



Coaching Clients With Obesity



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I'm really excited to announce that my new Personal Trainer Collective

course, [Coaching Clients with Obesity](#), is now live.

Coaching Clients with Obesity is specifically designed to empower the personal trainer when dealing with the unique challenges of clients with obesity. Obesity is a global epidemic, and clients with obesity need special consideration from both a nutritional and exercise standpoint.

It's 8 hours of video over 19 units. You can study it completely online, from anywhere in the world.

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Key Outcomes

- *You'll understand the complex, multi-factorial causes of obesity, and how modern lifestyles contribute to it.*
- *You'll be able to set up a sustainable nutrition plan for a client with obesity, and be positive that they'll stick to it.*
- *You'll feel confident in leading your clients with obesity through an exercise program that's safe, suitable, and scientifically sound.*
- *You'll be able to teach your clients how to set up their lifestyle to maximize their chances of losing weight and keeping it off.*

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Course Syllabus

Module 1: Obesity - A Unique Challenge

Unit 1: What is Obesity

Unit 2: The Primary Driver Behind Obesity

Unit 3: Secondary Drivers of Obesity

Module 2: Nutrition Strategies for Weight Management

Unit 4: Energy Balance and Setting Calorie Targets

Unit 5: Setting up a Sustainable Nutrition Plan

Module 3: Exercise and the Obese Client

Unit 6: Components of Energy Expenditure

Unit 7: Non-Exercise Activity Thermogenesis (NEAT)

Unit 8: Impacts of Endurance Exercise and Interval Training on Energy Expenditure
Fat Loss

Unit 9: Impacts of Resistance Exercise on Energy Expenditure and Fat Loss

Unit 10: Impacts of Exercise on Abdominal Fat & FFM Retention

Unit 11: Impact of Exercise on Appetite

Unit 12: Impacts of Fasted vs Fed Exercise on Energy Expenditure and Fat Loss

Unit 13: Exercise Training Modalities for Obese Clients

Unit 14: Strategies for Increasing NEAT

Module 4: Lifestyle Factors for Obesity

Unit 15: Sleep & Self Monitoring

Module 5: The Bigger Picture - Adherence and Long-Term Success

Unit 16: Long-term Weight Maintenance

Unit 17: Psychology of Obesity - Strategies for Adherence and Successful Weight
Loss/Maintenance

Module 6: Consultation and Practical Programming

Unit 18: Consulting with an Obese Client and Practical Application

Unit 19: Summary

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**About the
PTC**

The Personal Trainer Collective is the new home of expert health and fitness education.

At the PTC, we believe that Personal Trainers and Fitness Professionals have a key role to play in positively impacting health and fitness around the globe. By educating and empowering our students, we aim to make the world a healthier place.

PTC courses are always created with one thing in mind: to give you the confidence you need to make a difference. With world-class tutors, PTC courses draw on countless hours of scientific study and decades of 'in-the-trenches' experience. You'll gain a deeper understanding of the key ways in which Personal Trainers work with clients - exercise, nutrition, and psychology - and the PTC's team of experts will expose their tried-and-tested methods to help you apply your understanding to the individual people you work with.

As a Personal Trainer, you build your career around other people's successes. We decided it was time that someone cared about yours.

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