Webinar Information Sheet

Webinar Title: "Senior Fitness: Exercise and the Frail Elder"

Course Description: This is a riveting workshop that will explore the unique training needs for the elderly who due to illness or chronic musculoskeletal concerns is less active and less functional. You'll learn age-appropriate exercise techniques that will focus on the needs of the deconditioned senior: ambulation, fall prevention, hand-eye coordination, making transfers and much more..

Learning Objectives:

- After viewing this webinar, you will be able to:
  - Identify who the caregivers are
  - Explain frailty and its effects
  - Describe treatments that may possible reduce the risk of frailty
  - Explain the difference between basic ADLs and advance ADLs
  - List components of exercise recommendations for various frail conditions

Target Audience: Fitness Professionals, Strength & Conditioning Specialists, ATs, PTs, PTAs, LMTs.

Schedule and Format: Self-paced recorded webinar.

Registration Fees: $20.00

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind and ask for a full refund. Just notify us by email within that three day window and provided you have not generated your continuing education certificate we will issue a full refund. That's it. No questions asked. (Once you have generated your CE certificate you can not cancel the order.) ***Remember that all webinars must be viewed in the year they were purchased!***

Course Developer Credentials:

Chris Marino, M.S., CSCS

Chris is a strength and conditioning specialist in private practice in the metro Philadelphia area. With almost 10 years experience in all aspects of fitness Chris specializes in training clients with chronic orthopedic conditions and those who have been released from physical therapy following joint replacement, surgery or injury. Chris is the owner of "Marino's Body Shop," a personal training management company located in southeastern PA specializing in Boot Camps

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for different fitness levels. Chris is certified by the NSCA, ACSM, and ACE and is experienced in functional training, core conditioning and advanced exercise techniques for athletes and recreational athletes. Chris joined our faculty in 2001.

Course Presenter Credentials:

April Boulter, MS

April has a diverse background in personal training, aquatics, group fitness, boot camp and yoga. She has two Master's Degrees: one in Public Health from the University of Illinois/Chicago, and another Master's Degree in Sports Management from the University of Arkansas. April has a passion for using fitness and proper eating habits as the foundation for sustainable lifestyle change. As the Fitness and Aquatics Center Coordinator at Loyola University in Chicago, IL, April works with a mix of students and faculty as well as community residents to design and implement effective training programs in a variety of land and water-based applications. At Loyola, one of April's main responsibilities is to plan and organize the annual "Welcome Week Event" for over 2000 Freshmen per year, to emphasize proper nutrition and consistent activity to overcome the dreaded "Freshman Fifteen." A popular boot camp instructor, April is certified by ACSM, ACE, AFAA, and YogaFit and is also a certified Lifeguard and CPR Instructor. April joined our faculty in 2009.

Contact Hours/CEUs/CECs: *Please visit our website for the most up-to-date continuing education awards.*

Sponsors: N/A

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