

## Webinar Information Sheet

**Webinar Title:** "Age Appropriate Strength Training"

**Course Description:** Senior Fitness goes to another level with this innovative webinar which artfully combines higher intensity training methods with modifications designed to reduce stress on older joints. You'll learn unique drills that can be done with your client either one-on-one or in large or small groups and discover imaginative program design ideas to improve balance, ambulation, strength and mobility. Better yet, the exercises you'll learn are so much fun your clients won't even think of it as a "workout" -- they're more like "playtime."**Learning**

### Objectives:

- After viewing this webinar you will be able to:
  - Identify the first step in the assessment and screening process.
  - Identify and explain the new ACSM 2017 risk stratification process
  - Explain basic nutrient timing for seniors
  - Provide various exercises to help with balance and neuromuscular abilities
  - Design appropriate programs following recommendations of warm-up, workout, cool-down, stretching

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

**Schedule and Format:** Self-paced recorded webinar.

**Registration Fees:** See our website for details: [www.exerciseetc.com](http://www.exerciseetc.com)

**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 within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

### 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; he currently teaches senior fitness for the City of Wilton Manors, and for the Edgewater Assisted Living Community in Boca Raton, FL.

## **Course Presenter Credentials:**

### **Laura Abbott, MS, LMT**

Laura Abbott is an NCTMB certified and Georgia licensed massage therapist having graduated from Academy of Somatic Healing Arts in Atlanta, GA. She earned her undergraduate degree in Exercise Science and her Master's Degree in Sports Medicine from Georgia State University, and she interned in the Emory University Cardiac Rehabilitation Department and at the Georgia Institute of Technology Athletic Department. Laura worked with Federal Occupational Health training and educating Federal Law Enforcement officers and traveled around the country presenting continuing education programs for many years. She has been quoted in Ladies Home and was a featured speaker for the Speaking of Women's Health Expo for 2 consecutive years and she has presented at the National American College of Sports Medicine conference. Laura currently teaches in the Kinesiology and Health department at Georgia State University and is a guest speaker at Atlanta area massage schools and at the Georgia State University Physical Therapy department. Since 1991 she has owned and operated Premier Performance, Inc. in Atlanta, specializing in exercise and massage therapy. She is the author of the book, Massage Therapy Review: Passing the NCETMB and NCETM published by McGraw-Hill and available on Amazon.com. Laura joined our faculty in 1996.

**Contact Hours/CEUs/CECs:** See our website for details: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A