

# Certificate Course In Diet & Weight Management

“The right way to healthy weight”



Obesity and overweight is the new age pandemic, which needs expert care to deal with. Overweight people are also at risk for developing health problems, such as, diabetes, heart disease, stroke, certain types of cancer, and gallbladder diseases. In some individuals overweight can also cause problems such as sleep apnea (interrupted breathing during sleep) and osteoarthritis (wearing away of the joints).



Diet & Weight Management

FLAWLESS BODY

# Course Objective

**Discover Wellness Diet & Weight Management** course teaches the nuances of weight management through diet, lifestyle change and modern technology. You understand better the psyche of clients impacted by obesity or overweight, their sensitivities, and how to work as a team with other fitness professionals to create a healthy path to sustainable change. The course helps students pursue a career in health and wellness industry.

## Course Ideally Suited For

- Students/ Homemakers looking forward to work as Fitness Therapists in health and wellness centers, hospitals, corporate houses, gyms, clubs and hotels
- Individuals looking for full time/part time career
- Professionals who have on-the-job experience but lack certification

## Key Areas of The Course

- Introduction to the Body as a Whole
- Weight Management–Dietary/ Therapeutic/ Behavioral/Motivational Interviewing and other approaches
- Weight Loss Management through Technology, Yoga, Meditation, Martial Arts, Aerobics, Exercises Practical

### Duration - 16 Hours

Weight -Introduction & Assessment	Assessment Approach for Weight Loss/Gain. Study of Assessment Methods - Body Mass Index, Waist Hip Ratio, Body Measurements, BMR etc.
Weight -Ayurveda Approach	Ayurveda Approach Towards Weight Gain, Causes of Weight Gain, Methods of Prevention, Adaptation and Tips for Healthy Lifestyle
Yoga and Diabetes	Yoga Poses for Prevention of Weight Gain, Introduction to Suryanamaskar. Asanas for Increasing Basal Metabolic Rate
Diabetes-Dietary Management	Modern Dietary Approach for Weight Loss/Gain, What to Eat, What to Avoid, Introduction to Basic Lifestyle & Dietary Changes for Healthy Weight, Learning Sample

## Features of This Course



Instructor led Online and Classroom Training for uninterrupted learning environment



Offline learning through Interactive Training videos for hassle-free, self-paced learning



Excellent course content including course books, DVD



A life time support to students through email & off-line chats

**DISCOVER**  
Wellness Pvt. Ltd.

### Discover Wellness Pvt Ltd

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