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### **Course Essentials:**

**Course Title:** The Science Of Weight Loss

### **Short Description:**

This course breaks down the science behind weight loss, helping you understand how diet, exercise and mindset work together for long-term success.

By the end of this course, learners will be able to:

1. Describe how the body uses food for energy and what metabolism really means.
2. Identify basic reasons why weight loss can be challenging, including factors such as hormones, sleep and stress
3. Spot common weight loss myths and understand why they often don't work long-term
4. Learn simple, realistic nutrition habits that support healthy weight loss without extreme restriction

5. Understand the difference between hunger and cravings  
then the learner will begin to build awareness of personal eating patterns
6. Set small, achievable goals and track progress in ways that go beyond just the number on the scale.
7. Build a foundation for long-term healthy eating that fits their lifestyle and cultural preferences

## **Curriculum Outline:**

### **Module 1: Understanding your body**

- Lesson 1.1- What Is Metabolism (Really)?
- Lesson 1.2- Calories In, Calories Out
- Lesson 1.3- How Your Body Stores & Burns Fat
- Lesson 1.4- What Influences Your Weight

### **Module 2: Breaking the myths**

- Lesson 2.1- The Truths About Diets: Why Most Don't Work
- Lesson 2.2- Carbs, Sugar and Fat: Friend or foe?
- Lesson 2.3- Detoxes, Fat Burners & Quick Fixes
- Lesson 2.4- Can You "Boost" Your Metabolism?

### **Module 3: Nutrition that works**

- Lesson 3.1- Building a Balanced Plate

- Lesson 3.2- Portion Awareness Without Measuring Everything
- Lesson 3.3- Smart Snacking and Meal Timing
- Lesson 3.4- How to Eat Less Without Feeling Deprived

## **Module 4: Your Mind & Your Habits**

- Lesson 4.1- Emotional Eating: What It Is and What To Do
- Lesson 4.2- Hunger vs. Cravings: Learn Your Signals
- Lesson 4.3- Motivation, Willpower and the Habit Loop
- Lesson 4.4- How To Handle Setbacks Without Quitting

## **Module 5: Putting It All Together**

- Lesson 5.1- Creating Your Own Sustainable Plan
- Lesson 5.2- Setting Realistic Goals & Tracking Progress
- Lesson 5.3- How To Stay Consistent Even When Life Happens
- Lesson 5.4- Celebrating Wins Beyond The Scale