

## Webinar-on-Demand Series Information Sheet

### Program Title: Older Adult Exercise: The Complete Webinar Series

**Course Description:** Senior fitness is the defining trend of the fitness industry and will be for the next 20 - 25 years. This is why our new Exercise for Older Adults webinar bundle had quickly become a best-seller. Packed with real world suggestions and common-sense activities, this research-based program is sure to increase your skill and confidence when working with older clients. This state-of-the-art program will guide you in designing and implementing exercise programs for clients with orthopedic issues such as chronic back or shoulder dysfunction, seniors who have had joint replacement and elders living with chronic diseases. The bundle includes these five webinars, each of which is 2-hours long: "Never Too Late: Functional Core Training for Seniors; Standing Tall: Exercise and the Aging Spine; The Bionic Elder: Training with New Hips or Knees; Functional Forever: Remedial Shoulder Exercise; The Defiant Senior: Exercise to Manage Chronic Disease. On completing the 5-webinar series you will also earn the FREE credential of "Senior Fitness Consultant."

#### Learning Objectives:

- After viewing Module 1: Never Too Late: Functional Core Training for Seniors, 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.
  
- After viewing Module 2: Standing Tall: Exercise and the Aging Spine, you will be able to:
  - Identify 10 lifestyle causes of back and neck pain
  - Explain who is more likely to have neck pain
  - List common musculoskeletal causes of back pain
  - Compare and contrast the importance of heat vs ice
  - Create recommendations for office environments to reduce the risk of neck pain

- After viewing Module 3: The Bionic Elder: Training with New Hips or Knee, you will be able to:
  - Identify precautions to take after a joint replacement
  - Explain the success rate after a hip replacement
  - List the mobility joints as opposed to those joints that are for stability
  - Explain the predictors for successful knee replacement
  - Explain the role of proper nutrition in joint replacement recovery.
  
- After viewing Module 4: Functional Forever: Remedial Shoulder Exercise, you will be able to:
  - Define functional shoulder training
  - Identify high risk exercises for the older shoulder
  - Explain how to modify shoulder exercises to minimize risk
  - Describe exercise techniques to minimize risk to the rotator cuff
  - List common compensations that can occur with shoulder arthritis
  
- After viewing Module 5: The Defiant Senior: Exercise to Manage Chronic Disease, you will be able to:
  - Explain the role of the fitness professional when evaluating clients with chronic medical conditions
  - Identify the characteristics of various diseases
  - Explain how to integrate exercises into your programs based on your client's disease/condition and abilities
  - Describe how to build a strong foundation to functional training for your clients
  - List common medications and side effects that can occur

**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](http://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 Developer Credentials:**

### **Guy Andrews, MA, CSCS**

Cut 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 Presenters Credentials:**

### **April Boulter, MS, MPH, EP-C**

April has a diverse background in personal training, aquatics, group fitness, boot camp and yoga. She has two Master's Degrees: one in Public Health from the University of Illinois/Chicago, and another Master's Degree in Public Health Management from the University of Arkansas. April has a passion for using fitness and proper eating habits as the foundation for sustainable lifestyle change. As the Fitness and Aquatics Center Coordinator at Loyola University in Chicago, IL, April works 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 is completing her PhD and has done extensive research in obesity prevention. A popular boot camp instructor, April is certified by ACSM, ACE, AFAA, and YogaFit and is also a certified Lifeguard and CPR Instructor. She joined our faculty in 2008.

### **Laura Abbott, MS, LMT**

Laura Abbott is an NCTMB certified and Georgia licensed massage therapist having graduated from Academy of Somatic Healing Arts in Atlanta, GA. She earned her undergraduate degree in Exercise Science and her Master's Degree in Sports Medicine from Georgia State University, and she interned in the Emory University Cardiac Rehabilitation Department and at the Georgia Institute of Technology Athletic Department. Laura worked with Federal Occupational Health training and educating Federal Law Enforcement officers and traveled around the country presenting continuing education programs for many years. She has been quoted in Ladies Home and was a featured speaker for the Speaking of Women's Health Expo for 2 consecutive years and she has presented at the National American College of Sports Medicine conference. Laura currently teaches in the Kinesiology and Health department at Georgia State University and is a guest

speaker at Atlanta area massage schools and at the Georgia State University Physical Therapy department. Since 1991 she has owned and operated Premier Performance, Inc. in Atlanta, specializing in exercise and massage therapy. She is the author of the book, *Massage Therapy Review: Passing the NCETMB and NCETM* published by McGraw-Hill and available on Amazon.com. Laura joined our faculty in 1996.

**Contact Hours/CEUs/CECs:** See our website for details: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A