

## Webinar Information Sheet

**Webinar Title:** “Beyond Cardio: Sweat Equity & Weight Management Webinar”

**Course Description:** High-intensity metabolic training is the next trend in cardio fitness, and this webinar will show you how to design fat-burning programs that will utilize all three of the body's energy systems to design a workout that is effective, sustainable and fun. To increase your client's compliance you'll also explore how American eating habits are partly responsible for the obesity epidemic and how as a species humans are hardwired to overeat. Finally, you'll discover how to integrate healthy eating with metabolic training for weight control that can be maintained!

### Objectives:

- After viewing this webinar, you will be able to:
  - Identify at least three causes of weight gain.
  - List the considerations for weight loss
  - Explain how to challenge the aerobic system of the body to yield weight loss.
  - Explain the byproducts of the aerobic and anaerobic system of the body.
  - Explain how to challenge the phosphagen and glycogen systems of the body to yield weight loss.

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

**Schedule and Format:** Self-paced recorded webinar.

**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.

### Course Developer Credentials:

**Guy Andrews, MA, CSCS**

Cut 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.

**Course Presenter Credentials:**

**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](http://www.exerciseetc.com)

**Sponsors:** N/A