

Live Program Information Sheet

Course Title: Brains & Balance Past 60™ Live Workshop Series

OVERVIEW: Researchers no longer believe that falling or losing mental capacity are inevitable parts of the aging process. This fascinating class series operates on two premises: 1) That specific balance exercises can reduce the risk of falling and 2) that we should train the brain as we train our skeletal muscles: with progressive resistance, different types of challenges and appropriate overload to increase cerebral blood flow (CBF). This innovative program is a clever combination of specific activities designed to improve your client's memory, reasoning, conceptualization, language and problem-solving skills. In addition, you'll learn age-appropriate exercises to strengthen the core and reduce a senior's risk of falling while standing or walking. Discover how much fun brains and balance training can be while you exercise your client's mind and body with our specially designed curriculum.

Learning Objectives:

- **Title: Functional Balance: Training Clients who are a Fall Risk**
- **Description:** This module addresses the specific needs of the frail elder, those who represent the greatest fall risk. You'll understand the psychology of falling and how the fear of falling can actually increase the risk of falling. You'll also learn how to modify functional balance exercises to the specific needs of the frail elder.
- **Objectives:** After taking this class you will be able to:
 - Define "frailty"
 - Describe the goals of a balance training program for frail seniors
 - List program modifications for a balance training program for frail seniors
 - Compare & contrast progressions for a balance training program for frail seniors
 - List the benefits of adaptive devices that can reduce fall risk.

- **Title: Dynamic Balance: Innovative Drills to Build Confidence and Reduce Fall Risk**
- **Description:** The ideal way to reduce fall risk is to get the client out of their chair and get them standing, and then walking, on different types of surfaces with different types of challenges. But the client must feel safe while they do this. This fascinating class will show you how to design and implement age-appropriate balance exercises that combine core strength with dynamic balance and deceleration, all while increases confidence and empowering the older adult.
- **Objectives:** After taking this class you will be able to:
 - Explain how the psychology of the fear of falling
 - List the balance training progression from seated to standing to walking
 - Compare and contrast different ways to make the client feel secure during training
 - Explain why the training "process" is as important as the "progress"
 - Explain why "fun" is an integral part of the training process

- **Title:** *Primal Balance: Strength Training to Reduce Fall Risk*
- **Description:** The goal of any functional balance program should be to get the older client out of their chair and on their feet with functional balance drills addressing standing, walking, carrying, level changes and deceleration. This functional program addresses the practical goal of a balance program: independent, functional aging in place.
- **Objectives:** After taking this class you will be able to:
 - List common muscular weaknesses that increase fall risk
 - List the 7 primal exercises
 - Explain the importance of the core in fall prevention
 - List ways to build a strong foundation of function for your clients
 - Explain how strength training will both strengthen and empower the older client
 - Explain the role of adaptive devices in fall prevention
- **Title:** *Cognitive Balance: Using Movement & Music to Improve Cognition*
- **Description:** Seniors are often mystified when they cannot remember what they had for breakfast, but they can remember the lyrics to a song they have not heard since high school. This timely program explores the effect of music on cognition and how music can be used to enhance the function of the hippocampus for better memory management and fall prevention. You'll also discover how to utilize cardio activities with a strong "play" element to safely increase cardio capacity, which increases cerebral blood flow (CBF) and cognitive capacity.
- **Objectives:** After taking this class you will be able to:
 - List and explain the 5 elements of cognition
 - Define how the deconditioning process affects cognition
 - Learn the effect music has on the older brain.
 - Explain the role of the hippocampus in fall prevention and memory management
 - Describe the importance of blood flow to the brain and how it affects cognition

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/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 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.

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

Sponsors: N/A