



## Healthy Eating & Weight Loss Coach Standards of Practice

A canfitpro Healthy Eating & Weight Loss Coach (*hereinafter "HWL"*) must always meet the following Standards of Practice based upon the **canfitpro** Healthy Eating & Weight Loss Coach program.

- 1) Evaluate client needs based on the counseling foundations in the HWL program.
- 2) Provide general fat loss education using My Healthy Eating Plan based on the **canfitpro** food pyramid to support clients in making healthier choices more often.
- 3) Coach clients by referring to the HWL TookKit to provide support and guidance in reaching their goals.
- 4) Refer a client to a qualified nutrition professional should they require specific information on dietary requirements, vitamins, minerals or other supplements or any other aspect of wellness.
- 5) Promote the benefits of regular physical activity for weight loss, a balanced lifestyle in combination with a healthy diet.
- 6) I agree to respect my role, abide by the Code of Ethics and work within my Standards of Practice at all times.
- 7) I recognize that failure to follow the Code of Ethics and/or Standards of Practice will result in immediate removal of my certification designation.