

Webinar Information Sheet

Webinar Title: Lift Weight to Lose Weight

Course Description: Has your client gained weight during the Pandemic? The dreaded "Covid 15"? If so, weight management is probably a priority this fall, but many trainers are seeing their clients in non-gym environments without access to traditional cardio equipment. So what do you do? You forget about the treadmill and the elliptical trainer and focus on metabolic weight loss. Join Guy Andrews for this timely webinar that focuses on research-based programming to explore how metabolic strength training will accelerate the metabolism, maximize fat loss, and increase lean body mass. You'll also learn how to utilize these training concepts individually, with groups or remotely. Finally, learn how to safely increase exercise intensity if you are in an environment where you and your client must wear a mask during exercise.

Learning Objectives:

- **After viewing this webinar you will be able to:**
 - Explain how the pandemic has led to weight gain for many Americans
 - List different options for high intensity strength training
 - Discuss the role of cortisol on weight gain
 - Explain the effect of weight training on metabolism
 - Compare & contrast methods to challenge the phosphagen and glycogen systems

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

Schedule and Format: Self-paced recorded webinar.

Registration Fees: \$25.00

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 that three day window and then return the book to us in saleable condition. That's it. No questions asked.

Course Developer Credentials:

Mike Deibler, M.S., 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. Mike joined our faculty in 2008.

Course Presenter 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.

Contact Hours/CEUs/CECs: *Please visit our website for the most up-to-date continuing education awards.*

Sponsors: N/A