

Webinar Information Sheet

Webinar Title: “Never Too Late: Functional Core Training For Seniors”

Course Description: Core training is an often overlooked component of fitness for older adults because many of them have a hard time getting onto the floor for traditional core exercises like planks, bridges and bird-dogs. This is tremendously shortsighted, however, because research shows us that older adults with the strongest cores have the lowest risk of sustaining a life-altering fall. This new program will open your eyes to both the design and implementation of core programs for older adults.

Learning Objectives:

After viewing this webinar, you will be able to:

- Describe the function of the core.
- List ways to modify a core program for seniors.
- Compare and contrast the function of the inner unit and the outer unit core muscles.
- Describe various exercises that encourage a neutral spine while seated, standing or walking.
- Explain ways to use elastic tubing to build inner and outer unit core stability.

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

Schedule and Format: Two-hour live or recorded program.

Registration Fees: See our website for our current registration fees.

Cancellation/Refund Policy: We have a 100% money back guarantee if you are not satisfied with your purchase. Simply notify us within 3 days of receiving your materials for a full refund. No questions asked. Home study books must be returned in saleable condition.

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 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.

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.

Sponsors: N/A