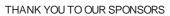
Slide 1



Slide 2









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Slide 3



Josh Stryde
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Personal Trainer / Nutrition Consultant
14+ years experience in the industry.
Competitive trail running & obstacle course running athlet
Outdoor enthusiast

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Slide 4		
	Can you lose weight quick?	
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Slide 5		
	How quick?	
	Where is the weight coming from? What evidence does a particular method hold?	
	Are you looking to keep it off?	
	Are you concerned if it's healthy to do so? Why do I want to do this?	
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Slide 6	What is Critical Thinking?	
	Diligent Clarification (Knowing the available evidence to some degree from multiple lenses.)	
	2) Logical reasoning (What stands out most as accurate evidence?)	
	3) Humble self-reflection (Recognizing your own biases, admitting you may be wrong and there may be something you can learn, as well as understanding the flaws in science and the complexities of human blology. Ego is the enemy!	
	"Objective analysis of facts to form a judgement" (Riis, et al 2019)	
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Slide	7



Previously people put most of their understanding in the

Today unfortunately it's hard to determine who the experts actually are...

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Slide 8



It is thought through a behavioral science lens the human mind evolved for action and reaction, not critical thought. We are wired to take shortcuts. (Li et al. 2017)

In other words, we tend to put faith in thoughts and ideas from people and institutions we believe in. In a sense creating a community around a belief and standing behind it regardless of any evidence to the contrary.

Today, in the age of information there are more than enough articles to make individuals overconfident and fall victim to confirmation bias.

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Slide 9





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Slide 10	Why We Study Nutrition?	
	1) Improve our health and or performance. 2) Help family and friends. 3) Sall products. 4) To have a community to stand behind.	
	ONLINE CONTINUE CONTI	
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Slide 11]
	Nutrition doesn't need to be hard. If it's too hard, it's not enjoyable. The truth is it's part of our everyday life and can is meetines be the best part of the day. The question is how can you approach nutrition in a more blainced way and newer feel the need to follow a diet or make significant changes?	
	CONTRECTOR OF CO	
	NUTRITION Metch +5, 2022	
Slide 12		1
- · · · · ·	What We are Certain About? 1. Watching added sugar is important.	
	2. Omega 3's are crucial. 3. There is no perfect diet. 4. Artificial trans fats are always unhealthy. 5. Earing vegetables improve health. 6. Vitamin D supplementation is important in most of the world. 7. Vitamin D supplementation is important in most of the world. 8. Real food of superior to supplements. 9. Strict diets are not as effective long term as lifestyle change. 10. Linprocessed foods are supplient processed.	
	(Gunnars 2018)	

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Slide 13 Tools! 1) Understanding relative risk vs absolute. 2) Learning how to recognize potential misinformation. 3) Understanding where to source information and how to determine if it's reputable. canfitpro, I 2022 NUTRITION March 4-5, 2022 Slide 14 Relative Risk Vs Absolute WHY THE NUMBERS MATTER HEALTHNEWS REVIEW canfitpro I 2022 NUTRITION March 4-5, 2022 Slide 15 Becoming More Analytical Lose weight quick! Gain 10lbs of muscle in a week! "Magic" supplement! You'll never believe! X things you need to know! We've been lied to . . . MY BULLSHIT DETECTOR IS OFF THE CHARTS canfitpro | 2022 NUTRITION March 4-5, 2022

Slide 16	Understanding Information	
	Examine.com Case Study Case	
	NUTRITION March 4-5, 2022	
Slide 17	Other Considerations	
	What type of research was done? (i.e epidemiological) Correlation doesn talways equal causation. Level of evidence.	
	Level of evidence. Anacotot or scientific? Is the study oner winhumans or animals? Is the study done with humans or animals? Condibility Who's funding? Who's funding?	
	CARRE CARREPO I 2022 VUTVITION March 4-5, 2022	
CITAL AD		
Slide 18	Conclusion	
	Think critically before you invest time and money.	
	If it's too good to be true, it is! Nutrition is often more about habits than it is about what you eat.	
	If you are working with clients, think of practical, simple and effective recommendations for them. Questions?	
	(OM INE)	
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Slide 19	Thank you!	
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