

## **Webinar Information Sheet**

**Webinar Title:** “Baby Boomer Balance”

### **Course Description:**

There are 76 million aging Baby Boomers in America and they are projected to drive the fitness industry for the next 20 – 25 years. Most of them are still active, functional and living independently in their own homes -- and they are motivated to maintain that independence. That’s why it’s never too early to begin balance training. Now, while they are still active and in relatively good health, is the time to build and develop a foundation of fitness that will help to prevent life-altering falls and injuries in the future. Learn about this population and how to incorporate fun and exciting exercises to keep them strong, healthy, and balanced!

### **Learning Objectives:**

- After viewing this webinar you will be able to:
  - Recognize those at risk for falls base on physiological as well as physical limitations
  - Relate how medications and diseases can affect mobility, balance, and exercise thus incorporating modifications to ADLs and exercises
  - Identify the steps in how to properly get up and down off the floor properly and safely
  - Recognize and interpret balance terminology and how the body uses various systems to maintain balance
  - Organize a safe balance training program

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

**Schedule and Format:** Two-hour live or recorded program.

**Registration Fees:** See our website for our current registration fees.

**Cancellation/Refund Policy:** We have a 100% money back guarantee if you are not satisfied with your purchase. Simply notify us within 3 days of receiving your materials for a full refund. No questions asked. Home study books must be returned in saleable condition.

### **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, 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 Brains & Balance Past 60 programs for the City of Wilton Manors, FL and has presented cognition-retention programs to the residents at the Edgewater Assisted Living Community in Boca Raton, FL. Guy has authored numerous continuing education articles and programs and his weekly newspaper column can be seen weekends in the South Florida Sun Sentinel. Guy has been with Exercise ETC since 1992.

**Course Presenter Credentials:**

Presenters vary by program. Please see our website for faculty assignments & credentials.

**Contact Hours/CEUs/CECs:**

Please visit our website for the most up-to-date continuing education awards.

**Sponsors:** N/A