

Live Program Information Sheet

Course Title: Brains & Balance Past 60™ Live Workshop_

Course Description: 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. 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:

- Module 1: Living Fearless: Exercise, Balance, and Core Strength
- After taking this class you will be able to:
 - Explain how the physiological process of aging is more related to deconditioning.
 - Identify and explain the new ACSM 2017 risk stratification process
 - List common medications that can affect exercise
 - Provide recommendations for cardio, strength, balance, and functional power for seniors
 - List the foundations of human movement and how to implement these into an exercise program for seniors

- Module 2: Walking Tall: Mobility Drills for Seniors
- After taking this class you will be able to:
 - Identify how we remain balanced
 - Explain the different systems within the body that are used for balance
 - Describe the goals of a balance training program
 - List program considerations for a balance training program
 - Provide program progressions for a balance training program

- Module 3: The Vibrant Senior: Putting the “Fun” in Functional Training
- After taking this class you will be able to:
 - Define Functional Training
 - Identify the characteristics of functional training
 - Explain how to integrate function exercises into your programs
 - Describe how to build a strong foundation to functional training for your clients
 - List common compensations that can occur

- Module 4: Strong Minds: Exercise & Cognitive Function
- After taking this class you will be able to:
 - Define the aging process
 - Identify neuroplasticity
 - Explain the main parts of the brain
 - Describe the importance of blood flow to the brain and how it affects cognition
 - List and explain the 5 elements of 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 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.

Mike Deibler, MS, CSCS

Mike is Exercise ETC's Director of Education. He 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. Mike joined our faculty in 2008.

Course Presenter Credentials: Presenters vary by city. 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