



## **NUTRITION AND FAT LOSS – WHY AREN'T YOUR CLIENTS GETTING RESULTS? – Jessica Simonis**

*High fat, low fat. Carbs or no carbs? There is no such thing as 1 size fits all when it comes to the nutritional health of your client. This session highlights how to recognise the unique needs of your client so that you can better help them achieve their health and fitness goals.*

Jessica Simonis is a clinical nutritionist with over 12 years' experience within the health and wellness industry including clinical practice, regular presenting roles and nutrition program development. Jess currently resides at a busy rural clinic where she specialises in weight loss, food addictions, chronic fatigue syndrome, and post-viral disorders.



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