

This is to certify that

LUISA SQUILLACE

has successfully completed the training course
Virgin Active Certificate in
Advanced Nutrition Essentials for Fitness & Leisure
with
Virgin Active

and has been awarded an
**AfN Certificate in
Advanced Nutrition Essentials
for Fitness & Leisure**

Certificate Awarded:
SEPTEMBER 2023

Learning Outcomes Course Covered:

| Fundamentals of Human Nutrition | | | | | | | | | | |
|---|-----|-----|-----|-----|-----|-----|-----|-----|------|------|
| 1.1 | 1.2 | 1.3 | 1.4 | 1.5 | 1.6 | 1.7 | 1.8 | 1.9 | 1.10 | 1.11 |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Improving Health and Wellbeing | | | | | | | | | | |
| 2.1 | 2.2 | 2.3 | 2.4 | | | | | | | |
| ✓ | ✓ | ✓ | ✓ | | | | | | | |
| Nutrition Monitoring and Data Collection Techniques | | | | | | | | | | |
| 3.1 | 3.2 | 3.3 | 3.4 | | | | | | | |
| ✓ | ✓ | ✓ | ✓ | | | | | | | |
| Code of Practice | | | | | | | | | | |
| 1 | 2 | 3 | | | | | | | | |
| ✓ | ✓ | ✓ | | | | | | | | |