



METABOLISM AND FAT – SCIENCE AND APPLICATION

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OVERVIEW

With a population obsessed with weight loss, the mere mention of "metabolism" or "fat" grabs attention. Unfortunately, confusion surrounding the research and methodology for programming in this area still persists. Come to this session to gain a better understanding of the complexities of each, gather updates in recent research, and learn how to effectively design, develop and deliver strategies to achieve those much-desired results.

OBJECTIVES

- Explain the role of controllable and non-controllable factors that influence metabolism
- Describe the physiology of fat and fat utilization within the body
- Discuss simple hacks to improve metabolism and fat loss

SUMMARY

Attendees will understand the role of metabolism and how it is influenced in the body. They will also understand the physiology of fat and fat metabolism in the human body. Lastly, simple hacks to boost metabolism will be shared.

**Please remember to submit a session evaluation.
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