

### 10 MANIA® Fitness Pro Conventions

DC MANIA® February  
 CALIFORNIA MANIA® March  
 FLORIDA MANIA® May  
 ATLANTA MANIA® July  
 DALLAS MANIA® August  
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- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HITT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES & METABOLISM
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- Action

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*jeff howard*  
 SCW STAR PRESENTER

6



## Apps and Sites for Fitness Pros

**Sohaila Digsby, RDN, LD** [bestbodying52.com](http://bestbodying52.com)  
 Registered Dietitian Nutritionist, Fitness Pro, Speaker & Author  
 Sohaila@bestbodying52.com  
 @bestbodying52 Best Body in 52  
 Best Body Nutrition & Fitness, LLC 762.233.2378

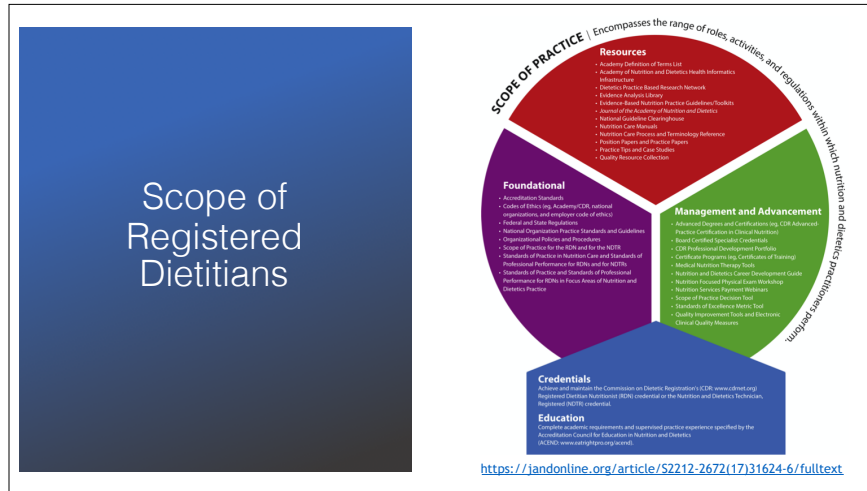
## How To Tell If a Website/Article Is Credible

- Check the date
- Check the source
  - Does the article have cited authoritative sources
  - Peer-reviewed books or scholarly articles
- Check the domain name
  - .com, .org, and .net can be purchased and used by any individual
  - .edu, is reserved for colleges and .gov denotes a government website

## Scope of Coaches/Fitness Pros

DOs	DON'Ts
<ul style="list-style-type: none"> <li>• Design exercise programs</li> <li>• Provide general information on healthy eating</li> <li>• Refer clients and groups to regulated sites and/or apps covering nutrition</li> <li>• Use exercise to help improve overall health</li> </ul>	<ul style="list-style-type: none"> <li>• Offer individualized macronutrient recommendations</li> <li>• Conduct nutritional assessment to evaluate nutrient needs and status</li> <li>• Offer individualized nutrition counseling</li> <li>• Recommend nutritional supplements</li> <li>• Promote oneself as a dietitian or nutritionist</li> </ul>

## Scope of Registered Dietitians



**SCOPE OF PRACTICE** | Encompasses the range of roles, activities, and regulations within which nutrition and dietetics are delivered and supervised systems

**Resources**

- Academy Definition of Terms List
- Academy of Nutrition and Dietetics Health Information Infrastructure
- Dietetic Practice Model Research Network
- Evidence Analysis Library
- Evidence-Based Nutrition Practice Guidelines/Toolkits
- Journal of the Academy of Nutrition and Dietetics
- National Guidelines Clearinghouse
- Nutrition Care Manual
- Nutrition Care Process and Terminology Reference
- Position Papers and Practice Papers
- Practice Tips and Case Studies
- Quality Resource Collection

**Management and Advancement**

- Advanced Degrees and Certifications (eg, CDR Advanced Practice Certificate in Clinical Nutrition)
- Board Certified Specialist Credentials
- CDR Professional Development Guidelines
- Certificate Programs (eg, Certificate of Training)
- Medical Nutrition Therapy Tools
- Nutrition and Dietetics Career Development Guide
- Nutrition-focused Physical Exam/History
- Nutrition Services Payment Reimbursement
- Scope of Practice Decision Tool
- Standards of Excellence Matrix Tool
- Quality Improvement Tools and Electronic Clinical Quality Measures

**Foundational**

- Accreditation Standards
- Codes of Ethics (eg, Academy/CDR, national organizations, and employer code of ethics)
- Federal and State Regulations
- National Organizational Practice Standards and Guidelines
- Organizational Policies and Procedures
- Scope of Practice for the RDs and for the NDs
- Standards of Practice in Nutrition Care and Standards of Professional Performance for RDs and for NDs
- Standards of Practice and Standards of Professional Performance for RDs in Focus Areas of Nutrition and Dietetics Practice

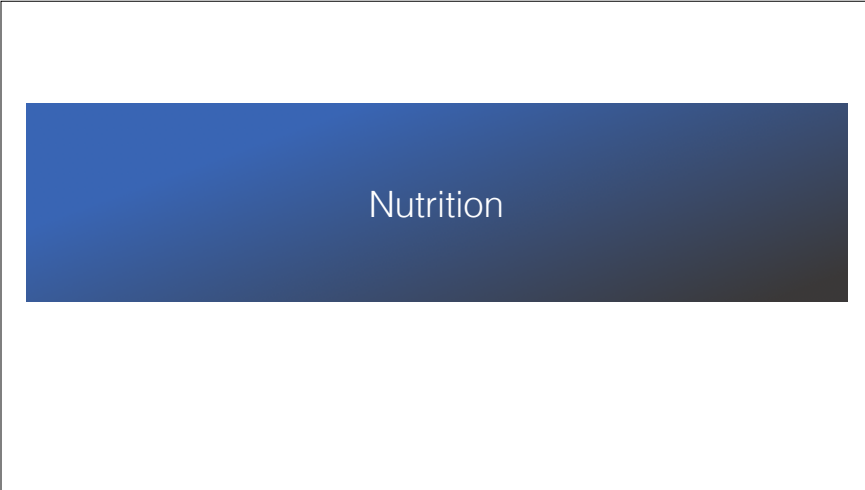
**Credentials**

Administered by the Commission on Dietetic Registration (CDR) [www.cdrnet.org](http://www.cdrnet.org)  
 Registered Dietitian Nutritionist (RDN) credential or the Nutrition and Dietetics Technician, Registered (NDTR) credential.

**Education**

Clinical dietetics: Requirements and supervised practice experience specified by the Accredited Council for Education in Nutrition and Dietetics (ACEND) [www.aedipho.org/acend/](http://www.aedipho.org/acend/).

[https://jandonline.org/article/S2212-2672\(17\)31624-6/fulltext](https://jandonline.org/article/S2212-2672(17)31624-6/fulltext)



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Young women need a balanced diet to fuel their active bodies and minds. But at this point in life, healthy eating sometimes becomes a challenge. College life can interrupt normal patterns of eating. Unhealthy body image issues can take over.


An official website of the United States government. Here's how you know.

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Nutrition.gov is a USDA-sponsored website that offers credible information to help you make healthful eating choices.

Trending Topics

<https://www.nutrition.gov/>



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### Popular Exercises



#### Deadlift

**BODY PART:**  
Full Body/Integrated

**EQUIPMENT:**  
Barbell

**DIFFICULTY:**  
Advanced

[VIEW DETAILS >](#)



#### Downward-facing Dog

**BODY PART:**  
Arms, Back, Butt/Hips, Full Body/Integrated, Legs - Calves and Shins, Legs - Thighs

**EQUIPMENT:**  
No Equipment

**DIFFICULTY:**  
Intermediate

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#### Box Jumps

**BODY PART:**  
Butt/Hips, Legs - Calves and Shins, Legs - Thighs

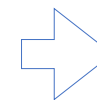
**EQUIPMENT:**  
Raised Platform/Box

**DIFFICULTY:**  
Intermediate

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<https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/>

Wellness stats



PRO Tip: subscribe to at least 1 “fad-finder” email list or magazine to stay on the pulse of your competition

CDC Centers for Disease Control and Prevention  
 CDC 24/7: Saving Lives. Protecting People™

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https://www.cdc.gov/nchs/pressroom/videos/factorfiction.htm

Press Release Archives

Page last reviewed: September 11, 2020

**Fact or Fiction**

2020 2019 2018 2017 2016 2015

**September 2020** - Fact or Fiction: Suicide rates among young people in the Northeastern United States have not increased much over the last decade.

**September 2020** - Fact or Fiction: The average age at first menstrual period for American women is 12 years old.

**April 2020** - Fact or Fiction: The marriage rate in America is at the lowest it's been in over a century.

**March 2020** - Fact or Fiction: Maternal deaths in the United States have been on the rise over the past several years.

**March 2020** - Fact or Fiction: Flu and pneumonia are responsible for 47,000 deaths in the United States each year.

**NCHStats**  
 A Blog of the National Center for Health Statistics

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**Reasons for Being Uninsured Among Adults Aged 18-64 in the United States, 2019**  
 September 30, 2020

Questions for Amy Cha, Health Statistician and Lead Author of "Reasons for Being Uninsured Among Adults Aged 18-64 in the United States, 2019."

Why did you decide to do a report on this topic?

AC: In 2019, 14.5% of adults aged 18-64 were uninsured in the United States. Individuals without health insurance experience

https://nchstats.com/

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NCHS TWITTER

o #QUICKSTAT #Pedestrian #death rates from various transport vehicles have increased more than 24 percent since 1980. [www.cdc.gov/nchs/status/1](https://www.cdc.gov/nchs/status/1) 5 hours ago

o LIFESTYLE FACTORS: EXCESS #CALORIES# and #SUGARS# causes increased at a greater rate among men and women living in rural areas than... [twitter.com/nchs/status/1](https://twitter.com/nchs/status/1)

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Molly Kellogg RD, LCSW  
 Psychotherapist, Nutrition Therapist and Writer

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 Fitness with Landy

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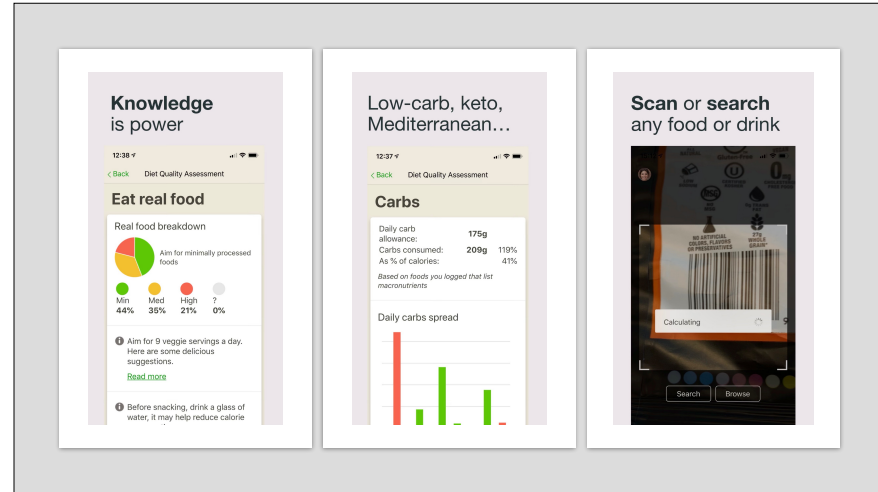
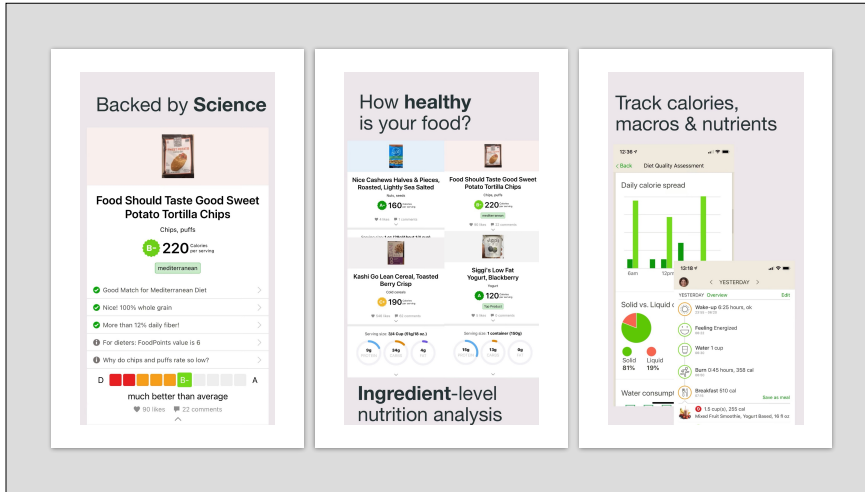
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Under Armour, Inc.

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macros and more

Protein  
293 Cal

## Best Body Countdown recipes

myfitnesspal

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best body countdown

- Bruschetta Chicken**  
Best Body In 52, Best Body Countdown, 1.25 cups  
Calories: 260 • Carbs: 18g • Fat: 7g • Protein: 31g
- Steakhouse Chicken**  
Best Body In 52, Best Body Countdown, 3 oz.  
Calories: 150 • Carbs: 0g • Fat: 5g • Protein: 24g
- Taco Salad**  
Best Body In 52, Best Body Countdown, 1.5 cups lettuce, for further see recipe step 3  
Calories: 340 • Carbs: 28g • Fat: 11g • Protein: 27g
- Blackened Cod**  
Best Body In 52, Best Body Countdown, 1 fillet  
Calories: 100 • Carbs: 1g • Fat: 1g • Protein: 21g
- Pita Pizza**  
Best Body In 52, Best Body Countdown, 1 pita pizza  
Calories: 281 • Carbs: 35g • Fat: 10g • Protein: 16g

## Mix & Match Easy Meals -finish 2020 strong challenge-

mix & match easy meals

- Raspberry Power Parfait**  
Mix & Match Easy Meals, 1 meal  
Calories: 300 • Carbs: 39g • Fat: 8g • Protein: 14g
- Beef and Broccoli Lunch**  
Mix & Match Easy Meals, 1 meal  
Calories: 301 • Carbs: 42g • Fat: 6g • Protein: 19g
- Oatmeal & Boiled Egg Breakfast**  
Mix & Match Easy Meals, 1 meal  
Calories: 399 • Carbs: 52g • Fat: 13g • Protein: 22g
- Rotisserie Chicken over Salad**  
Mix & Match Easy Meals, 1 meal  
Calories: 301 • Carbs: 24g • Fat: 12g • Protein: 29g
- Strong Snack Second Lunch**  
Mix & Match Easy Meals, 1 meal  
Calories: 399 • Carbs: 56g • Fat: 10g • Protein: 29g
- Bagel Cream Cheese Breakfast**  
Mix & Match Easy Meals, 1 meal  
Calories: 305 • Carbs: 36g • Fat: 12g • Protein: 25g
- A little of Everything**  
Mix & Match Easy Meals, 1 meal  
Calories: 346 • Carbs: 44g • Fat: 11g • Protein: 23g

## Mindfulness and Meditation Apps

Choose just 1: Abide, Headspace, Stop, Think & Breathe, Shine, Mindful Moments

## Workout Apps



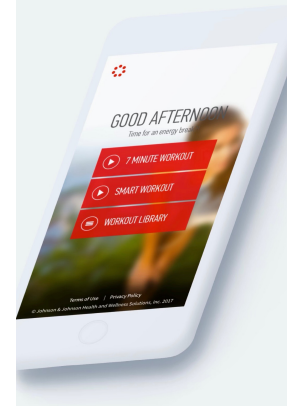
**J&J Official 7 Minute Workout** 4+  
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**YOUR FITNESS LEVEL SET AT 4**  
Your Smart Workouts will be an even mix of moderate and hard exercises.

**SET YOUR FITNESS LEVEL**  
Setting your fitness level will help you track your workouts and inform how Smart Workouts are prepared for you

DOWNWARD DOG GRASSHOPPER

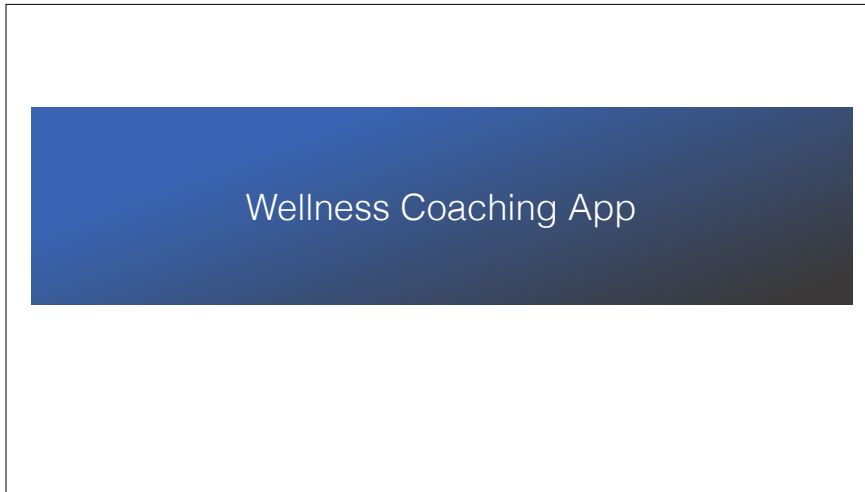
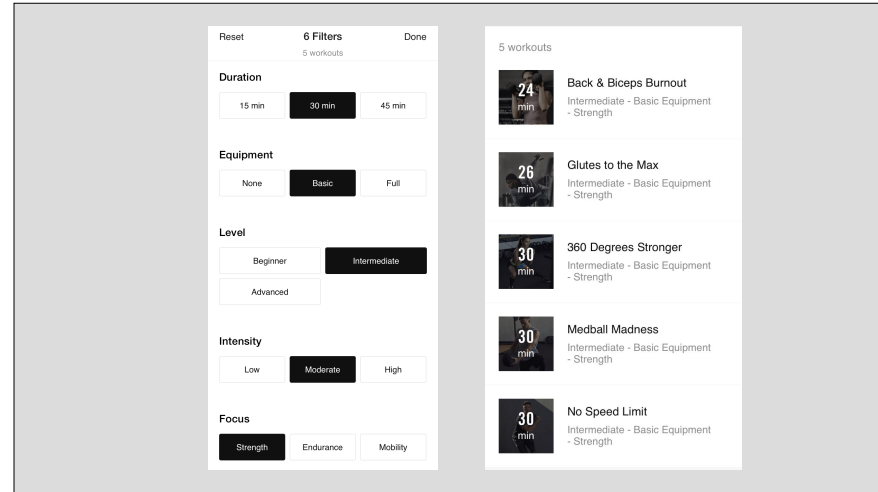
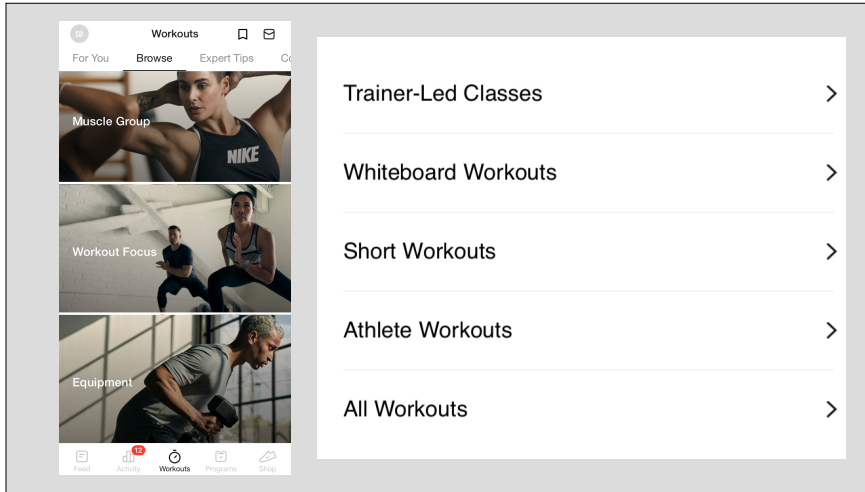
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- IT'S THE 8 MINUTE WORKOUT
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- FIRST TIMER
- THE FULL WORKOUT



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