

Fitness and Nutrition Myth-Busting

Gain a better understanding of the health and nutrition space with evidence-based advice on what does and does not work. Our experts will explore the latest trends, including intermittent fasting, Keto and low-carb diets, hormone balancing, metabolism boosters, cleanses and more.

Jill Rehman, Precision Nutrition Level 2 Master Health Coach



Jill Rehman is a Master Health Coach, a Nutrition Coach, and a Menopause Health & Fitness Specialist who helps people work toward their wellness goals through 1:1 and group coaching as well as webinars and presentations. Jill combines her expertise in foundational nutrition with evidence-based knowledge and behaviour change strategies to empower clients to make feeling better a reality. She is dedicated to supporting individuals in achieving their potential through a comprehensive health approach that also integrates essential wellness areas, such as mindset, stress management, fitness, and sleep. Jill specializes in sustainable weight loss, women's health, perimenopause, menopause, longevity, and healthy living.