

**CERTIFICATIONS Sunday, May 17**



**Nutrition Coaching for Fitness Pros Certification**  
Online / Recorded



**Active Aging Nutrition Certification**  
Online / Recorded



**Menopause Wellness Certification**  
Online / Recorded



**Sports Nutrition Certification**  
Online / Recorded



**nutrition**  
COACHING SUMMIT  
MAY 16, 2026

**A**  
NUTRITION & FOOD TIMING

**B**  
ANTI-INFLAMMATORY & AGING

**C**  
COACHING & LEADERSHIP

<b>SA1</b>	10:00am-11:00am EDT 9:00am-10:00am CDT 7:00am-8:00am PDT	<b>Glucose Regulation Essentials</b> Kirkwood (NEW) PRE-RECORDED	<b>Real Relief of Frozen Shoulder</b> Jambor (NEW)	<b>Small Habits, Big Impact</b> Robinson (NEW)
<b>SA2</b>	11:15am-12:15pm EDT 10:15am- 11:15am CDT 8:15am-9:15am PDT	<b>What Do You Eat?</b> Ross (NEW)	<b>Nourish Through Menopause</b> Price (NEW)	<b>Creating a Nutrition Challenge</b> Lemons (NEW)
<b>SA3</b>	12:30pm-1:30pm EDT 11:30am-12:30pm CDT 9:30am-10:30am PDT	<b>Art of Food as Fuel</b> Lemons (NEW)	<b>Nutrition Strategies for Arthritis</b> Conti (NEW)	<b>Noise-Free Nutrition &amp; Fitness Coaching</b> Nitschke (NEW)

**LUNCH: 1:30pm-2:00pm EDT, 12:30pm-1:00pm CDT, 10:30am-11:00am PDT**

<b>SA4</b>	2:00pm - 3:00pm EDT 1:00pm - 2:00pm CDT 11:00am - 12:00pm PDT	<b>Working Out Hungry</b> Varol (NEW)	<b>Nutrition for Healthy Aging</b> Charlop	<b>Why 'Just Eat Better' Fails</b> Kirkwood (NEW)
<b>SA5</b>	3:15pm- 4:15pm EDT 2:15pm - 3:15pm CDT 12:15pm - 1:15pm PDT	<b>The Missing Data in Nutrition</b> Johns (NEW)	<b>Sustainable Nutrition for Menopause</b> Toole (NEW)	<b>How Meal Prepping Works</b> Ross (NEW)
<b>SA6</b>	4:30pm - 5:30pm EDT 3:30pm - 4:30pm CDT 1:30pm - 2:30pm PDT	<b>How Blood Sugar Works</b> Digsby (NEW)	<b>Anti-Inflammatory Nutrition Reset</b> Price (NEW)	<b>Beyond Kale &amp; Calories: Why Absorption Changes Everything</b> Huss



**Nutrition, Hormones, & Metabolism Certification**  
Online / Recorded



**Weight Management Certification**  
Online / Recorded



**GLP-1 Fitness Specialist Certification**  
Online / Recorded

<b>D</b> STRATEGIES & SPECIALTIES	<b>E</b> PRE-RECORDED VIDEOS	<b>F</b> PRE-RECORDED VIDEOS	
<b>Endurance Fueling: Facts vs Fiction</b> Conti (NEW)	<b>Alcohol &amp; Aging-Myths vs. Facts</b> Charlop	<b>Internal Wellness Fuels Outer Beauty</b> Caldwell	<b>SA1</b>
<b>Metabolic Disease: The Heavy Impact</b> Offerdahl (NEW)	<b>How To Know If You're Under-Eating</b> Digsby	<b>Hot Topic Research</b> Layne	<b>SA2</b>
<b>The Busy Parent Nutrition Blueprint</b> Foss (NEW)	<b>Mastering Macros</b> Toole	<b>Fueling Fitness - Food Meets Mood</b> Herlihy	<b>SA3</b>
<b>LUNCH: 1:30pm-2:00pm EDT, 12:30pm-1:00pm CDT, 10:30am-11:00am PDT</b>			
<b>Antioxidants and Their Profound Impact</b> Offerdahl (NEW)	<b>Healthy Aging Weight Loss</b> Childers-Richmond	<b>Kitchen Makeover For Food Lovers</b> Digsby	<b>SA4</b>
<b>Food, Politics &amp; Perspectives</b> Varol (NEW)	<b>Inflammation: The Exercise-Nutrition Nexus</b> Fearheiley	<b>Solve 30 Training &amp; Nutrition Mistakes</b> Mike	<b>SA5</b>
<b>7 Nutrition Myths that Refuse to Die</b> Layne (NEW) <b>PRE-RECORDED</b>	<b>Hydrate Before You Dehydrate</b> Saniatan	<b>Self-Care For Your Immune System</b> Seti	<b>SA6</b>

