

**SCW**  
**MANIA**<sup>®</sup>  
 Fitness Pro Conventions

[scwfit.com/MANIA](http://scwfit.com/MANIA)

**MANIA**<sup>®</sup> Attendee Exclusive Content

Session & Cert Evaluations | Outlines & Handouts | MANIA<sup>®</sup> Schedule

Get Your CECs (Short MANIA Survey) | Expo Coupons & Discounts

[scwfit.com/attendee](http://scwfit.com/attendee)

**#SCWMANIA**  
**@SCWfitness**

[facebook.com/scwfitness](https://facebook.com/scwfitness)  
[twitter.com/scwfitness](https://twitter.com/scwfitness)  
[instagram.com/scwmania](https://instagram.com/scwmania)

**20% OFF!**  
 \$6.58/ Month or \$79/ year  
 (Norm. \$8.25 month or \$99/year)

**USE CODE: MANIA20**

**500+**  
 Educational Videos

**70+**  
 Leading Presenters

**20+**  
 Fitness & Health Topics Available

**SCW**  
**On Demand**

[scwfit.com/OnDemand](http://scwfit.com/OnDemand)

**SCW**  
**CERTIFICATIONS**  
**35+ NATIONALLY RECOGNIZED. ONLINE + LIVE.**

FREE LIVE COURSE included with every Online Certification within 1 year

[scwfit.com/certifications](http://scwfit.com/certifications)

- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- TAICHI
- WATERMOTION<sup>®</sup>
- WEIGHT MANAGEMENT
- YOGA I & II

SCW AFAA ACE-2 ACE-3 NASM NREPP RFAA NPT

**CEC VIDEO**  
**SCW FITNESS**

**ONLINE CEC VIDEOS**  
 Earn CECs in the comfort and convenience of your home!

Exercise & Aging (Self-Paced Programming)  
 Tab-aqua Bootcamp  
 Barre Defined  
 E.S.P. 123: Performance Circuit Training  
 Metabolism (Metabolism)  
 Dynamic Anatomy  
 Flowing Yoga for Chakra Balancing  
 Relax & Restore Foam Roller Training  
 Aquatic Kickboxing: Out of the Box

**140+ More Videos**

[scwfit.com/CECS](http://scwfit.com/CECS)

# PUTTING AN END TO STRESS EATING

## STRESS EATING

- i. What is it?
- ii. How is it relevant to personal trainers?

## CAUSES OF STRESS EATING

- i. Cortisol
- ii. Comfort Foods
- iii. Fear of Emotion

## CONQUERING STRESS EATING

- i. Proactive Stress Management
  - a) Physical Activity
  - b) Meditation
  - c) Sleep
  - d) Organization
- ii. Reactive Stress Management
  - a) Get UP
  - b) Get DOWN

# **CREATING YOUR STRESS MANAGEMENT TOOLKIT**

## **PROACTIVE STRESS MANAGEMENT (The Big 5)**

- Physical Activity
- Meditation
- Sleep
- Organization/Planning
- Self-Care

## **REACTIVE STRESS MANAGEMENT**

### **GET UP**

- One –Person Dance Party
- Walk the dog
- Go to the gym
- Play a Wii Game
- Do yoga
- Walk on the beach/park
- Do some squats/push-ups/  
burpees
- Go to a coffee shop
- Have sex
- Climb some stairs

### **GET DOWN**

- Sit in nature
- Take a hot bath
- Get a massage
- Listen to soothing music
- Write in a journal
- Drink warm tea
- Stretch
- Deep breathing
- Read a Book
- Call a friend
- Take a nap