



# HOLISTIC NUTRITION WEIGHT LOSS COACH CERTIFICATION PROGRAM

PROGRAM STARTS FEBRUARY 9<sup>TH</sup>, 2026



# TABLE OF CONTENTS

Program Summary	5	How the Program Works	32
What is the HWLC Certification Program	6	Assignments	34
What makes this program different?	8	Practical Hours & Exam	35
Certification	10	Commitment	36
Program Breakdown	13	Technical Requirements	37
Module Overview	18	Meet Your Instructors	38
HWLC Plus Level Option	30	Success Stories	42
		How To Enroll	46
		Frequently asked questions	47



# Welcome



Thank you for your interest in the Holistic Nutrition Weight Loss Coach Certification Program!

We are beyond excited you are here and taking the first step to taking your health passion into becoming a certified holistic nutrition & health coach with a specialty in weight loss and growing a coaching business of your dreams.

This program was created to fill a **HUGE** gap in the coaching industry when it came to nutrition, holistic health coaching and what is required to help clients to weight loss transformation for good. Collaborating with top industry experts, this certification helps **women of all ages and stages** of life go from no experience to start coaching with confidence. It has been our greatest honor to watch 100's of grads from around the world creating success in their own lives while building healthier communities around the world.

**The Holistic Nutrition Weight Loss Coach is the only certification program of its kind in the industry!** This is not just a piece of paper; it is a life changing personal and professional journey – inside and out. What makes it truly unique and different is it focuses on a holistic approach to weight loss including applicable nutrition, mindset and habits based coaching to lead ANY client to a weight loss transformation

You are not just going to learn the info in class but **you are going APPLY** and practice **what we cover – leaving this course with the skills, experience and most important, the CONFIDENCE to start coaching** clients and launch transformational programs from the day you graduate.

Please read through the details of the program included and if you have any questions do not hesitate to email [info@fitchicks.ca](mailto:info@fitchicks.ca)

We can't wait to start this journey with you!



*Laura & Amanda xo*

Laura Jackson & Amanda Quinn  
Founders of FIT CHICKS Academy



“

I was struggling with weight loss and wanted to get certified so I could help others who have the same problem. This program stood out because of the specialty in weight loss. I have already been through an Integrative Nutrition and Functional Medicine program but I was unable to keep the weight off using the knowledge I acquired from these programs because there was no specialty in weight loss.

My favorite part of the program was the modules about hormones and weight loss, blood sugar management and weight management, food allergies and intolerances. These modules were what was missing from all that I had learned about nutrition and weight loss in the past. Armed with the knowledge I acquired from studying these modules, losing weight became so easy.

During the program, I lost 30 pounds and got closer to my goal weight. I'm able to exercise daily now due to less joint pain and finally have confidence to coach clients.

If you are thinking about getting certified, give it a try. You will not regret it! I never thought losing weight could be so easy until I started this program.”

– Shika K

Holistic Nutrition Weight Loss Coach GRADUATE



# PROGRAM SUMMARY

# What is the Holistic Nutrition Weight Loss Coach Certification?



This is a complete and thorough professional 8 week online holistic nutrition & health coaching certification program with a specialty in weight loss.. It offers practical, applicable (aka you will actually use this in REAL life!) to support the body in weight loss and building healthy minds & bodies, program development, nutrition and lifestyle coaching and healthy habit building applications.

It also will provide a more in depth understanding and strategies on how to effectively motivate and change people's lifestyles to build healthier communities everywhere. This program is created to enhance prior professional health, wellness or fitness training or to serve as your introduction to the field of holistic coaching.



## THIS PROGRAM IS PERFECT FOR:

- Fitness, Health & Wellness Coaches
- Yoga & Pilates Instructors
- Nutrition Practitioners
- Health & Life Coaches
- Massage therapists & body work
- Reiki, Essential Oils or Natural Product line owners
- Business owners in the health & wellness space
- Health Passionate women looking to learn more for themselves or enter into holistic nutrition weight loss coaching

# Holistic Nutrition Weight Loss Coach Overview



- Fully recognized certification that gives you everything you need to go from zero experience to become a certified, confident holistic nutrition & health coach with a specialty in weight loss- no pre-requisites necessary!
- Includes coaching tools, done for you holistic weight loss coaching programs & materials to use with clients from the day you graduate.
- 100% online and can be accessed from anywhere in the world
- Become apart of a strong global community of like minded women who want to MAKE IT HAPPEN & support each other in the process.

**After you graduate, you will have the ability to:**

- ✓ Holistic Weight Loss Coaching in Groups or 1:1
- ✓ Online Holistic Nutrition Coach
- ✓ Recipe Developer and Health Writing
- ✓ Teaching Workshops & Programs
- ✓ Running Challenges
- ✓ Nutrition & weight loss retreat leader
- ✓ And much more!!



# What makes this program different?

There are a ton of nutrition programs in the market. So what makes the Holistic Nutrition Weight Loss Coach program the best choice for you? Let us break it down!



## HOLISTIC NUTRITION WEIGHT LOSS COACH

- The only holistic nutrition & health coaching certification that specializes in weight loss in the world
- Includes natural nutrition, habits & mindset coaching to weight loss so you will be versed in 3 areas rather than just 1!
- A holistic approach, with a focus on food, gut health, hormones, blood sugar management, intolerances and more. We are the only all- inclusive program that offers a total body approach – inside & out
- Program development and templates, which means you will have the tools & knowledge to guide clients to get results and reach long term health goals with proper nutrition
- 8 week certification program which means we are here to support you through your in-depth learning, building confidence and skills. including feedback and support from your coach
- Coaching hours to ensure you have real life experience to hone your skills & tools and most important, confidence in your coaching
- Done for you holistic weight loss coaching programs & materials to use with paying clients from the day you graduate



## OTHER PROGRAMS

- ✗ Narrowed approach, which means you will focus on a “one size fits all” approach to weight loss that will limit your scope and skills.
- ✗ Only includes nutrition coaching OR weight loss coaching OR lifestyle training, which means you are limiting your results, reach and your income and will need to make multiple courses.
- ✗ No focus on program development that your clients can DO which means your clients will not be able to get results and reach long term health goals.
- ✗ Weekend Courses which means you learn primarily from a book with no additional support.
- ✗ No required coaching hours, which means you will have no practical experience when leaving the program.
- ✗ No support, which means you will likely finish the program and not have any additional support or access to help you succeed





“

*Before taking the program, I was working different restaurant jobs and now I have my own personal health company! I signed 5 paying clients for holistic nutrition coaching within days of graduating. It was super fast but I just went for it and I really enjoy it.*

*I didn't think that I would have that many clients that quickly because I didn't' have any health or weight loss business experience. I never coached online either. I just followed what I learned in the course and the business portion of the program with it and just started!!*

*If you are thinking bout taking the Holistic Nutrition Weight Loss Coach, do it!! It's not about just weight loss or telling you or your clients a one-size fits all approach, it's guiding you through all the factors that come into play. You get guidance throughout the program, guidance to the different habits and all their effects: hormones, sleep, stress and so much more. You learn it's not just what's on your plate, it's how to create better lifestyle choices for yourself and for your clients without having to be perfect.*

*There's a great community of support: FB group, live coaching calls, and quick email replies, you send an email and in no time you have a response*

*If you are on the fence, just take the course, you will make your money back! Just do it! “ - Monique G.*

# Certification

Once you have successfully completed the Holistic Nutrition Weight Loss Coach Certification, you will have complete the curriculum in:

- ✓ Holistic Nutrition & Weight Loss
- ✓ Habits & Mindset Based Coaching
- ✓ Results Based Holistic Programs



You will also receive:

- ✓ Title of Certified Holistic Nutrition Weight Loss Coach (HWLC) by FIT CHICKS Academy
- ✓ Certificate of completion mailed to you upon completion
- ✓ The HWLC certification seal to your materials to show the world your professional skills
- ✓ Automatically approved to join the Health Coach Alliance and will be awarded the "Registered Health Coach" (R.H.C.) title.



## Insurance

This program is eligible for coaching insurance internationally upon graduation through many different insurance providers. For other insurance providers or specific questions about your area, please contact us directly.

It is also recognized and accredited by multiple organizations globally (see next page).



# Internationally Recognized



Approved by the Health Coach Alliance for their designation of Registered Health Coach (RHC).



Approved provider with the National Academy of Sports. This program grants you 19 Continuing Education Units with NASM!



Approved provider with the Athletics & Aerobics Fitness Association for America. This program grants you 15 Continuing Education Credits with AFAA!



“



*I am a pilates instructor and was missing the area of nutrition and weight loss coaching to help them get to the transformations they were looking for.*

When I found FIT CHICKS Academy, I loved their energy and approach and decided to sign up.

I did not regret it. Since graduating I have used the done for you programs with clients and they have been amazing.

*I have taken a TON of certifications throughout my health and wellness career and I can say that HANDS DOWN this was the best investment in my growth, my coaching and my business that I have ever made*

– Kiran M.  
Holistic Nutrition Weight Loss Coach GRADUATE



# PROGRAM BREAKDOWN



# Program Levels

There are 2 different course levels to choose from depending on how in-depth you want your training to be and how you plan on using the certification

Personal interest or want to use this certification professionally to coach clients & grow your business at your own pace? The Certified HWLC level 1 is for you!

Looking to launch your group holistic nutrition & weight loss coaching programs FAST? If you want to start and grow your own coaching business with the help of nutrition & weight loss experts to take you step by step through the process including done for you programs, workshops and clients materials in the shortest amount of time, the Certified HWLC Plus level 2 is for you!

The Full 8 week Holistic Nutrition Weight Loss Coach Certification Program	HWLC 1	HWLC PLUS
Title of Certified Holistic Nutrition Weight Loss Coach	✓	✓
Video and Audio Modules accessible from anywhere in the world	✓	✓
Complete Course Notes, Video Libraries & Resources to support your learning	✓	✓
How to Guides & Templates to bring what you learn to life in your coaching	✓	✓
Access to our Exclusive Community + Support from FCA Programs Coach	✓	✓
Certificate of Completion mailed to you upon graduation	✓	✓
Ability to join the Health Coach Alliance designation of "Registered Health Coach"	✓	✓
Bonus 1- Top 100 Weight Loss Superfoods Guide + Menopause & Weight Loss Mini Course	✓	✓
Bonus 2- Access to the Coaching Application Library with practical expert trainings	✓	✓
Launch Your Online Nutrition & Weight Loss Program Accelerator Coaching Program*	✓	✓
1 license to the Certified Coaching Portal	✓	✓
8-Week "Done For You" Holistic Weight Loss Coaching Program to use with clients	✓	✓
5 "Done For You" Nutrition & Weight Loss Workshop Packages	✓	✓
The Ultimate Holistic Coaching Library including professionally designed client forms, coaching materials and marketing	✓	✓
Advanced Coaching Skills Workshops	✓	✓

# How the Fall Fast Track Program is Structured



The Holistic Nutrition Weight Loss Coach Program is a personalized virtual group certification to take full advantage of the flexibility of technology combined with important hands of holistic nutrition & weight loss coaching experience in your own community.

This allows the program to be taken anywhere in the world, while still getting the education, support and community needed to succeed.

## PART 1. VIRTUAL CLASSES

The virtual certification classes will unlock in order after completion and can be accessed in your student portal. All of our students go through the program at their own pace and can move through as quickly as they wish

The modules are broken down into multiple pre recorded short videos for you to watch at your own time after, and we also offer a private podcast should you wish to listen.

How the virtual classes are delivered:

- 8 Modules released throughout the program in the Student Portal
- Combines workshops, lectures and demonstrations by expert instructors
- Each module is broken down into short videos for you to watch at your own pace
- Each module includes a quiz & assignment to reinforce the content learned (see assignments section on page for more info)
- Classes unlock as the one prior is completed
- Access all audio classes via our HWLC Private Podcast
- The videos can not be downloaded but accessed in the Student Portal- high speed internet is required for watching
- Each class includes course notes, resources and materials to use in real life



# How the Program is Structured

## **PART 2. HWLC PROGRAM COACHING & APPLICATION CALLS**

This is not a "sign up & see you later" program! All HWLC assignments will be marked and returned with feedback from your program coaches to ensure you are confidently understanding the material.

In the Fall fast track, you will have access to our application coaching library plus access to your Program Coaches and the Facebook group for Q & A. Each week you have the option to submit questions

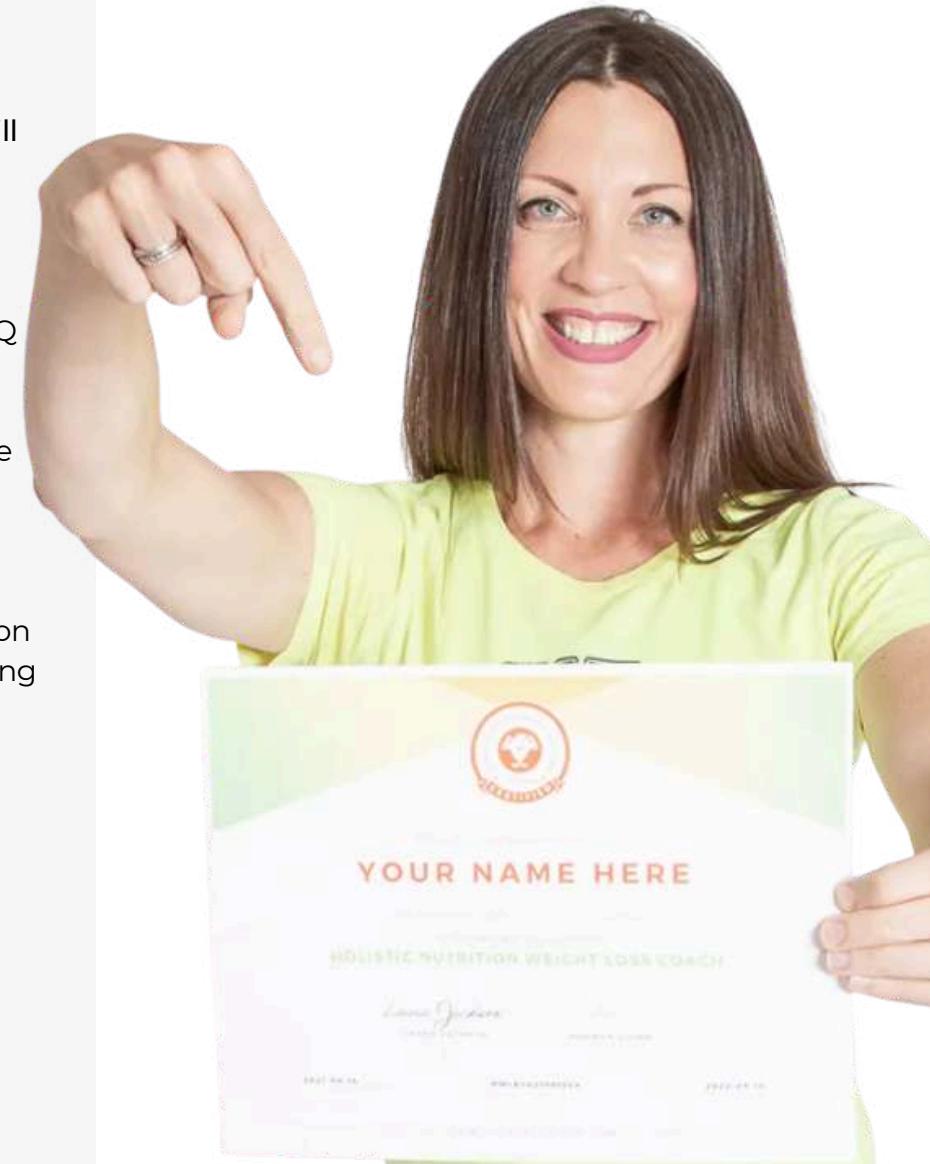
All questions can be directed to your Programs Coach via email and will be responded to within 1 business day.

## **PART 3. ONLINE / PRIVATE STUDY**

At-home study will include a variety of online and at-home study in addition to the classes. These include pre-reading, assignments, tutorials and viewing pre-recorded videos (i.e. nutrition coaching , recipes etc. - all instructional programming from the course) to set you up for success.

## **PART 4. PRACTICAL COACHING**

It's time to put what you have learned into action. All practical holistic coaching hours will be done in your community to build your skills and confidence in nutrition, weight loss & mindset coaching. This is key to preparing you for success. Certification is granted when program is complete and all pre/post work has been submitted.





“

*I knew I wanted to be in this (coaching) space but I wasn't sure I was the best fit since my weight has always been a personal struggle for me.*

*After starting the HWLC certification course I lost 15lbs and changed my mindset & habits surrounding food and weight loss. I'm so excited I took the leap. Everyone around me noticed and I have people ready and waiting to work with me 1:1 and in groups*

*As someone who battles PCOS (Polycystic Ovarian Syndrome), I have started a health coaching business to support people with PCOS in sustainable weight management and weight loss.*

*I am launching my website and business right away. I have the confidence I need to work with clients and get them results!*

- Amie

**Holistic Nutrition Weight Loss Coach GRADUATE**



# MODULE OVERVIEW

# MODULE OVERVIEW



The Holistic Nutrition Weight Loss Coach Program is an 8 week Certification for fitness, health & wellness coaches (and aspiring coaches!) to become a certified nutrition & health Coach with a specialty in a holistic approach to weight loss including body, mind and emotional wellbeing.

Full of expert knowledge, practical application and top support from coaches, this program will transform not only your health but allow to grow quickly in the nutrition coaching to start or grow your business with proven results based programs

The Holistic Nutrition Weight Loss Coach Program is broken down into 8 modules to take you from zero experience to a confident, certified coach with the skills to coach any client to a weight loss transformation for good including:

- ✓ The Weight Loss Basics
- ✓ Hormones, Glands & Weight Loss
- ✓ Blood Sugar Management & Weight Loss
- ✓ Digestion, Gut Health & Weight Loss
- ✓ Food Allergies, Intolerances, Inflammation & Weight Loss
- ✓ Exercise Strategies, Recovery, Nutrient Timing & Weight Loss
- ✓ Nutrition & Weight Loss
- ✓ How to Holistic Nutrition Weight Loss Coach with Confidence





## MODULE 1

# WEIGHT LOSS FOUNDATION



Being at YOUR healthy weight is not about a number on a scale. It is a by-product of healthy living and self-love - inside and out. You can be healthy at every age, shape and size but you need to make sure your body is in balance. And that begins with understanding the foundations of weight loss!

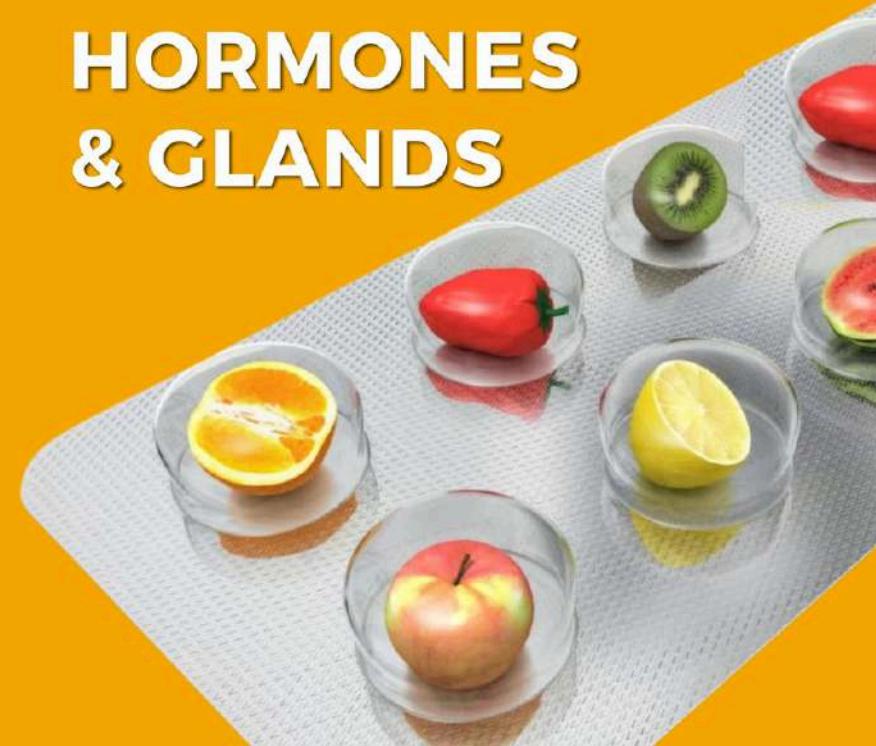
In this section, you will learn:

- The foundations of weight loss and weight management within the body
- Why is weight management important for overall health
- Health Conditions related to weight that may affect your clients and what to do
- Nutrition terminology decoded to simplify your coaching and learning
- How does the body burn calories including the 3 Body types and why this is
- Beyond the scale: How to measure your clients starting point and results



## MODULE 2

# HORMONES & GLANDS



Your hormones play a KEY role in helping you and your clients reach and manage long term weight loss and health. And keeping them in balance is important now more than ever. Let's keep your hormones healthy, happy & balanced (and in turn your weight!) by learning how they work and strategies to maintain it for the long haul.

In this section, you will learn:

- The power glands and their major role in weight management
- The 6 hormones most important in weight loss and what triggers them
- Men vs Women – what is the real hormone difference in your coaching
- Common hormone imbalances that lead to weight issues such as PCOS and how this can effect your client
- How to maintaining healthy, happy hormone balance naturally
- Nutrition, habits & mindset coaching tools to simplify with your clients and still get amazing results



“

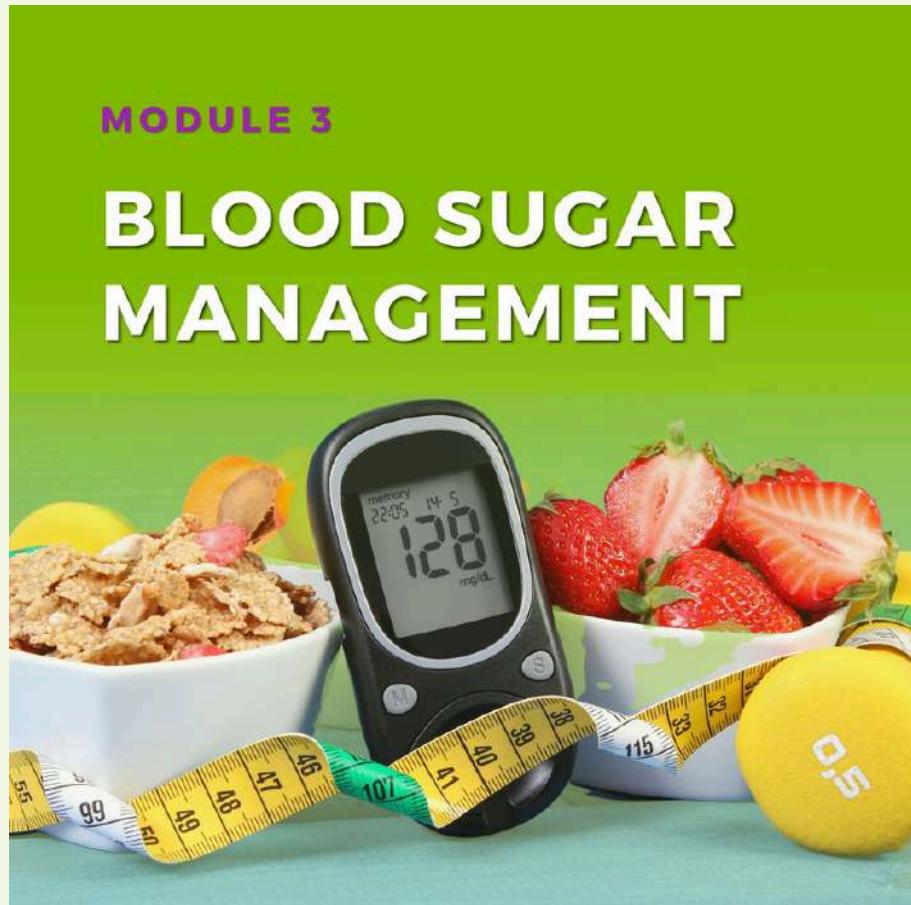
I have always struggled myself with weight loss but I also have always wanted to empower women with the tools to live their healthiest life

With a background in natural health and nutrition, I didn't know how to help myself or clients get to their goals. **I knew there was more to weight loss than just diet and exercise and this is the first program I have seen that hits on every point!!** The information here is invaluable and I am so grateful to have found this program!

Not only am I now certified as a holistic nutrition & health coach but my personal growth has been amazing.

My own health and habits have improved drastically with this program! I have total control of my cravings, **I lost 16 lbs, For the first time in my life, I feel in control and ready to help others do the same**

- Kari Locke  
Holistic Nutrition Weight Loss Coach GRADUATE



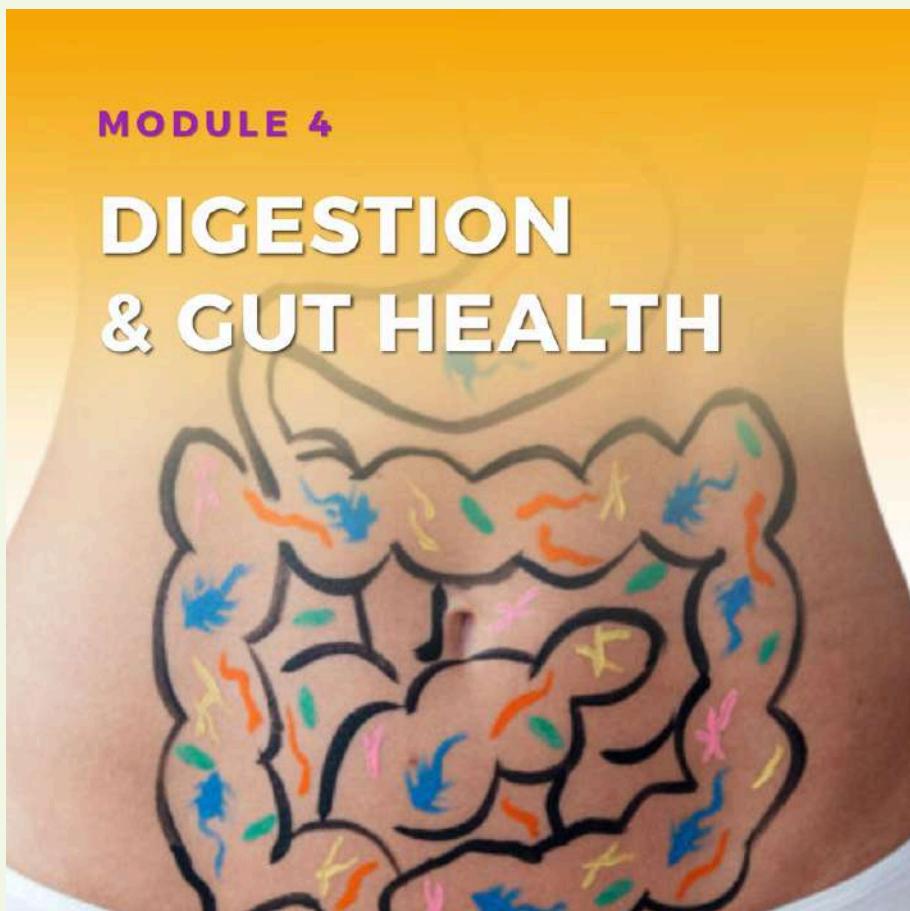
## MODULE 3

# BLOOD SUGAR MANAGEMENT

No matter if you are a vegan, vegetarian, paleo, low carb, gluten free etc., you must balance your blood sugar...and you can easily if you know how. By balancing blood sugar, you will not only help balance your weight but have more energy, better skin, less cravings and so much more!

In this section, you will learn:

- Blood sugar management and why it is SO important (and overlooked) for weight loss
- Understanding how to balance blood sugar and the effects when it is not
- Insulin resistance and its effect on weight loss
- It's not just about calories - how food affects you more than you know once eaten
- How to build blood sugar balancing meals, drinks & snacks easily for any client
- The 3 S's that have nothing to do with food
- Nutrition, habits & mindset coaching tools for the best weight loss results



## MODULE 4

# DIGESTION & GUT HEALTH

We are not just what we eat but what we can absorb. And where does that start? In the GUT! By understanding the digestive process, the importance of gut health and how to keep dynamic digestion, you will be amazed at how much this can change your body, ability to lose weight and your life – emotionally & physically!

In this section, you will learn:

- Digestion & why is it important to weight loss
- From mouth to south: Understanding the full digestive process and how / where nutrients are digested for full absorption
- How to recognize a compromised digestive tract
- Gut health decoded - Why this hinders weight loss and how to create a healthy microbiome
- The mind connection: How your thoughts affect your digestive, gut health & weight loss more than you know
- How to create homemade probiotics
- Nutrition, habits and mindset coaching tools to support optimal digestion and gut health for weight loss



## MODULE 5

# INTOLERANCE, ALLERGIES & INFLAMMATION



Eating foods that cause inflammation, intolerances or allergies are **HUGE** contributors in preventing our bodies from finding their natural, awesome balance. Uncover the role these reactions have on the body and how if you are not managing them you may **SERIOUSLY** be hindering your weight loss goals.

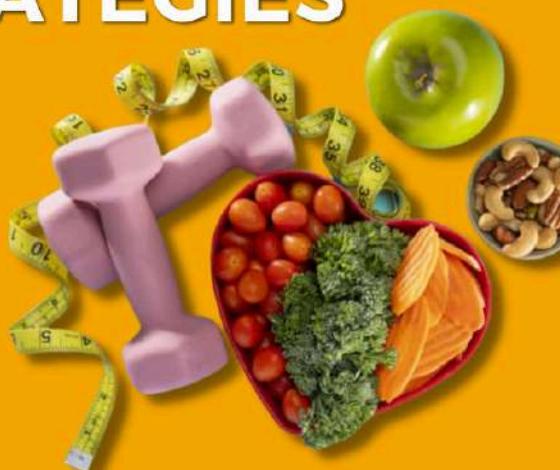
In this section, you will learn:

- Food allergies, intolerances and inflammation impact on weight loss
- The 8 Intolerances that could be affecting your clients goals and they don't even know
- Find your no-no foods: How to detect food allergies & intolerances
- The inflammation connection & how to incorporate an anti inflammatory nutrition strategies
- The mindset connection & how to support the body with thought work
- Nutrition, habits and mindset coaching tools & recommendations to reduce inflammation and support weight loss simply for clients



## MODULE 6

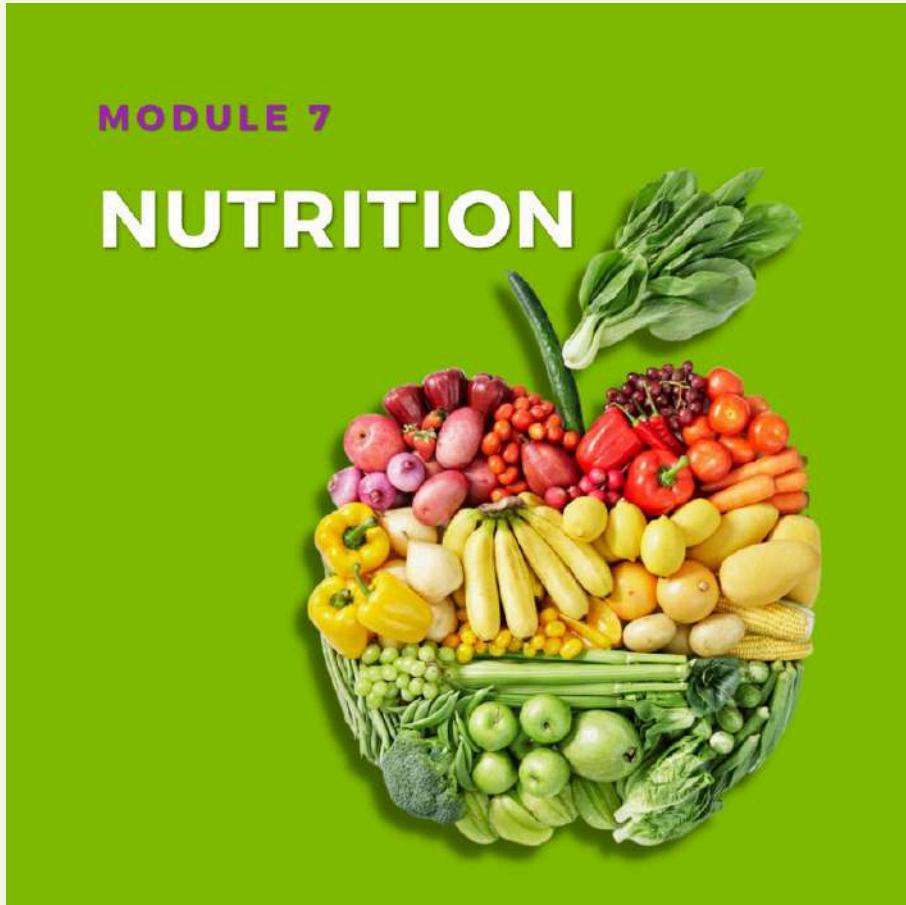
# EXERCISE, NUTRIENTS & STRATEGIES



IN MODULE 6, we are talking all about movement! Exercise and rest are effective ways to burn calories but are you incorporating them correctly? When it comes to weight loss, over / under exercise, lack of recovery and not creating a lifestyle of activity can hold you back from reaching your goals. Through understanding how to use exercise, rest and different nutrition strategies around your activity, you will learn how to exercise "smarter" not "harder" for results.

In this section, you will learn:

- How to workout less and get better weight loss results
- How to select the best exercise programs based on body type, hormonal needs and more
- Outside of the gym: how to get moving on the daily without having to personal train a client!
- How to create a sleep, stress and self care routine that support weight loss
- Personalized Macros Solution: How to calculate and a nutrition plan that supports each clients lifestyle and goals
- Intermittent fasting and carb cycling – what it is and how it can be used



While we cover nutrition in every section, **MODULE 7** is strictly dedicated to covering our favourite topic... healthy food! The truth is unless you know what, when and how to use food to change your body and long term health, the results are short lived. You are not only going to learn how to build delicious, balanced meals that are high in nutrition & support fat loss but how to set yourself and your clients up in all areas of healthy habit change. This section also covers many areas you can teach as workshops, webinars and more in your nutrition & health coaching biz!

In this section, you will learn:

- How to use nutrition to reach weight loss goals
- How to analyze your clients current nutrition
- The 4 Step FIT CHICKS Approach to building successful nutrition plans every time
- The 5 most important nutrition habits to address first for fat loss
- How to reduce cravings naturally
- Green Smoothies vs Juicing (including how to build weight loss green smoothies)
- Hydration Principles and how to calculate for your body
- Plant power for vegetarians, vegans and increasing plant based foods
- **Sneaky Nutrition Labels:** How to read and coach
- **Meal Prepping Strategies:** Kitchen Tools and setting your clients up for success

(and much more!)



**MODULE 8**

# HEALTH COACH & BUILD AMAZING CLIENT PLANS

It's time to put it all together! IN MODULE 8, not only will you be able to create personalized client plans and healthy long term weight management habit based coaching approach BUT how to effectively structure coaching sessions for results!

In this section, you will learn:

- Scope of Practice, waivers and insurance
- Developing healthy eating & weight loss coaching programs for clients in 1:1 or group settings
- Macros vs Habits Based Coaching: Which to choose and when
- How to run a coaching session from A-Z
- The emotional side of coaching: How to mentor, support and get compliance



“



*I was in a very stuck and unhappy. place I was a cleaning business owner and operator extremely unhappy. I chose this program to educate myself learning about something I love (taking care of yourself).*

*Doing something like this at my age (54) and completing the program speaks volumes about how great it is. Teaching and old dog new tricks is no easy task. FIT CHICKS Academy did it with support and lots and lots of knowledge.*

*I feel very confident this program has set me up for success in my coaching career. I've lost 15 lbs during the program and feel fantastic and am very excited to help others feel their best .*

*Take the program it's amazing, fun , flooded with knowledge and support whether you use it for yourself, your family or want to coach others!*

– Cathy K  
Holistic Nutrition Weight Loss Coach GRADUATE



## LEVEL 2 OPTION

# HWLC Plus Level



You should consider topping up your Holistic Nutrition Weight Loss Coach Program training by registering at the Plus level which includes 1 license for exclusive use of all coaching and teaching materials in the Coaching Resource Portal with clients and in your business PLUS a 4-Week How to Nutrition Coach Online Program Mastermind Program with FIT CHICKS Academy Founders Laura .

Not only are these proven programs & workshops to use with clients but you will save 100's of hours and dollars in development by fast tracking your coaching, business & revenue. You will have everything you need to launch your coaching programs with ease and confidence



\*\*Launch Your Online Coaching Programs in 24 hours of graduating!

**Upgrade to HWLC PLUS LEVEL**

## What's Included

- 4 Week Live Virtual Program with Laura Jackson on how to run group & 1:1 nutrition coaching programs online
- Done For You 8 or 12 Week re-brandable Holistic Nutrition Weight Loss Coaching Program to use in your business so you can confidently coach paying clients with a proven program from day 1
- 5 Done for You Holistic Nutrition & Weight Loss Workshops & Webinars that you can teach online or in person to support your clients including templates and slides, notes on how to teach & more
- The Ultimate Health Coaching Toolkit including professionally designed templates, coaching materials and scripts so you can save tons of hours creating a professional brand
- 4 Part "Health Coaching Business Accelerator" Masterclass so you can create, market and launch your business with ease
- 20 Tutorial Videos including set up guides, delivery & teaching points and more
- Advanced coaching skill workshops and trainings to help you continue to grow in the art and science of holistic nutrition & health coaching



# HOW THE PROGRAM WORKS

**HOLISTIC NUTRITION**  
**Weight Loss Coach**  
**CERTIFICATION**

The **Only** Holistic Nutrition & Health Coaching Certification with a specialty in weight loss

Including all the skills, tools and materials to start or grow your coaching business in as little as 60 days!

**>>ENROLL IN THE OCTOBER 31ST PROGRAM <<**  
Secure your spot - Register Today

JOIN THIS FULLY RECOGNIZED 3 PHASE HEALTH COACH CERTIFICATION IN

- HOLOSTIC NUTRITION & WEIGHT LOSS
- EAT & MOVE
- HABITS COACHING
- OFFERING RESULTS BASED PROGRAMS



# Program Objective

Our goal is for you to take what you learn in this certification and start sharing it with the world. We want you to complete this program with the skills, tools and confidence to start coaching clients in holistic weight loss & management from the day you graduate!

## You will complete this certification with:

- ✓ A strong holistic knowledge of how the physical and mindset work together to reach your weight loss goals
- ✓ Experience and skills in nutrition, habits and mindset coaching to coach any client to a transformation
- ✓ Confidence to holistic weight loss coach and run sessions for all levels
- ✓ A clear, concise understanding of how to write and build holistic nutrition & weight loss plans for your clients
- ✓ Ability to create & deliver 1:1 or group coaching programs to help your clients reach their goals
- ✓ Strong Knowledge and execution of healthy recipe development and creation
- ✓ Techniques to support your clients with self care, mindset shifts and stress management
- ✓ Courage to offer your services to the world (And get paying clients!)
- ✓ Support and encouragement as you grow from a FIT CHICK network across the world



# How the Fall Fast Track HWLC Works



The Fall Fast Track program modules are available on the private members site and unlock at your pace. All students go through the curriculum self paced which means you can move through as fast as you want with access to a new module which includes videos, readings, resources and assignments while still getting full support of our team

The Fall Fast Track program is designed to be completed as fast as you would like but you have up to 5 months to complete the program. This allows for flexibility while still ensuring you complete the program.

## Assignments

Although this is an online course, there is a ton of important information to learn in order to be a Holistic Nutrition Weight Loss Coach. The home study portion is an extensive element of the program. We provide you with a suggested course calendar with deadlines to keep you on track to graduate, as well as a graduation requirements checklist so you know what the expectations are when you begin the program. At FIT CHICKS Academy, we want to be confident that you are ready to rock in the nutrition coaching world when you receive your certification, and completing the assignments will help solidify your learning and prepare you for success in the industry!

We give real feedback and grades on your assignments to ensure that the course requirements are met.

### The assignments in the program include:

- Holistic Weight loss program design
- Coaching program design with volunteer client
- Creating homemade probiotics
- Recipe Development
- Habits planning



We want you to succeed and are always here to guide and coach you should you need assistance with any of the assignments!

# Practical Exam



You wouldn't feel ready to teach clients without ever experiencing it, which is why we put so much emphasis on hands-on education through practical hours and exam.

The practical portion of the program gets you the real-life practical experience coaching with friends, family member or volunteers within your community during your assignments which is invaluable when you are a part of the nutrition industry.

Your final exam consists of a live holistic nutrition weight loss coaching session with a Programs Coach via Zoom that will ensure you have the skills & confidence to starting coaching clients from the day you graduate.

*\*No travel is required, all practical hours can be completed in your own community or online\**



# Commitment



The Holistic Nutrition Weight Loss Coach Program is a professional program and requires time and dedication to earn your certification.

Our goal is for you to feel educated, confident, empowered, and ready to launch your coaching programs from the day you graduate.

This program is intensive and does require a certain level of commitment. We want to be certain that every chick who graduates with the Holistic Nutrition Weight Loss Coach certification is ready to rock!

(Note: while the program is delivered over 8 weeks, you have up to 5 months to submit all the requirements).

**Weekly module videos**

**Application calls**

**Course readings and quizzes**

**Assignments and Practical Hours**

**Additional study time**

This program is built to be a combination of flexibility and accountability to ensure you succeed while still maintaining your lifestyle, business, kids, etc. Your program coaches will support you to make sure you are completing within your timelines.

# TECHNICAL REQUIREMENTS



The Holistic Nutrition Weight Loss Coach Certification is taught entirely online, so we expect you to have a basic knowledge of technology. High speed internet is also recommended to watch the video classes.

We are able to support and assist you, but you need to be comfortable with using a computer, email, downloading, and uploading documents.

All materials will be accessed through our private student members site. This is where you can log in anytime to view your course calendar, assignments, readings and videos.

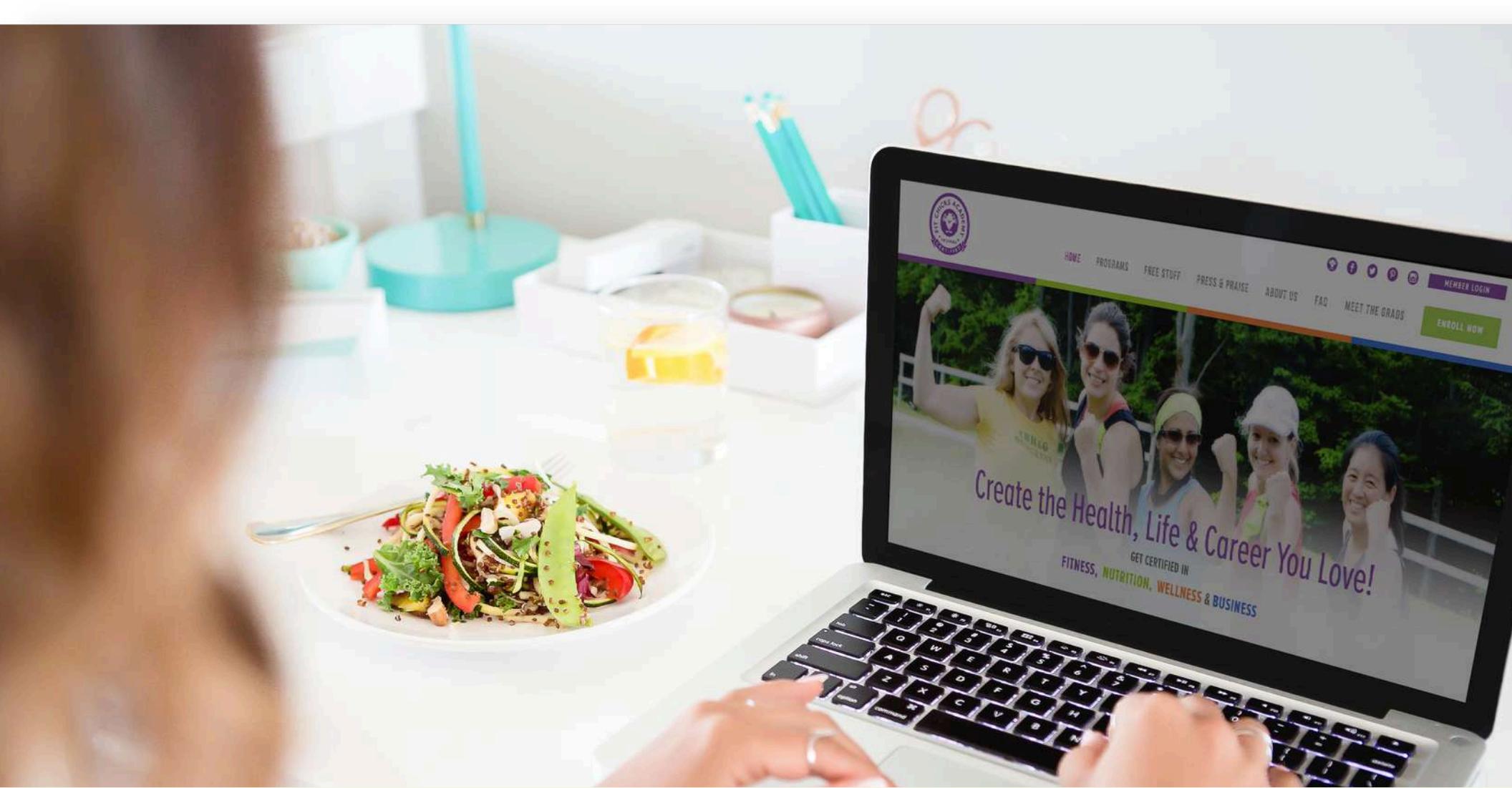
Assignments must be submitted in a MS Office compatible format. Even if you are a Mac user, you need to be able to save your assignments in either Google Docs or Open Office.

Assignments are submitted directly on the members site and will be returned to you once they are marked so you can view feedback.

Quizzes are also completed online and marks will be available immediately.

Most of our course materials are PDF downloads, so make sure you have a PDF viewer such as Adobe Acrobat installed (it's free!).





# MEET YOUR INSTRUCTORS

# Taught By Industry Experts



After going through her own transformation of overcoming bulimia, damaged hormones and body image disconnect, Laura used holistic nutrition & health coaching to not only lose 50lbs but get her body and mind in balance and now help other women do the same.

Laura Jackson is the co- founder of FIT CHICKS® Academy, Lead Educator & Co creator of the HWLC Certification, Top Fitness Professional, Holistic Nutritionist, Health & Wellness Business Coach and Public Speaker, Laura is also the Host of the Top 100 Rated Podcast “FIT CHICKS Chat” and previously TV Host of “Shape Up with FIT CHICKS”.

Laura's commitment to women's health earned her the title of 2021 Top 100 Health Leaders in Canada, 2019 Top Fitness Professional by Can FIT Pro & Stevie Award for Women in Business – Health & Wellness Company of the Year.

# Taught By Industry Experts



After her own struggle with allergies, weight and health issues that required medication and no resolve, Corrie finally learned most of her health issues were tied in to her gut health.

This led her down the path to holistic nutrition & health coaching. Corrie Rabbe is Founder of Radical Health, Registered Holistic Nutritionist & Practitioner, Certified Herbalist and Advanced Fermentation Food Expert. Her passion for digestive health and the microbiome has led her on a mission to educate and motivate people around the world to get involved with their health

Corrie is also a Top Instructor for the Institute of Holistic Nutrition in the areas of Nutrition & the Environment, FIT CHICKS Academy Instructor and beekeeper.



Dr. Cheryl Allen is a Naturopathic Doctor and Certified Menopause Practitioner with a passion for helping women with natural weight loss.

In addition to running a busy practice and educating future holistic nutrition and health coaches, she also runs the Balance Weight Loss Program that focuses on natural nutrition, movement, lifestyle and supplements for long term weight loss.

# About FIT CHICKS Academy



Developed by Top Fitness & Nutrition Experts, Laura Jackson & Amanda Quinn, FIT CHICKS® Academy offers the #1 online fitness, nutrition, wellness & business programs for women (like YOU!) looking to get certified to create the health, life & career they love...and help others do the same!

Originally starting 2008, Head Chicks Amanda and Laura took their fitness business, FIT CHICKS Bootcamp, from 7 chicks to 7 figures, becoming one of North America's largest women's only bootcamp.

As many fitness companies failed to grow, the Head Chicks passion expanded FIT CHICKS from its award winning women's only boot camp offered at over 20 locations to include retreats, challenges, fitness DVD's, the weekly FIT CHICKS Chat Podcast on Itunes and host 2 television series called "Shape Up with FIT CHICKS"

Their commitment to women's health earned the company Top 100 Health Leaders of 2021, 2019 Top Fitness Professionals by canfitpro, Stevie Award for Women in Business – Health & Wellness Company of the Year and named amongst the Best Fitness & Nutrition Certifications by TotalCoaching.com and the Personal Training Development Centre (PTDC).

Now with a mission to get ALL women create their dream coaching businesses and in turn, build healthier families and communities worldwide, they have packaged over 20 years of expertise in fitness, nutrition, weight loss and business into FIT CHICKS Academy to give YOU all the tools to start and thrive as a certified holistic nutrition, health and / or fitness coach - no matter what age, stage or background!



/fitchicksacademyprograms

[www.fitchicksacademy.com](http://www.fitchicksacademy.com)



@fitchicksacademy



## MEET OUR GRADS

# Success Stories



*One of most impactful ways to see what is possible for you in your life, health and career, is to see others who are succeeding. We love sharing stories of our 100's of graduates from around the world who took the leap, got certified and are changing their lives and businesses as Holistic Nutrition Weight Loss Coaches to inspire you as to what you can achieve in as little as 60 days!*

---



First, I started applying most of what I have learned on myself. Successfully, I lost in 2 months more than 20 pounds! This program is very rich in all the knowledge it provides and the tools too to use in real life.

After I became a certified holistic nutritionist, I wanted to be more specialized in my career and learn more about weight loss as I never learned it in my certification and clients were asking me about it constantly. I did my research and I was lucky to find Fit Chicks Academy.

I also had gained weight after moving to Canada from Egypt (I was a Doctor previously) and never learned about nutrition.

— Vivian A

First, I started applying most of what I have learned on myself. Successfully, I lost in 2 months more than 20 pounds during this time!

I recommend this wonderful program to anyone who is a coach and working with clients who want to lose weight in a healthy way and make it a lifestyle change. I have expanded my business and it has been amazing!

# Success Stories



— Mikki C

Before this program I had graduated from IIN in 2017 and then became a certified fitness instructor in 2018, but felt that I was missing a really good nutritional foundation to help those who are in my group and or looking for someone to help them. I came across Fit Chicks via Facebook and really liked their hands-on, personal approach to learning. I'm really excited and feeling more confident about what I do compared to how I felt after graduating (and spending a lot more money on my other certification!).

The hormone connection and the hands on approach of how to really coach someone instead of just giving you all the knowledge and no means to implement it. Hard to pick. I enjoyed all the weekly videos, homework, and weekly live calls.. All I can say is TAKE this certification....it will change you and your coaching!



— Julianne C

I am a registered nurse and took this course to learn more about healthy eating as well to help me in my future endeavor in Holistic Nurse Coaching. I feel nutrition is a big component in health prevention and having extra knowledge in nutrition will help me better support client's.

Not only has this helped me transform my health and my husband's (he was one of my practice clients and he lost 8lbs!) but this program gave me everything I need to confidently coach others  
You chicks are amazing!



— Jenn G.

.I own and operate Lifestyles Wellness Studio.. I also am pro trainer, fitness instructor and educator.

I have taken other nutrition certifications in the past that did not provide the practical skills I needed to actually use the knowledge I had gained with clients. When one of my employees took your HWLC program and I learned more about it, it sounded like the perfect addition to the training I had already taken & the missing piece to the puzzle! It did not disappoint :)

I feel so much more confident to go forward with my coaching practice! This certification has given me the practical hands-on tools that I need to take the next step with my work with clients!

# Success Stories



— Laura B.

My first client happened while I was still taking the Holistic Weight Loss Nutrition certification course. I posted on social media one time how I was going for my certification, and I had two people ready to work with me! I had everything I needed to start taking clients right away through the done for you group and 1:1 programs.

Now I offer holistic nutrition packages through one-on-one and group coaching. We have fitness challenges and nutrition challenges that promote body positivity while learning ways to sustain a fantabulous lifestyle. I highly recommend this program!



— Alexis D.

After graduating, now I help busy vegan mom's stop gaining and losing the same 5 pounds through hormonal balance so they can achieve lifelong weight stability without giving up wine or pizza

I launched my program 3 months after graduating and earned back my tuition with the first month of launch. Now I am constantly getting new clients!



— Demi Dee

I lost 23 lbs during the Holistic Nutrition Weight Loss Expert program by applying my new knowledge on myself. People I knew started approaching me asking me what I was doing differently because the changes in my life were starting to show physically. I had become a walking billboard! What had started out as a personal choice to improve my health was slowly becoming a business as I was naturally attracting people interested in learning from me.

I got my first client within a month of graduating and I have now evolved my coaching into a business helping teenage girls with health, weight and body image with what I have learned. I loved this program!

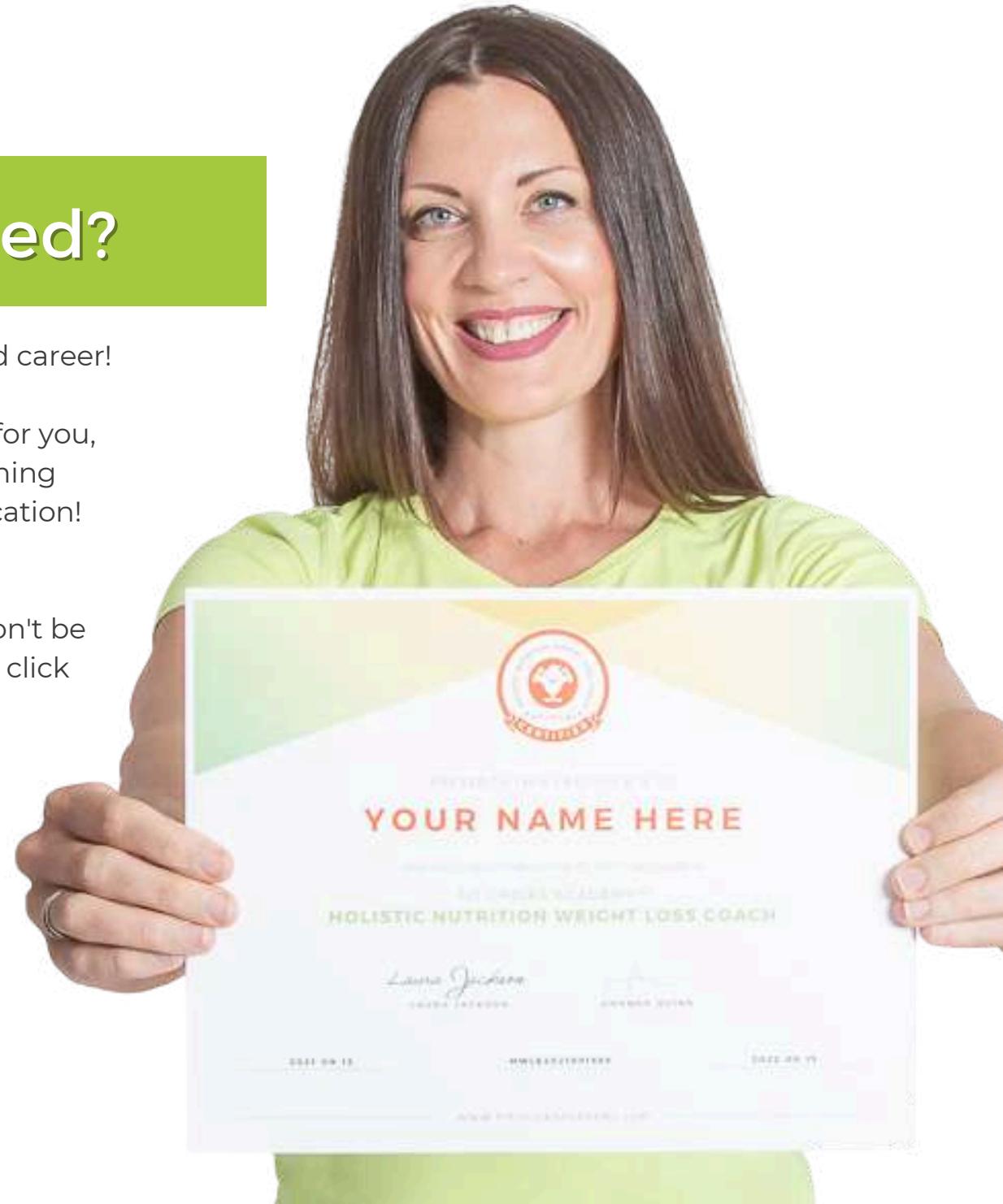
# Ready to get started?

It's time to create your dream life, health and career!

If you've read to here and it sounds like a fit for you, we would love have you join us in our upcoming Holistic Nutrition Weight Loss Coach Certification!

If you have any additional questions at all, don't be shy! Send us an email at [info@fitchicks.ca](mailto:info@fitchicks.ca) or click [here](#) to book a call with our team here .

**ENROLL NOW**



# FAQ'S

You have questions, we have answers!

The following questions are answered on our HWLC Web Page under FAQ Section

[CLICK HERE to read](#)

1. What makes a Holistic Nutrition Weight Loss Coach different than just a health coach?
2. I heard the program is more like a high level program than an online course. Is this true?
3. How does this program compare to other health coaching & nutrition coaching online certifications?
4. How often is this program offered? Can I start at any time?
5. What is the difference between HWLC level 1 and HWLC Plus level 2? How do I know which one to pick?
6. What if I sign up for HWLC Level 1 and then decide I want to upgrade to HWLC Level Plus?
7. What happens if I have questions? How do I submit them?
8. Do I need any additional books in this program?
9. What is the cost of the program?
10. Do you offer payment plans?
11. Can I do the program at my own pace?
12. What happens if I can't complete the program in the timeframe?
13. I know this certification is for women only. Does that mean I am restricted to coach women only?
14. Is there a refund policy if I get started and it is not a fit for me?
15. Is this program recognized internationally?
16. Is this program recognized for insurance?
17. I don't think I am fit enough to become a coach and am nervous if I will fit in?