

ONLINE








canfitpro | 2021

NUTRITION

MARCH 3, 2021

SPONSORED BY:



TRACK	FOOD WORKSHOPS 	NUTRITION 	PERSONAL TRAINING 	WOMEN'S HEALTH TRACK 
11:30 AM - 12:45 PM EST 8:30 AM - 9:45 AM PST 10:30 AM - 11:45 AM CST				
SESSION #	101	102	103	104
SPONSOR				
SESSION NAME	Savory and Sweet Buddha Bowl Creations	Optimizing Performance with Nutrition	Plant-Power! Thriving with Plant-based Fitness	Nutrition and Its Impact on Mental Health
TYPE	W/S	L	L	L
PRESENTER	Teri Gentes	Nina Lane	Magdalena (Magz) Kordiuk	Alisa Herriman
EQUIPMENT	<i>Ingredients List Coming Soon!</i>			
1:00 PM - 2:15 PM EST 10:00 AM - 11:15 AM PST 11:00 AM - 12:15 PM CST				
SESSION #	105	106	107	108
SPONSOR				
SESSION NAME	Sugar Substitutes	The New Science of Late Night-Eating - Why It Matters	Supplements 101: Functions, Benefits, and Results	Burn out: Nutrition as a Tool for Stress Resilience
TYPE	W/S	L	L	L
PRESENTER	Andria Barrett	Dr. Marc Bubbs	Brent Bishop	Cristina Tahoces
EQUIPMENT				
2:30 PM - 3:45 PM EST 11:30 AM - 12:45 PM PST 1:30 PM - 2:45 PM CST				
SESSION #	109	110	111	112
SPONSOR				
SESSION NAME	Raw Foods That Nourish the Gut and Body	How to Thrive with Functional Nutrition in a Toxic World	Teaching Intermittent Fasting to Your Clients	27 Simple Practical Applications for a Vibrant Life – THINK Yourself® HEALTHY
TYPE	W/S	L	L	L
PRESENTER	Danielle Arsenault	Josh Gitalis	Thomas DeLauer	Nathalie Plamondon-Thomas
EQUIPMENT	<i>Ingredients List Coming Soon!</i>			
4:00 PM - 5:30 PM EST 1:00 PM - 2:30 PM PST 3:00 PM - 4:30 PM CST				
SESSION #	113			
SPONSOR				
SESSION NAME	Panel Discussion: The Impact of Nutrition During a Pandemic			
TYPE	L			
PRESENTER	Facilitated by Samantha Montpetit-Huynh			
EQUIPMENT	Featuring Andria Barrett, Thomas DeLauer, Josh Gitalis & Adele Kiriakou			

LEGEND: L - Lecture | W/S - Workshop