

ONLINE

canfitpro | 2022

NUTRITION

March 4, 2022



2:00PM - 3:15PM EST | 11:00AM - 12:15PM PST | 1:00PM - 2:15PM CST



Presenter:
Zeina Khawam

Functional Nutrition

**Performance
Nutrition &
Supplements**

Session #1000



Presenter:
Benjamin Siong

Specialty Nutrition

**Paleo - Creating
Dynamic Health
From Ancestral Food**

Session #1001



Presenter:
Teri Gentes

Lifestyle Nutrition

**The Shifting
Landscape of Home-
Made Food and Meal
Management – How
to eat well without
ordering in!**

Session #1002



Presenter:
**Christine Conti,
Karli Taylor**

Mind-Food Connection

**Eating Disorders:
What Fit Pros Really
Need To Know**

Sponsor:



Session #1003



3:30PM - 4:45PM EST | 12:30PM - 1:45PM PST | 2:30PM - 3:45PM CST



Presenter:
Benjamin Siong

Functional Nutrition

**Weighing-In For
Sport**

Session #1004



Presenter:
Alisa Herriman

Specialty Nutrition

**Women's Natural
Health and Nutrition**

Session #1005



Presenter:
Bridget Fauteux

Lifestyle Nutrition

**Nutrition: Stop
Treating It Like a
Diet, and Give It
Some Respect**

Session #1006



Presenter:
**Nathalie
Plamondon-Thomas**

Mind-Food Connection

**Can You Really Think
Yourself® Healthy?**

Sponsor:



Session #1007

ONLINE

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NUTRITION

March 5, 2022

🕒 9:00AM - 9:45AM EST | 6:00AM - 6:45AM PST | 8:00AM - 8:45AM CST



Presenter:
Carol Harrison

Sponsor:



Functional Nutrition | Specialty Nutrition | Lifestyle Nutrition | Mind-Food Connection

Healthy Meal Prep Hacks to Boost Nutrition In the Kitchen

Session #1009

🕒 10:00AM - 11:15AM EST | 7:00AM - 8:15PM PST | 9:00PM - 10:15PM CST

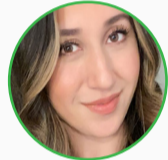


Presenter:
Funk Roberts

Functional Nutrition

Nutrition For Men Over 40

Session #1010



Presenter:
Yildiz Qaderi

Specialty Nutrition

Gut Health – What You Need to Know

Session #1011



Presenter:
Josh Gitalis

Lifestyle Nutrition

How to Influence Genetic Expression for Optimal Health

Session #1012



Presenter:
Kim Basler

Mind-Food Connection

Emotional Eating: How To Support Your Clients Health and Wellness Journey

Session #1013

🕒 11:45AM - 1:00PM EST | 8:45AM - 10:00AM PST | 10:45AM - 12:00PM CST



Presenter:
Josh Stryde

Functional Nutrition

Thinking Critically About Nutrition

Session #1014



Presenter:
Kyle Byron

Specialty Nutrition

Nutrition Coaching for Fat Loss - First Things First

Session #1015



Presenter:
Professor Dr. George Grant

Lifestyle Nutrition

Wellness By Choice, Not By Chance

Session #1016



Presenter:
Selin Bilgin

Mind-Food Connection

Foods For A Great Mood & All Day Vitality

Session #1017

🕒 1:30PM - 3:00PM EST | 10:30AM - 12:00PM PST | 12:30PM - 2:00PM CST



Facilitated by:
Beth Yarzab. With Kim Basler, Bianca Cordeiro, Josh Gitalis, Prof. Dr. George Grant & Alisa Herriman

Functional Nutrition | Specialty Nutrition | Lifestyle Nutrition | Mind-Food Connection

Nourishing Our Relationship With Food Panel

Session #1018