

EXERCISE FOR THE PREVENTION AND TREATMENT OF DISEASE



Help prevent and treat chronic diseases

Make a lasting impact on your patients' health

Improve outcomes and enhance their quality of life

Through evidenced-based, practical case studies and interactive learning

Gain the tools to incorporate exercise into your clinical practice

Training Introduction

“Exercise for the Prevention and Treatment of Disease” is a comprehensive multi-lesson training program designed to transform your clinical practice by integrating exercise as a key component in the prevention and treatment of chronic diseases.

The course begins with foundational concepts of cardiorespiratory fitness (CRF) and movement competency, building towards advanced topics such as personalized exercise prescription, the integration of exercise with medication management, and considerations for diverse patient populations.

Through a combination of evidence-based strategies, practical case studies, and interactive learning, you'll gain the tools necessary to effectively incorporate exercise into your

patient care, leading to improved outcomes and enhanced quality of life. Whether you're seeking to earn continuing education credits or simply aiming to elevate your practice, this course will empower you to make a lasting impact on your patients' health.

Training Overview

This comprehensive training program spans 14 lessons, covering the vital role of exercise in preventing and treating chronic diseases. The course begins with foundational concepts of CRF and movement competency and progresses through advanced topics such as personalized exercise prescription, the integration of exercise with medication management, and special considerations for various patient populations. Through case studies, practical applications, and evidence-based strategies, you will be empowered to utilize exercise as a powerful tool in clinical practice.

Training Outcomes

By the end of this course, you will:

- Understand the importance of CRF and movement competency in patient health.
- Be able to assess CRF and movement competency using both basic and advanced tools.
- Develop personalized exercise prescriptions tailored to individual patient needs.
- Integrate exercise into overall patient care plans, including considerations for medication management.
- Identify and overcome barriers to exercise habituation in patients.
- Apply motivational interviewing techniques to enhance patient engagement and adherence.

Partnership

This training has been developed in partnership with Peter Cummings, MPH, NNP. Peter is a preventive health expert with over 30 years of experience, specializing in therapeutic carbohydrate reduction and human performance. He has authored peer-reviewed articles in the American Journal of Preventive Medicine - FOCUS, contributing significantly to the integration of lifestyle interventions in managing chronic disease. Peter emphasizes the importance of personalized exercise, nutrition, and lifestyle strategies for optimal health outcomes. As a mentor and endurance sports coach with numerous championship successes, his data-driven, integrative approach challenges the conventional reliance on medication. This upcoming exercise training will equip healthcare professionals and laypeople with practical tools to prioritize sustainable, holistic health solutions.



Introduction Lesson: Core Concepts and Learning Objectives

The introductory lesson sets the stage by exploring the core concepts of CRF and movement competency, emphasizing their significance as vital signs in clinical practice. You will learn the importance of assessing these factors routinely and how they relate to overall health, quality of life, and longevity. The lesson will outline the course structure, objectives, and how each subsequent lesson builds on these foundational concepts to create a comprehensive approach to exercise in patient care.

Introduction Lesson: Core Concepts and Learning Objectives

Course Objectives and Structure

- This course will include multiple lessons to explain why the maintenance and/or achievement of robust cardiorespiratory fitness (CRF) and movement competency are important to both providers and patients.
- While background information will be provided, the primary focus will be on how providers can implement the recommendations provided into their practice. Viewers will be provided recommendations on How-To effectively assess CRF and movement competency, have clinically impactful conversations with patients about exercise, and create personalized exercise prescriptions for patients.

- Physical Fitness is a Vital Sign.
- Physical Fitness, as defined by CRF, must be considered a vital sign as there seems to be no upper limit to the benefit improved CRF provides and CRF is the best predictor of morbidity, quality of life, and mortality.
- Routine Assessment of CRF and Movement Competency are clinically relevant.
- Tracking CRF, its trajectory and classifying patients' CRF compared to population norms can enhance clinical conversations.
- Explaining to patients the concept of functional dependency can be a powerful motivator.
- Personalizing Exercise Prescription is Critical.
 - Learn to personalize through proper objective assessment.
 - Learn to personalize prescription and increase odds of habituation by keeping recommendations patient centred.
- Exercise is Beneficial to Health, QOL and Longevity and Comes with Risks.
- Barriers and Obstacles to Habituation of Exercise.
- Practical Applications to Lessons.
- Special Populations.
- Case Studies showing life-changing success with these populations.



Training Outline

Lecture Topic	Lecturer
Introduction	Peter Cummings, MHP, NNP
My Personal Journey of Reclaiming Cardiorespiratory Fitness	Dr. Laurie Rauch
What is Cardiorespiratory Fitness?	Dr. Laurie Rauch
How to Assess Cardiorespiratory Fitness and Movement	Peter Cummings, MHP, NNP
Understanding Movement Competency	Kyle Barrow, ATC
How to Prescribe Effective Exercise	Peter Cummings, MHP, NNP
Exercise is Medicine: Clinical Applications	Dr Rolandos Pavlou, MD MHP NNP
Prescription Considerations of TCR	Tamzyn Murphy, RD, MSc
Dietary Advice for Athletes Adapted to LCHF	Prof Timothy Noakes
Benefits and Risks of Exercise	Dr Hassina Kajee, MD
Deeper Dive into Movement Competency Assessment	Kyle Barrow, ATC
SMART Goals - Skills for Guiding Clients to Achievable Goals	Dr. Debbie Garratt, PhD, M.Ed, MHP, NNP
Referral to Exercise Professionals	Bronson Dant, CPT, CCFT, CSCC, BCS
Objections and Barriers - Identifying and Managing	Dr. Debbie Garratt, PhD, M.Ed, MHP, NNP
Exercise Prescription for Special Populations	Bronson Dant, CPT, CCFT, CSCC, BCS
Course Summary	Peter Cummings, MHP, NNP
Appendix - Using Available Technology	Peter Cummings, MHP, NNP
Appendix - Mental Fortitude	Prof Timothy Noakes

Who is the Course For?

This course is ideal for **healthcare providers**, including **doctors, nurses, physical therapists**, and other clinicians who wish to incorporate exercise into their patient care strategies. It is also beneficial for **fitness professionals** working in clinical settings who collaborate with healthcare providers. Whether you are new to exercise prescription or looking to refine your skills, this course provides the knowledge, and tools needed to effectively use exercise as a **preventative and therapeutic intervention**.

Certificate

On completion of the training, participants will be issued with a **Certificate of Completion**. This module contributes towards certification as a Nutrition Network Practitioner.

Continued Professional Development (CPD)

We anticipate that this module will receive full international accreditation with The CPD Standards Office. We have been assured that the accreditation is recognized and respected internationally. Formal CPD Standards certificates are issued and accepted in a multitude of countries.



All trainings are **online**



You may **start** at any time



Work through the course content at your **own pace**



Lecturer Bios



Peter Cummings, MHP, NNP

Peter Cummings is the Director of Health and Human Performance at Plan2Peak, where he specializes in preventive health and therapeutic carbohydrate reduction. With over 30 years of experience, Peter is recognized as an expert in human performance and has significantly contributed to the field by mentoring other preventive health practitioners. His work is particularly focused on helping patients achieve optimal health through personalized wellness programs. In addition to his work in preventive health, Peter is also an accomplished endurance sports coach, having guided athletes to win numerous national and state championships. His approach at Plan2Peak combines remote coaching with tailored health and performance plans to ensure his clients' well-being and success.



Dr Laurie Rauch

Laurie is an adjunct senior lecturer in the Department of Human Biology at UCT, both at undergraduate and post-graduate level. He co-supervises MSc and PhD students in research projects ranging from relational health, weight loss, sleep and spinal cord injured persons, making use of techniques such as functional MRI, cardiovascular function, Heart Rate Variability measures, cognitive function and EEG. In recent years Laurie has dedicated his time to sharing his personal journey and academic findings, professional experience to a wide range of audiences around the world focussed on 1) sporting experiences from his triathlon,

cycling, rugby & rock climbing days; 2) experiences in regaining his health after his accident and 3) 25 years of conducting Health Science research at UCT through academic and mainstream presentations, lectures and workshops. Laurie's particular interest lies in the Autonomic Nervous System and a more than a decade of academic research and practice to understand the neural underpinnings of composure, i.e. what happens inside the heart, brain and body of a person performing at their peak in any arena, sporting, corporate, artistic, academic, etc.



Kyle Barrow

Originally from England, Kyle has immersed himself in the pursuit of excellence in health, wellness, and fitness during his 14-year stay in the United States. He has a background in sports medicine and physical conditioning. Throughout his career, he has been fortunate to work with esteemed professional sports organizations and military operators such as the Atlanta Falcons, Jacksonville Jaguars, St. Louis Cardinals, Navy SEALs, and more. These experiences have allowed him to witness the impact of elite performance strategies firsthand. Having transitioned from the hands-on diagnosis and treatment typically associated with athletic trainers, he now focuses on proactive care, identifying risk factors, and implementing measures to reduce them, ultimately preventing injuries. Currently, he's the product developer for Functional Movement Systems, helping develop a groundbreaking musculoskeletal health platform that aims to improve the health and wellness of people worldwide. He is passionate about developing innovative solutions that prioritize proactive care and address risk factors before injuries occur, because everyone can benefit from this.



Dr Rolandos Pavlou, MD MHP NNP

Dr. Rolandos Pavlou, MD MHP NNP is a general practitioner based in Athens, Greece. His medical practice emphasizes a holistic approach to healthcare, incorporating nutrition, herbal medicine, homeopathy, and lifestyle changes. He is particularly known for using ketogenic and low-carbohydrate diets to help manage chronic conditions. Dr. Pavlou actively shares his expertise on platforms like YouTube, where he runs a channel called "Ketoactually," offering insights on the role of nutrition in addressing modern chronic diseases.



Tamzyn Murphy RD, Msc

Tamzyn is a registered dietitian with a master's degree in Physiology (Dist.) in which she investigated Low Carbohydrate High Fat Diets and Type 2 Diabetes. Tamzyn's special interest and experience in LCHF / Keto diets make her a key member of the Nutrition Network team. Tamzyn is also co-founder of Real Food Dietitians, a private dietetics practice focusing on Keto diets, where she consults with patients and runs Low Carbohydrate Challenges. Tamzyn has work experience in the community, supplement industry, nutrition writing, and editing for the media, as well as in low carbohydrate research.



Dr Hassina Kajee, MD

Dr Hassina Kajee specialised as an Internist and then landed her dream job heading up the High Care Unit of a teaching hospital in South Africa. As her patient population became younger and more patients were being admitted with chronic disease, some under the age of 30, she realized she needed to evolve her practice. She embarked on a journey to empower patients and health care providers alike with nutrition and lifestyle education to transform their health. Thus, it was that she co-founded Nutrition Network, an educational platform that was instrumental in bringing Keto education to thousands of health care practitioners and nutrition advisors across the globe. Through this initiative, Nutrition Network has also become largest the affiliate of the Eat Better South Africa campaign in South Africa that brings nutrition interventions to under-resourced communities in South Africa. Dr Kajee also sees patients in private practice and is a mum to two low carb kiddies and wife to one low carb emergency physician.



Dr Debbie Garratt PhD, NNP

Dr Debbie Garratt (PhD) has a broad background in health (including 25yrs as a Registered Nurse), counselling and adult education, and professional experience of more than 35 years in the following areas: Crisis, relationship,

sexuality education and pregnancy counselling; psychosocial care in oncology; group facilitation; professional development programs design and delivery; management, leadership and team building program development and delivery; health and stress management education and individual coaching.

Debbie is also recognised as a Certified Nutrition Network Medical Practitioner by the world's foremost professional body on low carb/ketogenic nutrition: the Nutrition Network.



Bronson Dant

Bronson is a certified strength and conditioning coach, certified personal trainer, certified nutrition coach, behavior change specialist, health coach, author, and public speaker dedicated to helping people transform their lives through fitness, nutrition, and mindset. His journey to a better quality of life began in his mid-thirties when he was 70 pounds overweight, struggling with gut issues and urgent bowels. For years, he believed that fitness was the key to good health. He even owned a CrossFit gym, thinking he could "fitness" his way to a better quality of life. However, it wasn't until he realized the importance of proper nutrition and combined it with his fitness routine that he truly saw changes in his quality of life and personal freedom. This experience taught him that achieving a healthy lifestyle is about more than just physical effort; it's about finding the right combination of fitness and nutrition that fits your context. With over ten years of coaching experience, he's learned that mindset is crucial to success. The more he focuses on mindset with his clients, the more they succeed in fitness and nutrition.



Prof Timothy Noakes

Prof Noakes studied at the University of Cape Town (UCT), obtaining an MBChB degree and an MD and DSc (Med) in Exercise Science. He is now an Adjunct Professor at the Cape Peninsula University of Technology (CPUT), following his retirement from the Research Unit of Exercise Science and Sports Medicine. In 1995 he was a co-founder of the now prestigious Sports Science Institute of South Africa (SSISA). He has been rated an A1 scientist by the National Research Foundation of SA (NRF) for a third 5-year term. In 2008 he received the Order of Mapungubwe, Silver, from the President of South Africa for his "excellent contribution in the field of sports and the science of physical exercise". Prof Noakes has published more than 750 scientific books and articles. He has been cited more than 21 000 times in scientific literature and has an H-index of 77. He has won numerous awards over the years and made himself available on many editorial boards. Following the publication of the best-selling book, *The Real Meal Revolution*, he founded The Noakes Foundation, the focus of which is to raise funding to support high-quality research of the eating plan described in the book. He is now the co-founder and Chief Medical Director of the Nutrition Network and devotes a majority of his time to promoting the low carbohydrate high-fat diet, especially for those with insulin resistance, and on raising funds for Eat Better South Africa! and research through The Noakes Foundation.

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www.nutrition-network.org