

# NUTRITION FOR WEIGHT LOSS

COURSE CONTENT OVERVIEW

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HIGH SPEED™  
TRAINING

This Nutrition for Weight Loss course has been designed by a qualified dietician in order to help overweight people learn more about healthy diets and lifestyle changes that they can follow in order to lose weight. The course explains the components of a healthy lifestyle, explains the most popular diet plans available and outlines the ways in which behaviour can be modified to reduce weight to a healthy level.

### **Module One: The Problem of Obesity**

This module presents some key facts about obesity and looks at the health problems caused by being overweight. The module also explains how to calculate your BMI and waist circumference.

- What is obesity?
- Body Mass Index
- Waist circumference
- Obesity in the UK
- The impact of obesity on health

### **Module Two: Causes of Obesity**

This module raises awareness of the main causes of obesity in today's world to help you understand where changes need to be made.

- Physical activity
- A sedentary lifestyle
- Changes in dietary behaviour
- Eating habits
- Medical and therapeutic causes

### **Module Three: Nutrition and Diet**

This module looks at the nutrients needed for a healthy diet and explains how calories and portion sizes need to be regulated in order to lose weight. The module also explains some of the most popular diets that you can choose to follow.

- Nutrients
- Calories
- Metabolism
- High protein, low carbohydrate diets
- Low glycaemic index (GI) diets
- Very low calorie diets
- Meal replacements
- Recommended foods for weight loss
- The Eatwell Guide
- Portion sizes

### **Module Four: Modifying Your Diet and Behaviours**

This module explains how overweight people can modify their behaviour in order to lose weight and maintain a healthier lifestyle. The module looks at how people can lose weight by learning from others, increasing their physical activity and monitoring their calorie intake.

- Reducing calories
- Food labelling
- Physical activity
- Modifying behaviour
- Comfort eating
- Food diaries
- Diet plans to avoid
- Planning ahead
- Learning from others
- Surgery and medication

## Aims of the Training

By the end of this course, learners will:

- Understand the impact of obesity on health and know how to calculate their BMI.
- Understand the different factors that can cause obesity.
- Know which nutrients are essential for a healthy diet and what should be included in each meal.
- Understand more about the components of a healthy lifestyle and how to modify behaviour to prevent obesity.
- Understand the different ways in which obesity can be treated so that weight is reduced to a healthy level.