

Program Title:
Exercise for the Aging Baby Boomer: The Complete Live Program

Course Description: Senior fitness is the leading market of the fitness industry and will be for the next 20 - 25 years. Therefore, our new Exercise for the Aging Baby Boomer Complete Program is packed with real world suggestions and common-sense activities. This research-based program is sure to increase your skill and confidence when working with older clients. This state-of-the-art program will guide you in: designing and implementing exercise programs for Aging Baby Boomers; demonstrate exercises, drills, and common corrections to use in Balance Training; facilitating Boot Camp courses for older adults; address nutritional needs and weight management for your active, older clients.

Learning Objectives:

- After attending Sustainable Strength Training for Older Boomers, you will be able to:
 - Describe the function of the core.
 - List ways to modify a core program for seniors
 - Compare and contrast the function of the inner unit and the outer unit core muscles.
 - Describe the major sling patterns and systems within the body.
 - Explain various compensations and dysfunctions throughout the body.

- After attending Module 2: Balance and the Aging Boomer, you will be able to:
 - Identify the systems responsible for balance
 - Discuss the various types of falls
 - Identify relative fall risk based on an individual's strength
 - Compare and contrast drills designed for reaction, agility, and strength.
 - Create recommendations for office environments to reduce the risk of neck pain

- After attending Module 3: Baby Boomer Boot Camp, you will be able to:
 - List components required for a safe and effective Boomer Boot Camp
 - Explain and demonstrate drills designed to improve strength, reaction, and agility
 - Describe the various types of equipment best suited for Boomer Boot Camp
 - Explain the predictors for successful knee replacement
 - Explain the role of proper nutrition in joint replacement recovery.

- After attending Module 4: Nutrition and Weight Management for Aging Baby Boomers, you will be able to:
 - Identify the 5 different taste sensations.
 - List common nutritional deficiencies impacting elderly individuals.
 - Discuss the implications of loneliness on diet and weight.
 - Explain the recommended protein intake for seniors.
 - Discuss the correlation between dietary habits and cognition.
 - Explain the affects hydration, alcohol, and medication have on cognition and balance.

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

Schedule and Format: Live, in person class

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. All books must be returned in saleable condition. That's it. No questions asked.

Course Developer and Presenter 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 Instructor, group fitness director, personal trainer, fitness director, and 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.

Pete Rohleder, MS, CSCS

A 17-year exercise and fitness industry professional, Pete Rohleder has helped thousands achieve their health, fitness, and performance goals. Pete is an expert at bridging the gap between movement science and real-world application. His passion is to provide tangible takeaways to his students and clients so they can achieve efficient, lasting results. Pete owned and operated Pure Fitness Rx, a training studio focused on fitness, performance, and movement improvement through innovative, science-backed strategies. Pete was the State Fitness Consultant for the Miss Kansas America Pageant, and continues to consult with contestants, athletes, clients, and trainers. Pete has been teaching in higher education since 2011 and is currently a Clinical Instructor and the Program Coordinator for the Undergraduate Exercise Science Program at Georgia State University. Pete is also the host of the 'More to Movement' podcast, where he discusses the science behind movement and provides solutions to help his listeners properly apply the science to enhance training outcomes and improve movement discrepancies that hinder success. Pete holds a Master's Degree in Exercise Science from Wichita State University and has been a Certified Strength and Conditioning Specialist (CSCS-NSCA) since 2011.

Mike Deibler, MS, CSCS

Mike 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 and he teaches Exercise Science at San Diego State University. Mike is our Education Director; he joined our faculty in 2008.

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

Sponsors: N/A