



World Governing Body  
for Weight Training Instructors

# The Certificate in Nutritional Studies

## Subjects will include:

- *Gaining Lean Weight + Carbohydrate Loading*
- *Nutritional secrets of getting clients in their best shape ever!*
- *Matching Carbohydrate & Protein percentages against your own individual training goals & workout intensity*

## Learn the skills behind totally effective Diet Planning:

- *Zero or low carb diets - what's the catch?*
- *Calculating RMR - BMR & Protein Ratios for perfect results*
- *"Get slim quick" cons vs Using Metabolic Rate Enhancement*
- *Losing Fat Weight & Water Retention vs Losing Body weight?*

Free advice is always available to WABBA Members

CALL THE HOTLINE TODAY

# 08450 - 941 - 941

## Macro & Micro Nutrients

Learn:

- *How just 1 carbohydrate trick enhances recovery up to 28%*
- *Why Branch Chain Aminos are so important*
- *How diet clubs use quick result tricks that don't last*

## Supplements

Will they work for me?

- *Fat Burners - which ones work?*
- *Using supplements to benefit all levels of training*
- *Should it be protein, creatine, or carb drinks - which is best?*

## Course Assessment

The Portfolio

- *Impress Prospective Employers With A Showpiece Nutrition Folder*
- *Complete an Online Test*

