options for things like email captures, popups, SEO tools, and other nice-to-have technologies that will make your life easier and your business stronger.

- Choosing the Best Website Platform
- Customer Management and Email Marketing Platforms
- Tools Every Website Needs
- SEO Best Practices

LESSON 2: User Experience and Navigation Rules You Need to Know

Once you've chosen the best platform for your website, what do you actually need to have on your website? We'll cover the 5 basics you need to launch your website, plus strategic choices that will grow your list quickly and help your customers get to know you from the moment they meet you. We'll also share what NOT to do, the biggest mistakes entrepreneurs make when launching on the online portion of their business, and how to tackle tech issues that pop up at the most inopportune times.

- Building Your Homepage
- Building Other Pages
- Building Your About Me Page
- 4 Common Mistakes When Building a Website
- The 3 Biggest Fails to Avoid When Launching Your Website

LESSON 3: Design Basics

Even if you lack the desire, skills, or bandwidth to become a design pro yourself, we'll teach you how to look like one using simple tips, tricks, and resources. We'll help you choose colors, fonts, and elements to elevate your brand without having to spend a dime on a professional. You'll learn branding hacks to simplify your life and save your budget, and design the right pages for your website that share your story and your brand in the most compelling way.

- Daydream Design Presentation
- Making Brand Design Choices

Module 17: Creating Content that Converts

Content is the means to build your audience, and the more engaged your audience is, the more likely they'll purchase what you're selling. In this module, we'll cover everything you need to be thinking about regarding your content creation. This includes determining what types of content you should be creating and how to make it rank on Google, how to build a plan you can stick to so you're regularly putting out fresh ideas without burning out, how to effectively distribute content so you gain the most attention, and how to perfect your voice and writing skills so what you say sounds the way you intend. Content will build your audience, your audience will provide revenue, and revenue will be the means to live the life you want.

LESSON 1: Conquering the Content Game

As “they” say, content is king. Why? Because it’s how you will get eyeballs on your brand. Whether you imagine creating written, video, recipe, photo, or any other kind of content, similar rules apply. We’ll cover what kind of content you should be creating to build an authentic relationship with your audience, and how to figure out what they want. We’ll also talk about the different content formats.

- Why You Need a Customer Focused Content Strategy
- Tips for Creating Engaging Content
- Types of Content and How Often to Produce/Distribute Content
- Basics of Creating a Podcast
- Basics for Success on Youtube

LESSON 2: Content Strategy Planning

You’ve learned what types of content you need to create, but how are you actually going to do it? How will you get it to rank in the SEO game, and how will you be sure it reaches your audience? “If you build it they will come” does NOT apply to the content game, so developing a sound strategy is crucial to your success. We’ll cover how to create a doable plan for creating content so you can break through the overwhelm, how to distribute the various types of content to all your channels, and how to win customers without losing your mind.

- Creating a Successful Content Plan
- Identifying Preferred Channels & Content Types
- Best Practices For Analyzing Content Success
- Resources for Content Planning
- Resources for Content Scheduling

LESSON 3: Copywriting Crash Course

How you say something is as important as what you say. Learning the art of copywriting is a must for every content creator, and we’re going to give you a crash course in being the best writer you can be. Whether it’s crafting catchier social captions, penning 10 page whitepapers, or simply scripting a recipe video, you’ll learn best practices for perfecting your voice, tone, and calls to action.

- Sell Through Your Words
- Guide to Copywriting
- Email Subject Line Guide
- Easy Tweaks to Improve Your Writing

Module 18: Marketing Funnels and Sales Strategy

Sales is not a dirty word, and marketing is what will make customers aware of how your business will make their lives better!. Your business's success will live and die on how well you can market it, so we're going to teach you how to feel good about everything you offer your customers and how to create a friendly, trustworthy vibe throughout your sales process. We'll teach you how to craft your marketing plan so you can launch a product, take your customer through a top notch marketing campaign, and watch your sales flow in.

LESSON 1: Selling is Solving and the Art of Marketing Funnels

Selling is just solving problems. If you've ever felt uncomfortable asking your customers to buy something from you, then it's time to change your mindset about sales. We'll help you flip the switch into realizing your audience needs what you have, and by offering it to them you're simply solving their problems. You'll learn strategies for crafting the perfect calls to action, asking your customers to buy your products, and finding your comfort zone so you can always be closing. We'll teach you how to build a product portfolio that entertains all types of customers and gives you an opportunity to build a trustworthy, life-long, lucrative relationship with your customers.

- The Art of Selling
- Crafting Compelling Emails
- Winning Marketing Funnels
- Creating Your Product Portfolio
- NL Ultimate Launch Plan

LESSON 2: Event Marketing and Technology

So much of your business requires marketing online. But what about all the opportunities to market your services in real life? In this lesson, we'll teach you how to turn a seemingly basic sales opportunity into a marketing machine. We'll talk about the value of getting involved in or hosting your own events, and how they develop your audience, and transform prospects into dedicated customers, and eventually advocates for your brand. We'll talk about ways to think about events in order to make the most of it depending on your needs, and the opportunities in live connection for building a successful business.

- Event Marketing

Module 19: Cracking the Social Media Code

Social media is everything. It's also nothing. Confused? Here's the deal. On the one hand, you absolutely need a social media presence to create brand awareness, grow your audience, and share your expertise. On the other hand, the social media algorithm gods can flip a switch and just like that, POOF! They can take away the power of your posts. It's imperative to have a smart social media strategy as part of your overall business strategy, but also to not put all your eggs in the social media basket. In this module, we'll help you craft the perfect balance so you can reap all the benefits social media can provide for your business-- without relying on it as your sole source of growth.

LESSON 1: Choosing the Best Social Platforms for Your Business

Every social media channel has its pros and cons, and due to bandwidth and budget issues, chances are you can't successfully manage to be on all of them. We'll help you understand how to best choose the right platforms for your needs by spelling out the strategic advantages - and disadvantages - that Facebook, Instagram, Twitter, Youtube, and Pinterest can offer your business. We'll cover the right ways and wrong ways to use social media in your business, and explain the biggest mistakes people make when trying to grow their follower count.

- Your Social Media I.D.
- Basic Guide to Social Media Platforms
- 12 Biggest Social Media Mistakes
- Creating and Analyzing Your Social Media

LESSON 2: Partnerships and Influencer Opportunities

Social media is all about being, well, social! What better way to grow your audience than by partnering with others? In this lesson, we'll teach you the tricks of the trade to execute successful, mutually beneficial partnerships that skyrocket your follower count. We'll also cover how to seek out and respond to brand partnerships and other influencer opportunities, both paid and unpaid, and we'll explain how utilizing social proof is arguably the most important selling tool you possess.

- Social Media Partnerships
- Influencer Opportunities
- Pitching Yourself, Contracts, & Resources

LESSON 3: Building Your Tribe

We're going to help you understand the concept of having a tribe and why you absolutely need one. We'll show you how to build not only your social followers, but also your brand's unique, engaged, passionate community. We'll also teach you how to evolve them into affiliates so they can share you and your brand to their own followers since they believe in you, your products, and your message.

- Build Your Tribe

Module 20: Getting Down to Business and Creating Happy Customers

How will you make sure your business is set up correctly? Legally protected? Properly insured? This is the module every business owner needs to go through, no matter the size, type, or kind of business. We'll help you easily navigate the confusing path of setting up your business, getting contracts in place, adding terms and conditions to your website, and deciding if and what kind of liability insurance you may need. We'll also give you some accounting and bookkeeping basics for maintaining ongoing financial health and for those times when you need to hire help. And, we'll cover how to be sure you're working within your credentialed scope of practice.

LESSON 1: Protecting Your Business From the Start

Should you operate as an LLC or Sole Proprietor? Do you need Liability Insurance? How do you register your business or trademark your product? In this lesson, we'll cover all the super important parts of being an entrepreneur. We'll help you navigate the confusion smoothly and give you the resources you need when you're unsure of the best choice. You'll learn why you need to have your business set up correctly as soon as possible, what you legally can and cannot do within your scope of practice, and how to prepare yourself for unforeseen circumstances that could impact your brand in the long run.

- The Most Common Legal Considerations
- Scope of Practice

LESSON 2: Maintaining Financial Health and Organization

As they say, it takes money to make money, and you can be sure you'll incur expenses to get your business off the ground and keep it running. In this lesson, we'll share best practices on bookkeeping, accounting, and all things financial so you can maintain clean, organized books and get back to doing what you do best. We'll also share some of our favorite resources for banking and invoicing, and give you a list of tax considerations for your business.

- Financial Considerations

THE 3 ULTIMATE GUIDES

On top of all the amazing videos, handouts, tools, resources, community, and other opportunities you receive in NLS, you also get 3 one-of-a-kind, premier planning tools that are everything you will ever need to work with clients, build your business, and launch your product. We take the guesswork out of all it, and through our easy, step-by-step process, you'll reach your first milestones of success in no time, even if you've never done anything like this before.

THE NUTRITIOUS LIFE ULTIMATE CLIENT PLAN

The Ultimate Client Plan is your go to resource to help you navigate your discussions with clients, whether you're seeing your client for the first time or have been seeing them continuously for 6 months. First, we outline a basic Client Intake Form for you to fill out with every piece of information you'll want to ask for. Next, we dive deeper into signs and symptoms, nutrients and intervention strategies to help you understand the whole picture when it comes to your client's individual health, and make the best choice for management or referrals based on your scope of practice. We walk you through heart health, brain health, gut health and so much more! The best part? Our suggested meal plans, rundowns of diets/exercises and lists of foods to present to your clients are all in one place. Keep this plan on hand so you have instant access to best practices for each client based on their individual needs and the counseling strategies to help you best serve them. Don't forget that you can always reach out to the NLS Community and the Nutritious Life team with any questions or to share your client successes!

THE NUTRITIOUS LIFE ULTIMATE PRODUCT LAUNCH PLAN

Launching a new product - whether it's physical or digital - can be a very exciting time, as it should be! At the same time, it can also be stressful and overwhelming, especially if you don't have a step-by-step plan to follow. There are a lot of things that need to happen in order to successfully launch a product that results in you reaching your goals. If you don't have everything laid out ahead of time, you might find yourself rushing through things or missing important steps along the way. But don't worry - we've got your back! As a NLS student, we give you access to a comprehensive plan that you can follow each time you want to launch a new product, like an ebook, a webinar, an online or in-person course, etc. Keep this handy product launch plan in a safe place, and you'll nail every launch without breaking a sweat.

THE NUTRITIOUS LIFE ULTIMATE BUSINESS PLAN

The Ultimate Business Plan is everything you've ever wanted or needed to get your dream business off the ground, or take your existing business soaring to the next level. We take you step-by-step through the process of creating a business, from your initial mission and vision, to your branding and logos, to your marketing and pricing strategy, to customer service and tech needs, and so much more. It's one place where all your thoughts, ideas, needs, and strategies live so you can easily refer back to it again and again. It will serve as your guiding document through every stage of your business, whether you are seeking direction, motivation, financial aid, partnerships, creative vision, and more. We encourage you to revisit this document periodically as your business grows or changes, and go through the exercises as many times as you need. As always, the Nutritious Life team is here to support you however you need along your business journey. If you get stuck, lean on the NLS Community. You know where to find us, and we can't wait to cheer you on.

NU·TRI·TIOUS LIFE CER·TI·FIED *(adj.)*

: Officially recognized as an avocado aficionado, antioxidant advocate, and overall smart (sprouted grain) cookie.

HOW YOU CAN USE YOUR NUTRITIOUS LIFE MASTER CERTIFICATION

Are you looking to change or improve your life, or help others do the same? *The Nutritious Life Studio* has helped students become healthier versions of themselves and given them the education and guidance they need to coach others to do the same.

If you're thinking about making a change in your life -- maybe you want to begin a new career in health and wellness or maybe you want to find new inspiration in your existing one -- then becoming Nutritious Life Certified might be your perfect first step.

If you're wondering how you could use your Nutritious Life Master Certification, here are a few ways it may help you achieve the life you've always dreamed of. We want to see your dream become a beautiful reality.



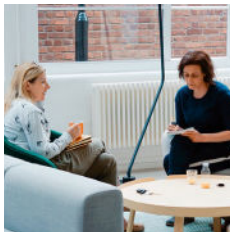
REGISTERED DIETITIANS

So many registered dietitians put in long hours in the classroom and hard work throughout their Dietetic Internship to achieve their RD credentials, but many still desire more career direction. Many RDs begin working in hospitals, but want to learn how to counsel clients on a more personal level outside the hospital. Some are already privately counseling clients, but struggle on the business side to build their practice and referral bases, while others are new to the field and need to learn how to effectively communicate with clients by turning confusing science into relatable lessons. Becoming Nutritious Life Certified can help each of these types of Registered Dietitians become better at what they do and give them the direction they need for a more successful and fulfilling career, all within a diverse, supportive, global community.



FITNESS AND ATHLETIC COACHES, YOGA AND PILATES INSTRUCTORS, PERSONAL TRAINERS, ETC.

We can't tell you how many group fitness and personal trainers have asked us for the best resources to use with their clients to address the nutrition component of their sessions. After all, a healthy diet goes hand in hand with regular exercise! The Nutritious Life Master Certification teaches trainers research-based nutrition straight from an expert so they can be confident they are giving their clients proper advice. It also gives them an edge up on their competition, since more often than ever clients want trainers who have a reputable nutrition certification. This allows trainers the flexibility to offer separate nutrition consultations, more comprehensive training sessions, and/or the ability to create the most effective full meal plans for their clients who have specific goals and need a diet plan to reach those goals.



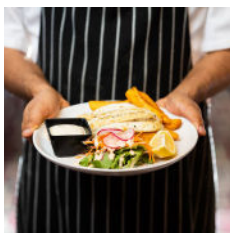
LIFE COACHES AND HEALTH COACHES

Often Life Coaches and Health Coaches address a wide breadth of issues with their clients and they need a variety of certifications to be able to address specific needs. Being Nutritious Life Master Certified gives them a premier education when it comes to nutrition, and they will undoubtedly become better overall counselors by learning from Keri's principles. Coaches will also learn how to grow their businesses and gain more clients for long-term success. Our students who have completed other certification programs before joining The Nutritious Life Studio have described it as the perfect complement to fill any gaps, answer any questions, and give them a roadmap.



MASSAGE THERAPISTS AND OTHER SPA SPECIALISTS

Those in the business of helping others live healthy lives can greatly benefit from understanding how nutrition complements their efforts. Many massage therapists and spa specialists perform treatments on clients interested in nutrition counseling, allowing this certification to go hand in hand with their efforts. Upon becoming Nutritious Life Master Certified, specialists will be well-prepared to guide clients on healthy lifestyle modifications and support them in their endeavors.



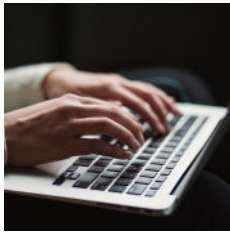
CHEFS

With so many consumers becoming health conscious, culinary arts experts are turning to nutrition education to become more current, more creative, and healthier in the kitchen. Whether working in a restaurant or a private home, chefs are constantly having to accommodate special dietary and allergy requests. The Nutritious Life Studio offers chefs the education to understand various dietary requests and how to best fulfill them. It also offers them a wealth of information that will no doubt help them become more creative in menu planning and more up to date on trends in the health and nutrition world.



STAY AT HOME MOMS

Who says you need to work outside of the home to be able to benefit from the Nutritious Life certification? Not us! Being the CEO of a family is one of the hardest jobs around, especially when you have a spouse with a food allergy, a toddler who will only eat things that are white, a teenager who eats too much junk food, and everything in between. Many moms tell us that they end up cooking 3 different meals to please everyone and either only have time to nibble off their kids' plates or eat snacks out of a bag all day. Whatever the case may be, moms will get the education, motivation, and support they need to live their most Nutritious Life, as well as provide one for their families, no matter how many ages and issues surround their dinner tables.



WRITERS, EDITORS, AND BLOGGERS

What better way to be an expert in the health and wellness field than to learn from the premier expert in nutrition? As someone who is turned to for health and nutrition advice all across America, Keri helps explain the science behind so many stories consumers want to hear about. Writing stories and producing segments about health and nutrition becomes so much easier when you have the background science and foundation to support your points. As a Registered Dietitian and author, Keri knows all about what it takes to excel in the creative and media world with roots in nutrition.



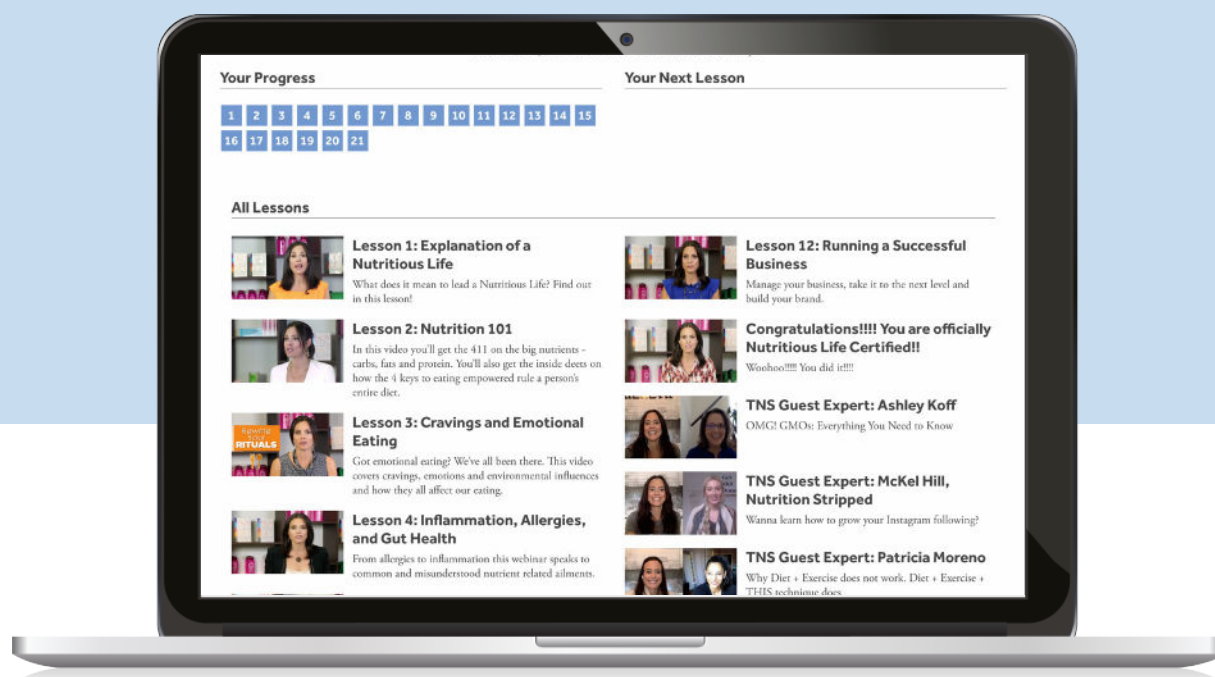
NURSES AND MEDICAL PROFESSIONALS

Those in the business of helping others live healthy lives can greatly benefit from understanding how nutrition complements their efforts. Doctors, nurses, and other medical professionals are constantly exposed to the effects of poor nutrition and many of their patients look to them for nutrition advice. The Nutritious Life Master Certification provides the background necessary to properly guide patients to prevent and treat disease, as well as inform them on current nutrition education information. Students will also be able to connect with other like-minded individuals through the NLS community to further support their goals and endeavors in the field.



CAREER CHANGERS

Who says you have to sit at a desk for the rest of your career? There's no sense in spending your days doing something you just don't like. The Nutritious Life Studio is an enthusiasm-based and passion-led course that shows students the ins and outs of good nutrition and business practices in the field of health and nutrition. Upon becoming Nutritious Life Master Certified you will be able to guide and support clients to live their healthiest lives!



HOW WILL I LEARN ?

We designed NLS to ensure your online learning experience is easy, engaging, convenient, and fun! Our training is truly go-at-your-own-pace, so when life happens, you don't have to stress! We'll be at your side along your journey, whether you want to cruise through and launch your next chapter or need to take a break at any time.

Each video lesson is accompanied by tons of handouts, tools, discussions, resources to help you master your learning. We start with all of the science you need to build your knowledge foundation, then we move into coaching and counseling skills and teach you how to apply your knowledge to individual clients, and then we finish with all the business training you need to start seeing clients and launch your career.

MULTIMEDIA FORMATS: WATCH, LISTEN, OR READ

Each lesson is delivered in three convenient media formats - Video, MP3, and PDF - so you can watch, listen, or read based on how you learn best.

VARIED LESSONS

We've broken down our lessons into varying lengths so you get both short, digestible chunks as well as longer, more in depth opportunities to dive into the content. You'll always be enthralled, but never overwhelmed or overloaded!

INTERACTIVE WEEKLY LIVE CHATS

Because knowledge without practice is meaningless, you'll also partner up with your peers in weekly chats where you'll apply what you're learning in a safe environment, honing your skills so you'll feel confident with paying clients. These sessions offer you additional education, support, and accountability like nothing else!

MENTORSHIP

You'll also have weekly mentoring sessions with lead instructor Keri Glassman. She'll be live every week to help support you throughout the course and answer your questions.

COMMUNITY

The NLS Community is like no other. Our incredible student and alumni base of supportive, enthusiastic, passionate people who are cheering for your success is one of the best parts of joining our program. They will change your life, and you in turn will change theirs. You'll have 24/7 access to your peers, so whether you have questions about a lesson or a new food trend, or you need support around an issue or a client, or you simply just want to celebrate a success or milestone, this is a safe space for you to be yourself, be seen and/or heard, and always feel supported.

WHAT MAKES NLS UNIQUE?

CURRICULUM

This isn't just a science class. And it isn't just a study in human behavior. It's a complete foundation of the nutrition, coaching, and business skills you need to change your life and the lives of others. Many coaching skills focus primarily on theories and focus very little on how to communicate with clients or even how to land your first one from a business perspective. Many of our students come to us seeking a more robust, well-rounded experience and the confidence that when they graduate they will be 100% ready to leap into the practical application of their learnings. When you become an alumni, you'll be armed with the mastery you need to market yourself, build your clientele, and create a thriving career doing what you love in an industry that desperately needs your skills.

EXPERTS

If you want to become a successful nutrition coach, it makes sense to learn from people who've been successful doing what you want to do, and who can provide you the path to replicate that success, without having to "learn the hard way" or make unnecessary mistakes. Keri Glassman has helped thousands of clients live healthier and be happier for the long term through her decades as a registered dietitian with a private practice in New York City. As a 4-time author, prolific contributor to top publications and websites, and frequently called upon expert for national media outlets, she's also helped millions of people make changes towards rewarding, full, healthy, happy lives. She's smart, fun, engaging, and has the know-how you crave. She makes learning easy, accessible, understandable, and applicable like you never thought possible. And when it comes to marketing, finances, legal issues, design, and more, she called in some of the best of the best to share their expertise with you for the most robust program on the market.

SUPPORT

We can't emphasize this one enough. When you enroll in NLS, you'll join a thriving network of passionate people just like you! Our students and grads share the same mission to help everyone live their most Nutritious Lives, and we'd love for you to join us. The NLS Team will also be with you every step of your journey, and long after you've earned your certification. We're in this for the long haul with you! Throughout your studies, you can count on a life-changing process that will transform your life and the lives you touch. You'll build lifelong friendships, find business partners and collaborators, and create your network of connections that will be with you for a lifetime. You'll even have face-to-face opportunities through our annual live events!

COMMUNITY

We're committed to supporting you every step of the way. As a NLS student, you'll have 24/7 access to our incredible community of wellness lovers, food enthusiasts, fitness fanatics, health seekers, and so many others looking for a passion-fueled, purpose-driven, better way of life for themselves and the world. Our environment is supportive, safe, diverse, accepting, and welcoming. You'll also benefit from ongoing mentorship from Keri and the NLS team in a calm, intimate group setting.

TESTIMONIALS



I would like to say a few things about “The Nutritious Life Studio.” I became certified two years ago. I initially enrolled because I have had some health issues and wished to learn how to better deal with them holistically. I researched and found that Keri Glassman’s ideas and focus on nutrition and health were in line with what I was looking to learn. I found the Seven Pillars that are the cornerstones of the process were just what I needed. I loved that I could progress through the program at my own pace and have access to all the information even after finishing the program. I am not a nutrition professional, but after completing the program I feel confident about nutrition and how to apply it in my life. I have lowered my A1C, decreased stress in my life and lost 40 lbs. I have also gained some valuable insights and friendships with others in the NLS community. I highly recommend this program whether you are a nutrition professional or just someone who wants a broader base of knowledge of nutrition for yourself and family.

- Neal R Becker M.S., A.I.C.

This pretty much sums up The Nutritious Life Studio Masterclass: learning, laughing, growing & new friends that let me prove, “girl I got your back!” Lectures on hormones, spirituality, meditation & stress release, expert media tips, functional medicine, pro coaching strategies & more! Endless love & appreciation for Keri Glassman and her truly incredible NLS Team.

- Jill Annenberg Lawrence; HHC, AADP, NLC

I initially joined the The Nutritious Life Studio certification program as a way to heal myself. Diagnosed with an autoimmune disease, I knew I needed to make changes to my diet and lifestyle and I knew there was a lot to learn. The NLS certification program gave me the depth of knowledge I needed and proved to be so much more! It fueled a passion for health and wellness I didn’t know I had and prompted me to start a wellness coaching business of my own. Keri presents the content in a way that is completely accessible no matter if you’re coming in green or looking at it as a way to freshen your skills. It’s thorough and top notch. But more than just information, NLS is all about community, and in my opinion that’s as equally valuable as the education. There’s nothing more energizing than surrounding yourself with an incredible community that really shows up, shares and cares. NLS constantly presents its members with the chance to get involved - from live chats and book clubs, to spotlight opportunities and in person gatherings. Now offering a Master Level certification, NLS allows you to take your learning to the next level. If you’ve ever considered an education in nutrition, make NLS the place you go.

- Laura Collis, BS Psychology

I would like to say a few things about “The Nutritious Life Studio.” I became certified two years ago. I initially enrolled because I have had some health issues and wished to learn how to better Even if there was no CEU’s I would do it again in a heartbeat ! I’m loving Level 2 and its so hard to slow down the pace....I feel like I’m binge watching my fav!

- Lisa Milano MS RD CDN



Enrolling in The Nutrition School was one of the best business and career advancement decisions I have made, I can say whole-heartedly. Going into the program, I already had a bachelors degree in nutrition and a health coach certification but I always felt like there were a few puzzle pieces missing from me becoming a successful nutritionist and health coach. I found those missing puzzle pieces from Keri's nutrition program. Week by week, I became very active in her private Facebook group, asked tons of questions which Keri and her staff answered right away and utilized all of Keri's wonderful handouts and client forms. Now, I've completely changed the way I do my client consultations and nutrition plans. In doing so, I've found that my clients are getting "it" much faster. Adapting the NLS's philosophy and handbook has given me all of the right tools I need to push forward and grow! I recommend The Nutrition School to any professional looking for the right tools to get a competitive edge over the competition. I am proud to be #NSCertified!

- Mariam Bandarian, Board Certified Nutrition Health Coach <http://missnutritionista.com/>

I have gotten so much joy out of NLS. For me, my nutrition coaching (that's what I call it), is a part time gig. I started on this path about 4 years ago, when I realized that I LOVED reading about nutrition in magazines. Then, I realized it was really about the food, and found a certification called Certified Personal Fitness Chef. Now I go into people's homes and teach them how to cook healthfully. Cooking is really my passion, and being able to teach people my tricks is so much fun! As the new year approaches, and "Getting Healthy" is on everyone's mind, I'm excited to use the Nutritious Life Certification, and your well-known name, to help promote my own business. While I already have a few nutrition based certifications, NLS seems to have re-kindled my ambition to get my business going again (I'd put it aside for a year, to build a new relationship, move, and "survive" my full-time job situation). I'm excited to see where it goes! I dream of the day that THIS is my full time job, but that won't stop me from enjoying every minute that I can put into it now.

- Tonya Andruskiewicz, NLC





NLS MASTERCLASS

NLS Masterclass is a 2-day in-person live event exclusively for students and grads of NLS. It's an incredible, immersive health and wellness experience, chock full of amazing speakers, demonstrations, lectures, workouts, healthy meals, cocktails and mocktails, breakout sessions, networking opportunities, and so much more.

It's nearly impossible to leave without having made new relationships, partnerships, connections, and lifelong friendships. There are hugs, tears, smiles, and laughs for 48 hours straight.

It's a safe, inspiring, fun weekend event once a year where we all get to know each other IRL. In fact, it's our favorite weekend of the year, and we can't wait for you to join us. :)

FAQS

How do I enroll?

Click [here](#), click on the ENROLL or WAITLIST button to enter your email address, and we'll send you everything you need!

What is the inspiration behind *The Nutritious Life Studio*?

Keri Glassman MS, RD, CDN is known for her “whole-person” approach to health and wellness. This includes focusing on sleep, stress, love, environment and exercise in addition to food. Her effective methodologies have helped thousands of clients but she recognizes that her methods took time to develop. She knows that it is often a struggle for dietitians, nutritionists, and others working in health and fitness to find their footing in the field. As Keri says, “There’s a really big gap between getting your degree in clinical nutrition and then being able to apply it and have a private practice and actually help people. I want to bridge the gap for RDs and also embrace other people out there who are not RDs and are already giving out nutrition information,” like health coaches, writers, personal trainers, nurses, and even parents. The Nutritious Life Studio is the perfect platform to help passionate individuals build successful careers based on up-to-date information.

What is *The Nutritious Life Studio* Level 1 and what will I learn?

The Nutritious Life Studio by Keri Glassman is an unprecedented 13-part online course. Its purpose is to provide nutrition education as a springboard for building a successful career as a nutritionist and/or for growing an existing career in the health and wellness industry. When you join *The Nutritious Life Studio* you will learn how to help clients, build your business, and gain recognition for your work.

In 12 weeks, you will receive extensive training on various aspects of nutrition science and counseling to be able improve the lives of clients by mastering the following topics: *Explanation of Nutritious Life; Nutrition 101; Cravings and Emotional Eating; Inflammation, Allergies, and Gut Health; What Makes Us Fat?; Detoxing and Cleansing; Supplements; Common Nutrition Myths; Vegetarian, Vegan, Raw, and Paleo Diets; Nutritious Life Counseling; The Nutritious Life Handbook; and Running a Successful Business*. Once you complete the 12 main lessons, you will be able to access the bonus lessons taught by some of the biggest names in the health and wellness industry. These lessons include Building a Killer Website for Your Business, Understanding GMOs, The Lymphatic System and its Role in Weight Loss, Growing Your Social Media Channels, and so much more!

Please note each state has different laws regarding the credentials and licenses required for nutrition advice and meal planning. Please check your state’s laws before writing meal plans or providing nutritional advice for clients. This program and related materials are intended for general educational purposes only.

What is *The Nutritious Life Studio Level 2* and what will I learn?

Level 2 is the most advanced training we offer, and it's only available to our graduates of *Level 1*. Consisting of 20 Modules, and 101 Lessons, it is the most robust training in nutrition, counseling, and business – there is nothing else like it on the market today. If you're looking for the best of both worlds, then consider our *Level 1+2 Accelerated Program*, and complete both levels (24 Modules, 121 Lessons) in 6 months.

You will have access to the ultimate education, and will be Nutritious Life Master Certified upon completion of *The Nutritious Life Studio Level 2*. You will deepen your knowledge become a master in the following topics: *Heart Disease; Obesity; Aging & Brain Health; Gut Health & Digestive Disorders; Thyroid & Hormones; Autoimmune Diseases; Mental Health; Women's Health; Men's Health; Athletes & Exercisers; Food & Environmental Issues; Advanced Counseling; Empowerment, Trust, and Success; Motivating and Communicating; Making Connections While Counseling; Setting Yourself Up For Success: Business Clarity; How to Build a Killer Website the Represents Your Brand; Creating Content that Converts; Marketing Funnels and Sales Strategy; Cracking the Social Media Code; Getting Down to Business and Creating Happy Customers.*

Please note each state has different laws regarding the credentials and licenses required for nutrition advice and meal planning. Please check your state's laws before writing meal plans or providing nutritional advice for clients. This program and related materials are intended for general educational purposes only.

Who teaches at *The Nutritious Life Studio*?

The Nutritious Life Studio was created and is taught by one of the world's most renowned and respected nutritionists, Keri Glassman, MS, RD, CDN and our [team](#) of dietitians. Learn more about Keri [here](#). We also have Expert Guest Teachers who teach exclusive classes to our students. You won't find these anywhere else.

Is *The Nutritious Life Studio* for people who have never studied nutrition or is it for health professionals?

The Nutritious Life Studio is for anyone who has a passion for nutrition, health and wellness and wants to help others live a more nutritious life! We have students ranging from those interested in learning more about nutrition or perhaps contemplating a career in health to fitness professionals to chefs to experienced registered dietitians.

While a master's degree is great, we know that it is not realistic for everyone. We designed the program both for RDs who are looking for a specific business plan to follow, as well as others who are looking to learn pertinent nutrition, how to counsel clients, and how to launch a business. If you have less exposure to nutrition, then *The Nutritious Life Studio* is the perfect way to receive an education in nutrition and learn the practical side of how to help clients and build a business. For those already in the field, the program is a great way for you to offer more value to your clients, be recognized, and grow your business and brand.

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What exactly do you get when you go to *The Nutritious Life Studio*?

The Nutritious Life Studio offers the following:

- A virtual platform complete with nutrition, coaching, counseling, and business education
- Access to the entire [Nutritious Life team](#) who will provide ongoing support throughout your career
- Assistance in creating a killer business to bring the health and happiness of your clients to a whole new level
- Resources including *handouts* and *tools* that you can utilize when building programs for your clients
- Lessons on scientifically supported nutrition education, counseling, and building your business and brand
- Expert Guest lectures on various topics from GMOs to building an Instagram following to how to get your blogs published on large media sites and more!
- Access to *The Nutritious Life Studio* private forum where you can ask and answer questions and collaborate with Keri, the Nutritious Life team, and other students and alumni
- An exclusive invitation to attend the *The Nutritious Life Studio* Masterclass, the ultimate health and wellness experience
- Lifetime access to *The Nutritious Life Studio* community comprised of passionate health and wellness coaches, trainers, experts, teachers, and more!

Can you view the lessons and do the work on your own schedule, or are there set times?

We here at Nutritious Life definitely understand juggling busy schedules. The course is designed so that you can complete each lesson on your own schedule. Yep, that could mean PJs on, feet kicked up, with warm cuppa joe or knockin' it out during your lunch hour. After you finish each lesson, you will download study materials and resources, and take the time you need letting the info soak in. An hour (if you are super familiar with the subject), a day, a week, a month — it's up to you! Then, you'll take a quiz. In order to progress to the next lesson, you need to pass the quiz to unlock the following lesson – so you can pace yourself and complete the sessions on your own time. We recommend completing at least one lesson and quiz per week for a 12-week completion for *The Nutritious Life Studio Level 1*, and completing at least one Module per week for a 6-month completion for *The Nutritious Life Studio Level 2* – but we give you the time you need to soak up all of the health, nutrition, and business info there is to know!

How many hours per week will I dedicate to the coursework?

That is up to you; each person is different! Lessons and topics vary in length. The course is designed so that you can complete each webinar on your own schedule. After you finish each webinar, you take a quiz. In order to progress to the next webinar, you need to pass the quiz to unlock the following lesson – so you can pace yourself and complete the sessions on your own time. Almost everyone in the program has another job or is a full-time student, and the feedback that we always receive is that there is plenty of time to get through the coursework even with a busy, stressful schedule.

How is *The Nutritious Life Studio* different from other health and nutrition programs?

The Nutritious Life Studio is the only program of its kind developed by a registered dietitian with more than fifteen years of experience counseling clients through every type of health problem. This course will provide answers made up of only the best information discovered from the latest research and real life experience.

The Nutritious Life Studio is unique because it provides a blueprint for solving any problem, arming you with solutions and handing you the building blocks to build a business and help clients. Tuition includes valuable resources, including handouts for studying and tools for clients. Enrolling in the program gives you direct access to Keri Glassman and the Nutritious Life team. When you graduate you will join the Nutritious Life Family, a support system of nationally recognized nutritionists. Our grads tell us they feel like we are right there with them the whole way, and that they like knowing we are there to help them 100%.

How will I be supported in *The Nutritious Life Studio*?

The Nutritious Life Studio is an extremely supportive and collaborative environment and that does not end when the course is over! From the very first lesson on, accompanying handouts and tools support learning and prepare you to succeed. There are live chats with Keri Glassman and her team throughout the course where she answers your questions directly. As a student you will be invited to join a private internet forum with fellow students, alumni, and The Nutritious Life team. The forum is an active space for questions, answers, and discussions between participants and the experts. You also have exclusive access to attend the *The Nutritious Life Studio* Masterclass, the ultimate health and wellness experience featuring in-depth nutrition lectures from leading wellness experts, amazing workouts led by some of the hottest instructors, and demonstrations by some of the coolest people in the health and wellness space. Once you become part of our Alumni network, there are a ton of new opportunities and resources at your fingertips, so the support continues!

Does *The Nutritious Life Studio* adhere to a specific dietary philosophy or approach?

Keri Glassman and her team at Nutritious Life reach beyond a healthful diet and take a whole person approach to health and wellness, both inside and out. Nutritious Life teaches people to listen to their bodies and empowers them with the support and tools they need to create change towards an enriching and balanced life. Really, food is just one piece of the nutrition pie. There are 8 pillars that make up a Nutritious Life that will be discussed during the course. Each one is equally important to personal well being and combined make up the “whole person.”

Will I learn business skills?

Yes, 30% of *Level 1* and 25% of *Level 2* is dedicated to business. At Nutritious Life we know how important it is to build your business and your brand—we’ve been at it for over 10 years, and we have expertise in both brick-and-mortar as well as online business and brand building, so no matter what type of health and wellness business you are looking to start or grow, we’ve got you covered!

Can I join *The Nutritious Life Studio* if I am not interested in using it professionally?

Yes, even if you do not want a career entirely in nutrition counseling your certification can help you in other roles in your life. If you are passionate and committed you will get the education, motivation, and support you need to live your most Nutritious Life, as well as provide one for those around *you*. The course may bolster your current knowledge and help you succeed in other areas. We encourage you to enroll, and remember space is limited!

What type of credential do you get upon completion?

Upon completion and passing of *The Nutritious Life Studio Level 1* you are Nutritious Life Certified and you can use your certification however relevant to your particular needs. For example, some consider themselves Nutritious Life Certified Health Coaches, other are Personal Trainers with a Nutritious Life Certification, etc. Upon completion and passing of *The Nutritious Life Studio Level 2*, you become Nutritious Life Master Certified.

Please note each state has different laws regarding the credentials and licenses required for nutrition advice and meal planning. Please check your state's laws before writing meal plans or providing nutritional advice for clients. This program and related materials are intended for general educational purposes only.

What are your admission requirements and/or prerequisites?

You must be at least 18 years old and have a high school diploma or GED. Other than that, there are no specific prerequisites or requirements, and we encourage all passionate and committed students to enroll!

After finishing *The Nutritious Life Studio* what will my certification allow me to do? How will I benefit?

Registered Dietitians: Even after the long hours and hard work you put in to receive your RD credentials you may still desire more career direction. Perhaps you want to learn how to counsel clients on a more personal level or are already privately counseling clients, but struggle on the business side to build your practice and referral bases. You may be new to the field and need to learn how to effectively communicate with clients by turning science into relatable lessons. Becoming Nutritious Life Certified can help you become better at what you do and give you the direction you need for a more successful and fulfilling career.

Fitness and Athletic Coaches, Yoga Instructors, Personal Trainers, etc.: We can't tell you how many trainers have asked us for the best resources to use with clients to address nutrition. The Nutritious Life Certification will teach you research-based nutrition straight from not only *an* expert, but *the* expert herself Keri Glassman, so you can be confident you are giving your clients proper advice. This will give you an edge up on your competition, since clients often want trainers who have a reputable nutrition certification. This will allow you to offer separate nutrition consultations, more comprehensive training sessions, and/or the ability to create the most effective full meal plans for clients who have specific diet goals.

Life Coaches and Health Coaches: We know that you need a wide breadth of certifications to be able to address the various needs of your clients. Being Nutritious Life Certified gives you a premier education when it comes to nutrition and you will undoubtedly become a better overall counselor by learning from Keri's principles. You will also learn how to grow your business and gain more clients for long-term success.

Massage Therapists and other spa specialists: Since you are in the business of helping others live healthy lives you can greatly benefit from understanding how nutrition complements your efforts. You may perform treatments on clients interested in nutrition or looking to make some changes in their lives. Upon becoming Nutritious Life Certified, you will be well-prepared to guide clients on healthy lifestyle modifications and support them in their endeavors.

Chefs and Sommeliers: With so many consumers becoming health conscious, culinary arts experts are turning to nutrition education to become more current, more creative, and healthier in the kitchen. Whether working in a restaurant or a private home, you are constantly having to accommodate special dietary and allergy requests. *The Nutritious Life Studio* offers you the education to understand various dietary requests and how to best fulfill them. It also offers a wealth of information that will no doubt help you become more creative in menu planning and more up to date on trends in the health and nutrition world.

Stay at home parents: Who says you need to work outside of the home to be able to benefit from the Nutritious Life Certification? Not us! Being the CEO of a family is one of the hardest jobs around, especially when you have a spouse with a food allergy, a toddler who will only eat things that are white, a teenager who eats too much junk food, and everything in between. Whatever the case may be, you will get the education, motivation, and support you need to live *your* most Nutritious Life, as well as provide one for your family.

Writers, editors, and bloggers: What better way to be an expert in the health and wellness field than to learn from the premier expert in nutrition? As someone who is turned to for health and nutrition advice all across America, Keri helps explain the science behind so many stories consumers want to hear about. Writing stories and producing segments about health and nutrition becomes much easier when you have the background to support your points. Keri knows all about what it takes to excel in the creative world with roots in nutrition.

Nurses and medical professionals: In the business of helping others live healthy lives you can greatly benefit from understanding how nutrition complements your efforts. The Nutritious Life Certification provides the background necessary to properly guide patients to prevent and treat disease, as well as inform them on current nutrition education information. You will also be able to connect with other like-minded individuals through the community-based group to further support your goals and endeavors.

Career changers: Who says you have to sit at a desk for the rest of your career? There's no sense in spending your days doing something you just don't like. *The Nutritious Life Studio* is an enthusiasm-based and passion-led course that shows students the ins and outs of good nutrition and business practices in the field of health and nutrition. Upon becoming Nutritious Life Certified you will be able to guide and support clients to live their healthiest lives!

Entrepreneurs: Interested in starting a food, wellness, counseling or coaching business? No matter what field you're looking to jump into, *The Nutritious Life Studio* provides guidance on how to get started, grow your business, and thrive in your industry. You'll receive a step-by-step guide on how to build a brand, plus gain lifetime access to the Nutritious Life team who will support you every step of the way.

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What is the difference between being a Registered Dietitian Nutritionist (RD or RDN) and being Nutritious Life Certified?

RDNs are the [experts](#) in the field of nutrition and have a degree in nutrition, dietetics or public health, with a minimum of a bachelor's degree. They've completed an internship, taken a licensing exam and often specialty exams, and are maintaining continuing education hours, similar to a doctor, nurse or other medical professionals. RDNs work everywhere from hospitals to community settings, in foodservice and in health care offices and private practice to academia. The team you will be learning from at Nutritious Life are all registered dietitians with master's degrees.

With the Nutritious Life Certification you will can feel confident that the information you are receiving is indeed reputable, research-based, and backed by a team of experts. With so much conflicting nutrition information out there, it can be tough knowing who to trust. We assure you that our information is cutting-edge and at the forefront of nutrition education.

Is the Nutritious Life Certification recognized internationally?

Yes! There are no borders to helping people live more nutritious lives! We have students and alumni from around the world — one more reason why becoming Nutritious Life Certified is such an amazing experience.

Do you receive continuing education credits? Is NLS accredited?

YES! We are prior-approved (as Self Study) by the Commission on Dietetic Registration, the credentialing agency for the Academy of Nutrition and Dietetics (AND). All RDNs (Registered Dietitian Nutritionists) who complete *The Nutritious Life Studio Level 1* receive 12 CPEs, and all RDNs who complete *The Nutritious Life Studio Level 2* receive 50 CPEs (a total of 62 CPEs)!

NLS is also approved and accredited by the American Association of Drugless Practitioners (AADP). This means that anyone who successfully completes the *The Nutritious Life Studio Level 1* program and becomes Nutritious Life Certified has the ability to become a Board Certified Holistic Health Practitioner.

What are the benefits for *The Nutritious Life Studio* alumni?

As an alumni, you will be a part of a large and continuously growing network of professionals. The resources you take with you from the course are yours to keep for life. You will receive insider discounts and exclusive access to future webinars and top-of-the-list access to further one-on-one coaching with Keri and the entire Nutritious Life Team. As a trusted Nutritious Life Certified alumnus, you will have access to guest blog for Keri Glassman and the Nutritious Life team. As an alumni you will also receive exclusive invitations to alumni events including the one-of-a-kind *The Nutritious Life Studio* Masterclass and most importantly you will be joining the Nutritious Life family!

What is the cost of the program and what is the best way to enroll?

The Level 1+2 Accelerated Program tuition is \$4,950 when paid in full.

As for payment plans, we offer a 7-month payment plan of \$778/month that help make it easier for you to enroll as soon as you're ready and become part of our community.

How do I enroll?

Sign up [here](#) to enroll today!

the NUTRITIOUS LIFE *studio* 