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
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?
Session #1007

Sponsor:
MedFit CLASSROOM
Mind-Food Connection
Sponsor:
THINK Yourself® ACADEMY
March 5, 2022

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

Presenter: Carol Harrison

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