

Live Program Information Sheet

Program Title: Exercise for Aging Baby Boomers, 2019

Course Description: Baby boomers are one of the biggest growing populations in the United States with many still living in their own homes. Now is the time to get trained on how to prevent falls and injuries so your baby boomer client can live an independent life! Core Strength is the foundation of any strength and conditioning program. This innovative workshop focuses on the integration of hip and thoracic rotation to protect the lower back and improve function and independence. Mobility programming is important for improving performance by coordinating movement at the knee, hip, and ankle. Learn to maximize function with innovative strength building exercises that allow the client to move effortlessly and without pain as well as how to blend mobility, agility, and quickness training to help achieve that goal. Finally, learn about this population and how to incorporate fun and exciting exercises to keep them strong, healthy, and balanced!

Learning Objectives:

- Module 1: Pure Power: Functional Rotational Training
After taking this program, you will be able to:
 - Identify the ideal standing posture
 - Explain the difference between inner and outer unit muscles
 - Compare and contrast ant-flexion, anti-extension, anti-rotation and anti-lateral flexion exercises
 - Describe ways to progress the core
 - Design exercises to integrate upper body, lower body and core muscles.

- Module 2: The Essential Hip: Reversing Gluteal Amnesia
After taking this program, you will be able to:
 - Identify knee anatomy and proper range of motion
 - Explain how to assess ankle range of motion
 - Describe correct knee positioning during squats
 - Provide proper instructions for jumps and landing techniques
 - List the components of efficient running

- **Module 3: Ready, Set, Stop: Functional Deceleration Training**
 After taking this program, you will be able to:
 - Explain how the physiological process of aging is more related to deconditioning.
 - Identify and explain the new ACSM 2017 risk stratification process
 - List common medications that can affect exercise
 - Provide recommendations for cardio, strength, balance, and functional power for seniors
 - List the foundations of human movement and how to implement these into an exercise program for seniors

- **Module 4: Baby Boomer Balance**
 After taking this program, you will be able to:
 - Recognize those at risk for falls base on physiological as well as physical limitations
 - Relate how medications and diseases can affect mobility, balance, and exercise thus incorporating modifications to ADLs and exercises
 - Identify the steps in how to properly get up and down off the floor properly and safely
 - Recognize and interpret balance terminology and how the body uses various systems to maintain balance
 - Organize a safe balance training program

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

Schedule and Format: Live Program

Registration Fees: Please visit our website for the most up-to-date continuing education awards and pricing details.

Cancellation/Refund Policy: Exercise ETC has a **no refund policy** for all “live” training programs. If you are unable to attend a live training program, we will be happy to issue you an in-house credit for the courses you did not attend. The credit is good for one year and may be used for any program or product you desire. Request for a credit must be made in writing within 10 days of the originally scheduled class.

Course Developer Credentials:

Guy Andrews, MA, CSCS

Guy is the Executive Director of Exercise ETC. He is a Certified Strength and Conditioning Specialist through NSCA as well as a Senior Fitness Specialist and a Performance Enhancement Specialist, both through NASM. He has worked in the fitness field since 1983 as a boot camp instructor, group fitness instructor, group fitness director, personal trainer, fitness director and health club general manager. He earned his bachelor's and master's degrees from Florida Atlantic University in Boca Raton, FL and holds multiple fitness certifications. Over the years, Guy has worked with many population groups, especially the older adult population, and has worked in a variety of environments including corporate fitness, hospital-based wellness centers, municipal and community centers and major health clubs. He currently teaches senior fitness for the City of Wilton Manors, FL as well as at the Edgewater Assisted Living Community in Boca Raton, FL.

Mike Deibler, MS, CSCS

Mike is Exercise ETC's Director of Education. He is the owner of Premier Training, a private personal training studio located in San Diego, CA. He is also the founder of "My Workout Creator" an online exercise programming system. Mike is a Certified Strength and Conditioning Specialist (NSCA-CSCS) with a BS in Kinesiology from the University of Connecticut and an MS in Exercise and Sport Sciences from the University of Florida at Gainesville. A former All American in Track and Field for the University of Connecticut, Mike combines his success in the athletic world with his extensive education to become an elite fitness consultant and mentor for newly certified personal trainers. As a personal trainer and Boot Camp leader, Mike has helped hundreds of individuals reach their full fitness potential. Specializing in program design for athletes, functional training, and fat loss training for busy executives, Mike is also a certified personal trainer through ACE and NASM. Mike joined our faculty in 2008.

Course Presenter Credentials: Presenters vary by city. Please see our website for faculty assignments & credentials.

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

Sponsors: N/A

