

Program Title:
Exercise, Hormones, and Function

COURSE DESCRIPTION:

In this engaging and informative webinar, we'll explore the fascinating relationship between hormones and exercise and how hormonal changes can influence the way our bodies respond to physical activity. Take a closer look at important hormones such as estrogen, progesterone, cortisol, insulin, and testosterone, and discuss how they can play a role in energy levels, metabolism, muscle development, recovery, stress, and overall well-being.

We'll also explore how different types and intensities of exercise may interact with your hormonal system and why there isn't a one-size-fits-all approach to fitness. You'll learn how hormonal fluctuations can influence how you feel during and after a workout.

Whether you're new to exercise, a regular exerciser, or simply curious about what's happening inside your body, this session will help you make sense of the science behind hormones and movement. You'll leave with practical information you can use to better understand your body, approach exercise with greater confidence, and make informed choices about your physical activity routine.

Learning Objectives:

After viewing "**How to Look Better on the Beach**", you will be able to:

- Explain the primary function of the major hormones
- Outline hormonal response to exercise
- List lifestyle factors and impact on cortisol levels
- Discuss training principles and the impact on hormone levels
- Explain how hormone replacement therapies can impact health

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

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. All books must be returned in saleable condition. That's it. No questions asked.

Course Developer and 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

Sponsors: N/A