

Course Information Sheet

Course Title: Age Strong

Course Description: Stay strong and feel great as you move through the decades of your life with *Age Strong: A Woman's Guide to Feeling Athletic and Fit After 40!* Internationally renowned personal trainer Rachel Cosgrove will help you increase metabolism, lose body fat, decrease osteoporosis risk, boost stamina, and increase self-confidence as you move toward and through menopause.

With *Age Strong* you'll get pumped about setting goals, eliminating excuses, and meeting the aging process head on. Read about real clients of the author and how they built muscle and confidence through strength training. Get detailed instructions, accompanied by full-color photos, on how to safely perform 73 traditional strength exercises and 41 mobility and warm-up movements that will help strengthen your core, lower body, and upper body and help you develop power.

Follow the step-by-step plan that's worked for hundreds of women who have maintained their athleticism in their 40s, their 50s, and beyond. Start with the **base phase** of the program to address common imbalances and learn how to master basic movements. Then, bump up the intensity a bit with the **build phase** before moving on to the **stronger phase**, in which you'll build volume as you increase the number of reps and load for select exercises. The final phase, **age strong**, shows you how to work up to suggested strength standards for exercises such as push-ups, squats, and deadlifts.

Age Strong empowers you to take control of your body, gain muscle, improve body composition, and learn new skills so you can stay strong and feel capable for life!
288 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives:

1. Identify the stages of menopause.
2. Discuss the different types of cardio for aging strong.
3. Identify the nutritional components needed at various stages of life.
4. Explain the role of a warm-up.
5. List age-appropriate core exercises.
6. List age-appropriate exercises for the upper body.
7. List age-appropriate exercises for the lower body.
8. Explain the role of metabolic intervals and power development in developing muscle.
9. Discuss the Age Strong Program principles.
10. Compare and contrast various stages of the Age Strong Program.

Target Audience: Beginner/Intermediate/ Advanced

Schedule and Format: Self-paced home study

Registration Fees: See our website for details: 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 the three day window and then return the book to use in saleable condition. That's it. No questions asked.

Instructor/Author Credentials

Rachel Cosgrove owns a facility with her husband in Southern California called Results Fitness. At Results fitness they currently work with over 200 members, 70% of which are female, ranging from soccer moms to triathletes to fitness competitors. These clients are real people who have demanding jobs, families and a limited amount of time to commit to a fitness program, yet Rachel and her team consistently deliver results and drive her clients to reach their potential physically and mentally. This hands on practical experience with the women at her gym is what inspires her and keeps her continuing to fine tune her methods, documenting every workout and the progress the clients make at Results Fitness. She thinks of it as their own laboratory where she can figure out exactly what works best to achieve the ultimate fit female body, getting feedback and seeing the progress her clients are making daily.

A competitive fitness competitor, Ironman triathlete and power lifter, Rachel, draws from her own experience as an athlete, and combines it with science and modern training methods to help her clients achieve their goals. She has learned how to push herself and therefore knows how to motivate and get the most out of her clients and other females.

Rachel not only has the education, professional experience and her own athletic pursuits, but she is also a woman who has struggled with her own weight and her own body image issues and has grown through it and is now on the other side. Over the years she has worked hard to reach her potential physically and emotionally, and it wasn't easy and still isn't, but it is worth every effort. She has floundered for years in search of the best ways to get and stay fit, lean, build muscle and have optimal health herself. She has read every book, talked to every expert and attended numerous seminars on the subject and continues to do so. She has been on a constant quest to discover what works for females to be fit and above all feel good about themselves. Her passion is sharing this knowledge with other females who have had the same struggles and give them the confidence and tools they need.

Contact Hours/CEUs/CECs: See our website for details: www.exerciseetc.com

Sponsors: N/A