

THE ROADMAP TO BECOMING A NUTRITION COACH IN 2026

Launch your successful nutrition coaching
business immediately!



4.9 | 789 Reviews



YOUR STEPS TO A SUCCESSFUL NUTRITION CAREER

» STEP 1: IS THIS CAREER FOR YOU?

Discover why 2025 is the perfect year to become a certified nutrition coach in today's booming health and wellness industry.

» STEP 2: DEFINE YOUR NICHE

Think and reflect on the best pathway and type of client you can help most!

» STEP 3: CHOOSE THE SMARTER PATH

Compare university vs. Clean Health, and see why the course is the best option

» STEP 4: LEARN WHAT YOU'LL MASTER

Get a sneak peek at the practical skills you'll master, from nutrition science to gut health, psychology, and supplementation.

» STEP 5: MEET YOUR MENTORS & SUPPORT SYSTEM

See how Clean Health's unique student support, mentors, live calls, and community, keeps you confident and on track.

» STEP 6: GET CERTIFIED & INSURED

Understand how certification with Clean Health makes you an insured and certified nutrition coach

» STEP 7: LAUNCH YOUR NUTRITION CAREER

Follow the exact steps recent graduates use to land their first clients or roles, from starter offers to social proof.

» STEP 8: LAND YOUR FIRST CLIENTS

Learn how to grow your career into six figures through advanced online business models, and niche expertise.

» STEP 9: SCALE AND SPECIALIZE

Learn how to grow your career into six figures through advanced certifications, online business models, or niche expertise.



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01

THE FIRST STEP IN YOUR FUTURE AS A CERTIFIED NUTRITION COACH

Your coaching business
awaits...



QUIZ: IS BECOMING A **CERTIFIED NUTRITION COACH** RIGHT FOR YOU?

Do You Have What It Takes to Build a Career in Coaching?

Not everyone is cut out for a career in nutrition — but if you're **passionate, motivated, and ready** to help others transform their health, then this could be the perfect path for you.

Here's a quick self-check to see if you're aligned with what it takes to thrive as a certified nutrition coach and business owner.

SELF-ASSESSMENT QUIZ

Tick off everything that resonates with you:

- I am **based in the US or UK** (the certification will not be recognised or insured outside of these regions, except for Canada and Europe in 2026)
- I have a **passion** for health, food, and helping people.
- I want a career** where I can make a real difference in people's lives.
- I'm ready to learn **practical, evidence-based nutrition skills**
- I want a **flexible career** I can run online, in-person, or both.
- I'd love to earn a **reliable income** doing something I genuinely enjoy.
- I'm excited by the idea of building **my own nutrition coaching business**, or stepping into a role with gyms, wellness clinics, or sports organisations.
- I want to be certified and **legally insured** so I can practice with confidence.

Results:

If you ticked **three or more boxes**, congratulations, you're exactly the type of person thriving in this industry right now. And here's the good news: with Clean Health's Certified Nutrition Coach, you could be fully certified, recognized and ready to work with clients in 6 weeks or more.

WHY WAIT? LETS GET STARTED...

Your journey to transform your life and others is in this guide..

Not all nutrition courses are created equal. In fact, many online programs will give you information without the ability to practice...

“Clean Health Certified Nutrition Coach gives you the ability to practice legally, get insured and call yourself a Certified Nutrition Coach”

THE OPPORTUNITY THAT AWAITS...

The health and nutrition industry in the US and UK is exploding. More people are looking for credible, practical advice on how to improve their nutrition, gut health and weight management, from qualified professionals.

The problem... Until recently, the only option was a 3–5 year university degree costing \$150K, a pathway that simply didn't fit career changers, busy parents, or those wanting to move fast.

The Solution... The Clean Health Certified Nutrition Coaching Course, provides you with all the knowledge, tools and skills to begin working with people, helping them to transform their lives through nutrition, fitness, health and performance.

This isn't just another online course. It's the best pathway to becoming a Certified Nutrition Coach without going to university.

Why This Matters for You

If your goal is to:

- Build a legitimate nutrition coaching business
- Get hired by gyms, wellness centres, or sports organisations
- Protect yourself with insurance and credibility
- Confidently advertise your services as a Nutrition Coach

...then this course is non-negotiable.

02

DEFINE YOUR NUTRITION NICHE

The First Step to Success:
Decide Who You Want to
Help Most



STEP 2: DEFINE YOUR NUTRITION NICHE

Decide Who You Want to Help Most

Every successful Nutrition Coach starts with a simple but powerful question:

“Who do I want to help?”

Because the truth is, “nutrition” is a broad field. Some Nutrition Coaches work with athletes, others focus on weight loss or gut health, and some specialize in family nutrition or corporate wellness.

The clearer you are on who you want to serve, the easier it becomes to shape your learning, build confidence, and eventually launch your career or business.

This isn't about locking yourself into one path forever, it's about creating a starting point that excites and motivates you.

CAREER OPPORTUNITIES:

Take a moment to reflect on the groups of people you'd love to work with:

- **Fitness Enthusiasts & Athletes** – Helping clients fuel their training, recovery, and performance.
- **Everyday Wellness Clients** – Supporting people who want to feel healthier, lose weight, or gain energy.
- **Gut Health & Holistic Clients** – Working with people who struggle with digestion, stress, and lifestyle-related issues.
- **Families & Lifestyle Clients** – Helping busy parents, kids, and households create simple, healthy eating habits.
- **Corporate & Workplace Clients** – Bringing nutrition into businesses to improve productivity and wellbeing.
- **Digital Communities** – Using content, recipes, or online coaching programs to impact people worldwide.

***This course is only for students who are based in the US and UK**

03

CHOOSE THE SMARTER PATH TO CERTIFICATION

University vs. Clean Health
CNC certification



STEP 3: CHOOSE THE **SMARTER PATH** TO CERTIFICATION

Is Clean Health CNC certification the Smarter Pathway vs University?

For years, the only option to become a Certified Nutrition Coach was enrolling in a 3–5 year university degree, costing upwards of **\$150,000+**, and often leaving graduates unsure of how to apply their knowledge in the real world.

The good news? You don't need to follow that path anymore.

Thanks to the Clean Health CNC, designed by our industry experts, master coaches, and course specialists and delivered exclusively by Clean Health, you can gain the same recognition you need to practice as a **Certified Nutrition Coach**, without the time and financial drain of university.

	University Degree	Clean Health CNC
Time to Qualify	3–5 years	6-18 Weeks
Cost	\$50,000+	\$997
Certification	Yes	Yes
Insurance Eligibility	Yes	Yes – through Agula Insurance
Learning Style	Theory-heavy	Practical, applied, real-world
Flexibility	On-campus, rigid	100% Online, Self-Paced
Career Readiness	Often unclear	Job-ready within 6-12 Weeks
Scope	Clinical Clients	Asymptomatic clients only

DID YOU KNOW?

More than **50% of the entire Clean Health CNC certification** is focused on practical application of information and concepts.

Questions, research breakdown tasks and case studies that will **equip you to work with REAL clients and get REAL results!**



04

MAP YOUR CAREER PATHWAYS & EARNING POTENTIAL

Ready to see what you
can earn?



STEP 4: MAP OUT YOUR CAREER PATHWAYS & INCOME POTENTIAL

See Where Your Nutrition Certification Can Take You

This is the exciting part. Once you're certified and received insurance to practice, the door to the nutrition industry opens wide.

Thousands of our graduates have launched into thriving careers, from online coaching and wellness consulting to working in gyms, clinics, sports performance centers to hosting and speaking at workplace wellness events.

Here's what your career could look like.

I WILL WORK AS AN..

As a CH Certified Nutrition Coach, you'll be qualified to work as a:

- ✓ **Online Nutrition Coach** – Build a business that reaches clients worldwide.
- ✓ **Sports Nutrition Coach** – Support athletes and gym-goers to fuel performance and recovery (*requires further studies)
- ✓ **Health & Wellness Coach** – Guide everyday people towards sustainable, healthier lifestyles.
- ✓ **Functional Nutrition Consultant** – Specialize in gut health, energy, and holistic wellness (*requires added studies)
- ✓ **Content Creator / Recipe Developer** – Turn your knowledge into blogs, recipes, and digital programs.
- ✓ **Corporate Wellness Consultant** – Improve workplace wellbeing and nutrition across organisations.

STEP 4: MAP OUT YOUR CAREER PATHWAYS & INCOME POTENTIAL

See Where Your Nutrition Certification Can Take You

Your income will depend on the path you choose, but here's what's realistic for Clean Health' Certified Nutrition Coaches

- 10 hours/week x \$80 per hour x 50 weeks = \$40,000 OR
- 25 hours/week x \$80 per hour x 50 weeks = \$100,000 per year
- Graduates can also build online businesses with clients across the US and UK



NEW GRADUATES:

\$40-60K

Perfect for those starting part-time, career changers, or anyone looking to gain experience while building a client base. Many graduates in this range are working flexible hours and combining Nutrition Coaching with other commitments.



FULL-TIME COACHES:

\$60-85K

Within 1-2 years many Nutrition Coaches move into full-time roles, either running their own client roster, working with gyms, sports teams or consulting in wellness spaces. This is where your career becomes both sustainable and rewarding.



BUSINESS OWNERS:

\$100K±

Graduates who scale their business, offering online programs, group coaching, or niche specializations like sports or gut health, often break six figures. This is the stage where your nutrition career evolves into true financial freedom.

Your career opportunities are real, achievable, and closer than you think.

The next step? Discover what you'll actually learn inside the Certified Nutrition Course, the skills and knowledge that will make you a confident, job-ready Nutrition Coach.

05

LEARN WHAT YOU'LL STUDY

The Roadmap to Becoming
a Nutrition Coach



STEP 5: LEARN WHAT NUTRITION TOPICS YOU'LL MASTER

The Skills That Will Make You a Job-Ready Nutrition Coach

This Nutrition Certification was designed by our product specialists (30+ years experience), industry experts, and master coaches to give you the exact skills you need to work with real clients!



MODULE 1:

Your Roadmap to Nutrition Coaching Success



MODULE 2:

Beyond Calories: The Bigger Picture of Health and Nutrition



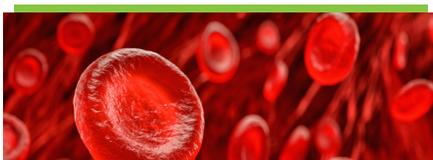
MODULE 3:

The Art of Client Trust and Engagement



MODULE 4:

Pushing Human Potential: Anatomy & Physiology



MODULE 5:

The Deep Connection between Diet & Physiology



MODULE 6:

How to Build Nutrition Programs that Get Results



MODULE 7:

The Gut-Health Playbook: Mastering Digestive Science



MODULE 8:

Psychology 101: Understanding the Mind behind Eating Habits



MODULE 9:

How to Get Your Clients Results on Repeat



MODULE 10:

The Science of Supplementation What Coaches Need to Know



MODULE 11:

Building and Selling Your Online Coaching Business

06

MEET YOUR MENTORS & SUPPORT SYSTEM

You'll Never Be on This
Journey Alone



STEP 6: MEET YOUR MENTORS AND SUPPORT SYSTEM

You'll Never Be on This Journey Alone

Studying online doesn't mean studying alone. At Clean Health, we've built a student-first support system designed to ensure your success, from your very first log-in to the day you graduate as a Certified Nutrition Coach. When you enrol in the Certified Course in Nutrition, you'll be joining a coaching community that provides:

- **A Live Community of Peers** – You'll join a network of like-minded students on the same path, creating accountability, encouragement, and even future collaborations.
- **Weekly live mentorship calls** with Clean Health's Master Coaches
- Access to a **global student community** for collaboration, networking, and support.
- Downloadable **templates, coaching checklists, and client tools**.
- **A Dedicated Contact Support Team** for any difficulties, questions or challenges!



GAVIN AQUILINA

- 30+ Yrs in nutrition, training and coaching
- Masters in Human Nutrition
- BSc in Exercise Science



PATRICK MCCARTHY

- 10+ yrs in nutrition
- MSc Nutrition
- MSc in Sports Nutrition (c)
- BSc in Exercise Science



STEVE IRWIN

- 15+ yrs in fitness
- Certificate III and IV in Fitness
- Certificate IV in Training

YOUR COMMUNITY

VIRTUAL SUPPORT

Got a question? Need clarity? You'll be able to reach out to our mentors and community for real-time support. It's the fastest way to stay on track and build confidence.

COMMUNITY & PEER CONNECTION

You'll join a network of like-minded students - future Nutrition coaches just like you, sharing progress, celebrating wins, and keeping each other accountable.

CONTINUOUS GROWTH

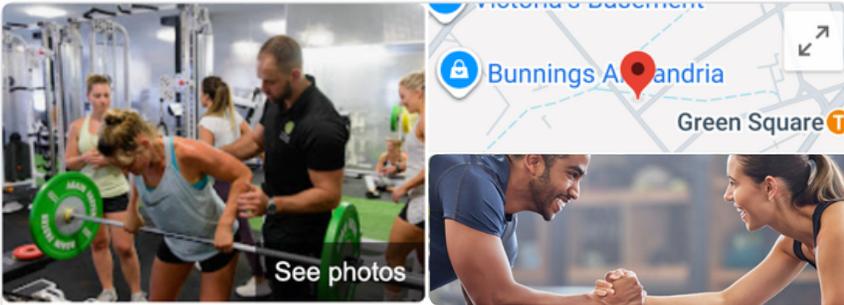
With your course membership, you'll also gain access to weekly live mentorship calls with Clean Health's Master Coaches



HEAR FROM SOME OF OUR AMAZING GRADUATES!

We have helped over 350,000 people launch their careers

Even though certification is an important goal, it is not our number #1 priority at Clean Health. No, our main priority is the student experience. And over 15 years, we have curated the most intensive, interactive and transformative experience!



Clean Health
4.9 ★★★★★ 943 Google reviews

★★★★★
CONNOR ANDREW
Very informative and made many things about nutrition actually make sense! Highly recommend this course for anyone wanting to learn the fundamentals of nutrition and coaching.

★★★★★
CARLENE BLANC
Thank you Clean Health! I have chosen to chase my dream of Personal Training/ nutrition coaching & I took the first step in learning nutrition online with you guys, I couldn't be more happier with the knowledge I have got throughout this course! I am so excited to start on level 2!

★★★★★
ASHLEY
Clean Health's education programs are a game-changer! With a comprehensive curriculum and expert instructors, they lead the industry. Their nutrition programs are cutting edge, embrace practical application, and innovation. Their support is exceptional.



★★★★★
TEGAN
I have just finished studying my level one nutrition coaching and I am blown away! I have walked away with so much more knowledge and I am so thankful. It is so easy to follow, and kept me interested.

★★★★★
RON GRATZ
I have nutrition certs from a couple different companies, Clean Health Institute is the best yet and most applicable to my clients. Great learning platform, super good information. It feels good to be part of the family that has such icons in it as Layne Norton, Dr. Bill Campbell, Daine McDonald, Sebastian Oreb, among others.

07

GET CERTIFIED & INSURED

The Steps That Make You
Officially Recognized as a
Certified Nutrition Coach



STEP 7: GET CERTIFIED & INSURED

The Step That Makes You Officially Recognized as a Nutrition Coach

Be honest with yourself for a moment:

Would you ever hire a doctor, PT, or nutrition coach who wasn't legally recognized or properly insured?

Of course not. And **that's why this step matters more than anything else in your career journey.**

Did you know? Not all nutrition courses provide certification. Some will give you a printable "certificate" that looks nice on your wall, but won't give you the ability to:

- **Practice legally**
- **Apply for insurance**
- **Call yourself a Certified Nutrition Coach**
- **Be taken seriously in the industry**

And without those things, you're stuck. You can't market yourself, you can't take paying clients, and you'll always be second-guessing if what you're doing is above board. That's exactly why the Clean Health Certified Nutrition Coach course exists - to make sure this never happens to you.

When you graduate with your certificate from Clean Health, you're stepping into the industry as an insured and Certified Nutrition Coach (CNC).



08

LAUNCH YOUR NUTRITION BUSINESS

Start Your Career the Right Way



STEP 8: LAUNCH YOUR BUSINESS

How to Start Your Career the Right Way

You've built the foundation: you know your niche, gained practical skills, and secured your accreditation and insurance. Now comes the exciting part - turning all of that into a career.

FACT: Many Clean Health graduates go from student to practicing Nutrition Coach, in as short as 3 months, working with real clients and building businesses they once only dreamed about.

And the best part? There's no single "right way" to launch. You get to design a career that fits your goals, lifestyle, and passion.



PATHWAY 1 START YOUR OWN BUSINESS

- Create a simple online presence (Instagram, website, or both)
- Offer nutrition coaching packages for your chosen niche
- Start with friends, family, and referrals to gain testimonials
- Use your accreditation + insurance to build trust immediately

Many graduates start part-time, taking on 5-10 clients while still working their 9-5 - and grow into full-time coaching businesses.



PATHWAY 2 STEP INTO AN EXISTING ROLE

- Work in gyms, health clubs, or allied health clinics
- Join a corporate wellness program delivering nutrition workshops
- Partner with fitness professionals who need a trusted Nutrition Coach for their clients

Employers increasingly prefer CH-certified coaches because of the program's practical, job-ready training.

09

LAND YOUR FIRST CLIENTS

How to Land Your First Clients
as a Certified Nutrition Coach!



STEP 9: HOW TO LAND YOUR **FIRST CLIENTS**

This is the milestone you've been working toward: going from "student" to "practitioner." It doesn't matter if you want to coach full-time or start part-time alongside your current job — the key is to get your first 3–5 clients. That's where confidence builds, testimonials start flowing, and your career begins to take shape. **Here's exactly how CH graduates do it:**

How to Land Your First Clients as a Certified Nutrition Coach

Step 1:

Start With Your Inner Circle

Your first clients don't have to be strangers. Many Nutrition coaches launch by:

- Coaching friends or family members for a small fee
- Offering a "practice client" discount in exchange for testimonials
- Asking colleagues or gym members if they'd like personalised nutrition help

Step 2:

Build a Simple Online Presence

Don't overthink it — you don't need a full website to start.

- Create an Instagram or Facebook page focused on nutrition tips for your niche
- Post 2–3 times per week: share recipes, client stories (with permission), or "myth-busting" content
- End each post with a soft invitation like: "DM me if you'd like help with your nutrition goals."

Step 3:

Create a Starter Offer

Keep it simple and clear:

- A 6- or 12-week coaching package
- Includes: initial consultation, personalized nutrition plan, and weekly check-ins
- Price it affordably at first (\$150–\$300 for 6 weeks) to build momentum

Step 4:

Partner With Fitness Pros

PTs and gyms already have clients who need nutrition coaching.

- A 6- or 12-week coaching package
- Offer to support a local PT's clients with meal planning
- Run a free nutrition workshop at a local gym
- Build referral partnerships (you help their clients → they help you find new ones)

Step 5:

Use Testimonials as Fuel

Every time a client gets results, capture it:

- A written testimonial
- A before/after photo (with permission)
- A short social post celebrating their progress

Testimonials create social proof, and social proof = trust = more clients.

10

SCALE AND SPECIALIZE

Grow your career into six figures through advanced certifications, online business models, or niche expertise.



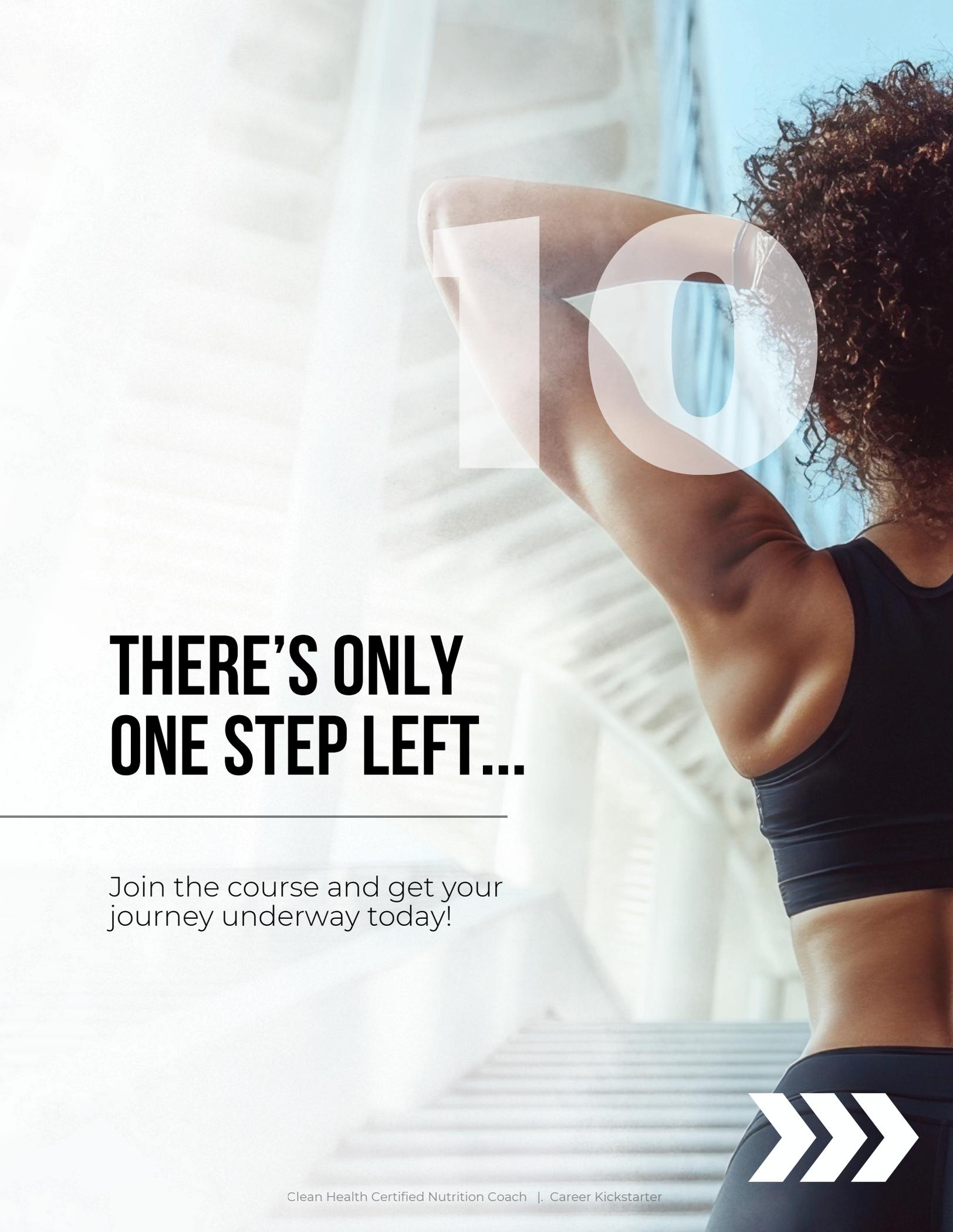
STEP 10: SCALE AND SPECIALIZE

How to Go From a Part-Time Nutrition Coach to Full-Time Business Owner

You've landed your first clients. Now it's time to work smarter, not harder. Scaling your nutrition business is about building systems, using technology, and creating leverage so you can serve more clients without burning out.

Proven Ways to Scale to a Full-Time Coaching Business

<p>Leverage Technology to Save Time</p>	<p>Use a coaching platform like CoreCoach to manage clients efficiently:</p>	<ul style="list-style-type: none"> • Centralize client communication (no more messy DMs and emails). • Deliver nutrition plans, progress tracking, and check-ins in one place. • Automate reminders, updates, and habit tracking.
<p>Automate the Repetitive Work</p>	<p>Set up systems that run without you:</p>	<ul style="list-style-type: none"> • Onboarding Sequences → Welcome emails, intake forms, and first-call scheduling (HubSpot / Klaviyo). • Payment & Invoicing → Automated recurring billing so clients never slip through. • Weekly Check-In Forms → Google Forms or app-based submissions that flow into your CRM.
<p>Refine & Raise Your Offers</p>	<p>As you gain results and testimonials, move away from low-cost starter offers.</p>	<ul style="list-style-type: none"> • Upgrade to premium 12-week packages with higher pricing. • Introduce group coaching for clients with similar goals (higher volume, less time). • Layer in upsells like recipe packs, workshops, or supplement partnerships.
<p>Build Your Authority Through Content</p>	<p>Scaling isn't just about clients - it's about visibility.</p>	<ul style="list-style-type: none"> • Share success stories (with permission). • Post consistent, educational content that answers your niche's biggest questions. • Consider running simple lead magnets (like this Career Kit) to build your audience.
<p>Specialise for Premium Positioning</p>	<p>Pick a niche to dominate:</p>	<ul style="list-style-type: none"> • Gut Health Coaching – high-demand, often underserved. • Sports & Performance Nutrition – ideal if you're passionate about athletes. • Corporate Wellness – contracts with businesses can bring consistent revenue.



10

THERE'S ONLY ONE STEP LEFT...

Join the course and get your
journey underway today!





BE THE FIRST TO KNOW!



THE CERTIFIED NUTRITION COACH

**COMING
SOON!**

DID YOU KNOW?

As soon as you complete your CHCNC course, you will be eligible to register with the, 'Global Wellness, Nutrition & Training Council' and will get 6 months complimentary membership (the Council will be opened up for membership in 2026)

- The Council will be the registering body for graduates of the Clean Health Certified Nutrition Coach course.
- You will gain the ability to apply for professional insurance through our insurance partners - which will cover you to work with clients immediately!
- The Council will be responsible for the governance of member application criteria, member adherence to scope of practice and industry standards.
- The Council will ensure that the standards of your qualification and professional practice are upheld, so as to maintain a strong professional standing in the health, wellness and nutrition sector.

