

1. A BRIEF (one paragraph, 50-100 words) description of the course instruction to be offered during the class(es).

A. Nutrition 101- There are new guidelines put out by the USDA on how American should eat, this topic will discuss these new guidelines, how they differ from previous guidelines and how to adapt them into your classroom. Weight maintenance and caloric guidelines will also be discussed to help understand the obesity epidemic.

B. Importance of fiber- Fiber is a understated nutrient in the American Diet. This nutrient can be given a bad name based on lack of creativity of preparation methods and lack of understanding of how important it is. Soluble versus Insoluble fiber will be discussed, along with some high fiber menus.

C. Basic sports nutrition- Athletes are challenged with different nutrient requirements, but typically have coaches that can help them achieve optimal performance. What about the unprofessional athlete that would like to excel in their personal goals? Electrolytes, hydration, and protein intake for the non-professional athlete will be discussed.

D. Supplementation- Supplementation can often be a very controversial topic with nutritionists, however some supplements can benefit us all for many reasons. The three that will be discussed are D3, Fishoils and Probiotics so attendees can feel more comfortable with taking them or not taking them.

E. Conquering negative thinking and finding balance with eating healthy- When adapting a new lifestyle or new eating habits, often times negative thinking can affect how successful you are or aren't. This session will help participants feel good about their choices to eat healthy and find balance in their healthy lifestyle.

2. A one-sentence, succinct description regarding each day's presentation (one liners)

A. Nutrition 101- Basic overview of nutrition and why it is important.

B. Importance of fiber- Understand why fiber is so important and get tasty ideas of how to include it in your day.

C. Basic sports nutrition- Fuel your body correctly while being an athletic adult.

D. Supplementation- Myths and Facts about three popular supplements, D3, Fishoils and Probiotics.

E. Conquering negative thinking and finding balance with eating healthy- Achieve balance while changing the way you look at being healthy.

3. A BRIEF resume of your teaching, coaching, and speaking background to use as verbal and printed introduction to your class(es). (For numbers 1, 2 and 3, please use the attached Instructor Course Information Form-due by July 1)

Anna Brannen

B.S. Nutrition- California Polytechnic State University 2006

Teaching experience:

- Fit for Pregnancy program
 - Developed and implemented all lessons
 - 47 Lessons
 - 12 lessons in Spanish
- Choose to Lose for Women's program
 - Developed and implemented all lessons
 - 18 lessons
- Fit Moms, Choose to Lose for Women and Fit for Pregnancy orientation sessions
 - Discuss all avenues of program criteria to inform potential participants prior to consenting of program

Speaking experience:

- Hands on Health 2009- presentation on benefits of gastric bypass surgery
- College of Science and Math Research poster presentation- May 2011

4. Requests for equipment, facilities, and any items necessary to provide professional assistance to the class. (Please use enclosed Daily Equipment Request Form.)

For these classes a laptop with power point capabilities would be appreciated.