

## Course Information Sheet

**Course Title:** Ageless Intensity: High Intensity Workouts to Slow the Aging Process

**Course Description:** Are you age 40 or over and want to maintain your workout intensity even as your body starts to age? Are you not yet ready to give up intense sweat sessions? *Ageless Intensity* offers a research-backed perspective on how high-intensity exercise can not only maximize health benefits past age 40 but also help minimize the physiological effects of aging.

Fitness expert Pete McCall provides straightforward science-based information on how the same high-intensity exercise that provides a number of health benefits—from increased lean muscle mass to burning fat to reduced heart rate—can also influence human physiology in a way that can reduce the biological effects of time. Learn about the impacts of aging on the body and how to keep getting results from working out hard and pushing yourself to your limits while doing it safely, lowering the risk of injury, and building in the needed recovery for a body that may be starting to show signs of aging.

You'll gain practical knowledge on the importance of strength and power, mobility work, and recovery as the keys to boosting your efforts to build and maintain muscle, burn calories, and help joints stay mobile as the body ages. The exercises included are designed to be challenging and deliver tangible benefits to middle-aged and older adults. Save time with the predesigned workouts or customize a complete workout plan to maximize your results and combat the effects of aging.

Reaching the “over-the-hill” milestone doesn’t mean you have to slow down. *Ageless Intensity* is your guide to maintaining fitness with high-intensity exercise and workouts to remain active, stay in shape, and enjoy your favorite activities for the rest of your life.

240 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

## **Learning Objectives:**

- Define the 5 components and their role in functional training
- List the phases of the adult life span
- Discuss the classifications of aging
- Explain the benefits of the different exercise modes
- List the six foundational patterns of movement
- Explain various exercises to increase mobility
- Explain how to implement strength and power training methods
- Discuss the process of metabolism
- Explain the pathways of energy and how they contribute to metabolic conditioning
- Explain how to design various exercise programs

**Target Audience:** Beginner/Intermediate/ Advanced

**Schedule and Format:** Self-paced home study

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

## **Instructor/Author Credentials**

**Pete McCall** is the owner and president of All About Fitness and host of the All About Fitness podcast. He is certified as a personal trainer through the American Council on Exercise (ACE) and the National Academy of Sports Medicine (NASM), and he holds a CSCS (Certified Strength and Conditioning Specialist) certification from the National Strength and Conditioning Association (NSCA). He is the author

*of Smarter Workouts: The Science of Exercise Made Simple.*

McCall is a sought-after resource for accurate, in-depth insight on how to get results from exercise. He is frequently quoted as a fitness expert in national publications such as *Wall Street Journal*, *New York Times*, *Washington Post*, *Men's Fitness*, *Shape*, and *Self*. McCall has more than a decade of experience educating personal trainers around the world, including teaching for both ACE and NASM. He is an expert trainer for Core Health & Fitness (the parent company of Nautilus, StairMaster, Star Trac, and Schwinn), a content contributor for 24 Hour Fitness, and an adjunct faculty member in exercise science at both Mesa Community College and San Diego State University. He has delivered wellness education talks for the U.S. Navy (at Naval Air Station North Island), the White House, the World Bank, the International Association of Fire Fighters, and Reebok.

McCall earned his Master of Science degree in exercise science and health promotion from the California University of Pennsylvania, and he holds the Fellow in Applied Functional Science credential from the Gray Institute.

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

**Sponsors:** N/A