

## Webinar Information Sheet

**Webinar Title:** "Polishing the Golden Years: Age-appropriate Conditioning Exercises"

**Course Description:** "Learn how to create fun and purposeful programs for your seniors! Incorporate exciting strength training routines using resistance equipment found in most facilities that you never thought you could use for this population! Get them up and get them moving into those Golden Years!"

### Learning Objectives:

- After viewing this webinar, you will be able to:
  - List various program design tips for senior exercises.
  - Identify age-appropriate strength exercises.
  - Design exercises for cardiovascular and strength goals.
  - Explain the benefits of a dynamic warmup.
  - Compare and contrast the pros and cons of exercise complexes for senior clients.

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

**Schedule and Format:** Self-paced recorded webinar.

**Registration Fees:** \$20.00

**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:

Chris Marino, M.S., CSCS

Chris is a strength and conditioning specialist in private practice in the metro Philadelphia area. With almost 10 years' experience in all aspects of fitness Chris specializes in training clients with chronic orthopedic conditions and those who have been released from physical therapy following joint replacement, surgery or injury. Chris is the owner of "Marino's Body Shop," a personal training management company located in southeastern PA specializing in Boot Camps for different fitness levels. Chris is certified by the NSCA, ACSM, and ACE and is experienced in functional training, core conditioning and advanced exercise techniques for athletes and recreational athletes. Chris joined our faculty in 2001.

## **Course Presenter Credentials:**

### **Laura Abbott, M.S., 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:** *Please visit our website for the most up-to-date continuing education awards.*

**Sponsors:** N/A