

Webinar Series Information Sheet:

Beyond Cardio: Sweat Equity and Weight Management

- **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!
- **Learning Objectives:**

Beyond Cardio: Sweat Equity and Weight Management

After taking this program, the participant will be able to:

- Explain the "Calories in/calories out" approach to weight control
 - List current methods to predict weight loss
 - Explain "metabolic training" and fat metabolism
 - List and explain the functions of the three energy systems
 - Compare and contrast different types of cardio activity that will challenge each of the three energy systems
- **Target Audience:** Fitness Professionals, Strength & Conditioning Specialists, ATs, PTs, PTAs, LMTs.
 - **Schedule and Format:** Recorded Webinar
 - **Registration Fees:** Please visit our website for the most up-to-date continuing education awards and pricing details: www.exerciseetc.com

- **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 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 and pricing details.
- **Sponsors:** N/A