

Webinar-on-Demand Seminar Information Sheet

Program Title: Nutrition and Weight Management for Aging Baby Boomers

Course Description: The goal of this workshop is to focus on the physiological needs of the senior and the changing demands on nutrition and hydration during the aging process. This two-hour webinar explores the changes in taste, nutrients, and nutritional deficiencies that cause weight management concerns for baby boomers.

Learning Objectives:

- After viewing Nutrition and weight Management for Aging baby Boomers, you will be able to:
 - Identify the 5 different taste sensations.
 - List common nutritional deficiencies impacting elderly individuals.
 - Discuss the implications of loneliness on diet and weight.
 - Explain the recommended protein intake for seniors.
 - Discuss the correlation between dietary habits and cognition.
 - Explain the affects hydration, alcohol, and medication have on cognition and balance.

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.exercisetc.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 Developers and 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 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: April Boulter, PhD, MPH, EP-C

April has a diverse background in biomechanics, personal training, group fitness and yoga. She has two Master's Degrees: an MPH in Public Health Policy from Loyola University Chicago and an M.Ed. in Sport Management- Sport Psychology from the University of Arkansas. April completed her PhD in Prevention Science from Kent State University and has a passion for using fitness and proper eating habits as the foundation for sustainable lifestyle change. As the Program Director of Fitness and Aquatics and faculty member in the Department of Exercise Science at Loyola University in Chicago, IL, April worked with a mix of students and faculty as well as community residents to design and implement effective training programs in a variety of land and water-based applications. April now focuses on obesity prevention and the implications across lifespans specifically adolescents and elderly populations. April is certified by ACSM, ACE, AFAA, and YogaFit and is also a certified Lifeguard and CPR Instructor; she joined our faculty in 2008.

Sponsors: N/A