

Flex Diet Certification - Course Outline

Outline of hours (Hour total = 29 hr 8 mins 38 sec)

- Intervention 1. Protein (hour total = 3 hr 49 mins 42 sec)
 - Module 1.1 Big Picture: Overview [50:54]
 - Module 1.2 Technical: Dietary Protein [43:48]
 - Module 1.3 – 5 Action Items for Protein [26:16]
 - Module 1.4 Expert Interview 1: Dr. Stu Phillips – [54:01] “Dietary Protein Amounts, Possible Harm, Types and More”
 - 1.5 Expert Interview 2: Dr. Jose Antonio [54:34] “Protein Overfeeding – Can You Get Fat from Too Much Protein”
- Intervention 2. Intermittent Fasting (hour total = 3 hr 13 mins 42 sec)
 - Module 2.1 Big Picture: MetFlex and Fat as Fuel [44:09]
 - Module 2.2: Technical: Intermittent Fasting [1:04:14]
 - Module 2.3: 5 Action Items for Intermittent Fasting [30:08]
 - Module 2.4 Expert Interview: Dr. Hunter Waldman ” The Interaction of Insulin, Glucose & Exercise” [55:11]
- Intervention 3. Micronutrition (hour total = 2 hr 53 mins 15 sec)
 - Module 3.1: Big Picture: Met Flex Details [41:02]
 - Module 3.2: Technical: Micronutrition [25:22]
 - Module 3.3 – 5 Action Items for Micro Nutrition [34:41]
 - Module 3.4 Expert Interview: Jeff Chilton “Medicinal Mushrooms – Under Appreciated Micronutrient Powerhouse” [1:13:10]
- Intervention 4. Non-Exercise Activity Thermogenesis (NEAT) (hour total = 2 hr 18 mins 17 sec)
 - Module 4.1 Big Picture: Met Flex & Matching Macros [36:12]
 - Module 4.2 Technical: NEAT [38:37]
 - Module 4.3 5 Action Items for NEAT [17:23]
 - Module 4.4 Expert Interview: Dr. Peter Fischen “The Role of Calories, Extreme Diets and What You Can Learn from Physique Competitors – even if you are not one” [46:05]
- Intervention 5. Exercise (hour total = 3 hr 1 min 23 sec)
 - Module 5.1 Big Picture: Leverage & Flexible Dieting [48:51]
 - Module 5.2 Technical: Exercise [53:01]
 - Module 5.3 – 5 Action Items for Exercise [27:51]
 - Module 5.4 Expert Interview: Dr. Mike Ormsbee “Pre-sleep Carbs & Proteins, Metabolic effects & Body Composition Implications? [51:40]
- Intervention 6. Dietary Fat / Keto (hour total = 7 hr 19 mins 57 sec)
 - Module 6.1 Big Picture: Mis-Matching Macros Concept [42:41]
 - Module 6.2 Technical: Dietary Fat & Keto [57:43]
 - Module 6.3 – 5 Action Items on Fat / Keto [15:48]
 - Module 6.4 Expert Interview: Dr. Eric Helms “All about Flexible Dieting” [57:40]
 - Module 6.5 Bonus Gift from Stronger Experts 2:08:14 + 2:17:51
- Intervention 7. Carbohydrates (hour total = 3 hr 36 mins 11 sec)
 - Module 7.1 Big Picture: Met Flex & Carbs [52:41]

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- Module 7.2 Technical: Carbohydrates: Fuel & Food [1:20:11]
- Module 7.3 – 5 Action Items for Carbs [23:58]
- Module 7.4 Expert Interview: Dr. Stephan J. Guyenet “The Neuro Mechanisms of Hunger” [59:21]
- Intervention 8. Sleep (hour total = 2 hr 56 mins 11 sec)
 - Module 8.1 Sleep: Big Picture: Met Flex Review & Wrap Up [48:48]
 - Module 8.2 Technical: Sleep [57:48]
 - Module 8.3 – 5 Action Items for Sleep [24:08]
 - Module 8.4 Expert Interview: Dr. Dan Pardi “Sleep, Movement & More” [45:27]