

# Sophie Scott

HEAD NUTRITION LECTURER FOR FIAFITNATION

*Having started her career as an environmental scientist – educating people on ‘going green’ via Channel 7’s Sunrise program, and spending two years in Vanuatu raising awareness of environmental conservation – Sophie Scott was destined to build a career around helping people. Now responsible for educating budding young PTs on the importance of nutrition as part of FIAFitnation courses, she chats to WH&F about the importance of exercise and eating well, and making a difference in the world.*

**I lived in New Zealand for four years and the cold weather forced me to work out indoors.** One day, my yoga teacher asked me if I’d thought about teaching fitness classes and I thought, why not? So I became a qualified fitness professional and nutritionist and started personal training, teaching group exercise classes and offering one-on-one nutrition consultations.

**I started my own business, Fit and Fed in 2012, which focused on women’s health.** I loved distilling complex concepts into practical, sharable actions, so teaching was a natural progression for me. I knew after talking to a client I could change their life – but by teaching new personal trainers, the ripple effect is huge.

**My fitness philosophy is:** move it or lose it. Lift things and put them down again – be it your body weight or some other form of heavy object. Incidental exercise is just as important: walk rather than take the car or meet a friend for a walk instead of sitting at a café for two hours. It all adds up.

**My nutrition philosophy is:** eat local and organic food in small portions. Less packaged food is also better for the environment and your waistline. Stop counting calories and start nourishing your body with real whole foods that taste great, such as fruit and veggies, nuts and legumes, wholegrains, full-fat dairy, fish and small amounts of meat.

**Educating people on exercise and nutrition is of utmost importance.** Almost two out of three Australian adults (63 per cent) are overweight or obese, according to the Australian Institute

of Health and Welfare. This is a strong reason to help people focus on nutrition and exercise and the role of a fitness professional is crucial, as they are often the first port of call when someone wants to change their behaviour.

**More and more Australians want to eat healthy foods but don’t know where to start.** On average, 35 per cent of the energy intake for a typical Australian comes from junk food and only four per cent of Australians meet the recommended serves of vegetables, according to 2016 findings from the Australian Bureau of Statistics. If we reduce soft drink and alcohol consumption and eat more serves of veggies each day, Australians would be a lot healthier.

**I teach the Diploma of Nutrition and Dietetics for Personal Trainers (10454NAT),** which is a government-accredited course specifically for qualified PTs. Upon completion of the course, students can call themselves a Certified Fitness Nutrition Coach™, meaning they can support their PT clients with nutrition advice to help them smash their goals. The course covers meal planning, behaviour change and coaching techniques, cooking skills, food labelling, weight management, diets, portion sizes, the latest nutrition research and more.

**The best thing about a career in fitness is** being surrounded by other people who are interested in health and fitness and knowing that I am making a difference to thousands of people’s lives.

**My super-fit boyfriend is also my personal trainer and he seriously kicks my butt.** We train at the beach a couple of

times a week but I also love the energy of group fitness classes – urban dance and functional training are my faves. I always slot a yoga session in once a week.

**It’s important for me to have a treat every day,** so that I don’t have a blowout on the weekend. Food is meant to be enjoyed and savoured – every meal should be delicious and make you feel amazing, so I don’t really have cheat meals or cheat days. That said, my favourite meal is my Italian boyfriend’s eggplant parmigiana.

## MY MANTRA

“Eat food. Not too much. Mostly plants.”

– MICHAEL POLLAN ■

