

MNU LIVE 1 | FAT LOSS - THE COMPLETE PICTURE

Location: Burleigh Court Conference Centre, Loughborough University

Price: £199

Theme: Everything you need to know, and what to ignore, to help yourself or clients lose body fat; learn not only physiology and nutrition but also aspects of psychology and behaviour that can affect the process.

Lectures:

1. Fat Loss – Adherence the Single Most Important Factor
2. Fat Loss – Client Specific Approaches to Dieting
3. Fat Loss – Rates of Weight Loss, Diet Breaks & Metabolic Adaptation
4. The Art and Science of Intermittent Fasting
5. Nutritional Myths – Gluten, Organic, Sweeteners and Much More
6. Open Question & Answer session

MNU LIVE 2 | EVIDENCE-BASED PROGRAMMING FOR STRENGTH SPORTS AND AESTHETICS

Location: Burleigh Court Conference Centre, Loughborough University

Price: £199

Theme: With so many people standing to gain from pseudoscientific methods, information surrounding muscle gain and making weight is confusing to say the least. Learn the science behind muscle hypertrophy and acute weight loss to gain clarity and allow you to make reasoned decisions around your choice of methods.

Lectures:

1. Understanding a Truly Evidence-Based Approach
2. Advanced Muscle Gain Techniques
3. Considerations for Prepping Bodybuilders
4. Evidence-Based Strategies for Making Weight
5. Evidence-Based Supplementation for Health and Performance
6. Open Questions & Answer session

MNU LIVE 3 | CLINICAL POPULATIONS & OPTIMAL HEALTH

Location: Burleigh Court Conference Centre, Loughborough University

Price: £199

Theme: Learn the key factors underpinning some of the most common illnesses affecting today's society as well as understanding what a diet for optimal health really entails.

Lectures:

1. Is There an Optimal Diet for Human Health?
2. An evidence-based approach to IBS and Gut Health
3. Understanding the Signs, Symptoms & Implications for PCOS
4. Understanding the Signs, Symptoms & Implications for Diabetes
5. Open Question & Answer session