

PALEO INSPIRED!



FITTER FOOD ACADEMY PRESENTS

Fat Loss and Fuelling Health

Arrival and Welcome 9.30am

10am Optimising Hormones For Fat Loss: Leptin and Friends **Keris Marsden**

What are hormones?

Building the optimal body composition team with insulin, leptin, peptide YY and CCK

The bigger picture: Understanding the role of cortisol, thyroid and sex hormones in body composition

Understanding functional hormone testing

Nutritional strategies to change hormonal signalling

Lifestyle habits that create hormone resistance versus hormone sensitivity

10.45am Q&A Session

11am Practical Mindfulness For Health & Fat Loss **Paul Watson**

Session Details TBC

11.45am Q&A Session

12pm Lunch is Served

1pm Training Strategies For Fat Loss **Matt Whitmore**

Long duration cardio versus HITT training for fat loss

Do you know your DNA: pro's and cons of DNA testing

Savvy Training Supplementation

1.45am Q&A Session

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2pm Transforming Gut Health For Fat Loss Keris Marsden

A journey through the gut
Gut and thyroid connection
Think twice about fat loss: the gut as the second brain
Gut instincts: the importance of dopamine and serotonin for healthy food habits
Gut fails: infection and inflammation

2.45am Q&A and Tea/Coffee Break

3.15pm Nutritional Supplements For Fat Loss: A Simplified Approach Keris Marsden

Aligning supplementation with your health goals
Prioritising your pennies: supplements that bring something to the table
Assessing your own supplement needs
Chlorella, cacao & chia: A place for superfoods and superfoods in their place

4pm Takeaways and Practical Applications Matt Whitmore

4.30pm Final Q&A with Panelists