

Webinar Series Information Sheet Program Title:

Functional Exercise During Pregnancy Webinar

Course Description: The latest guidelines from the American College of Obstetricians & Gynecologists (ACOG) are the foundation for this comprehensive course. Starting with the pre-exercise doctor's release and continuing to post-partum exercise and exercise while breastfeeding, this course covers all the bases as we use exercise to keep the pregnant woman healthy and functional during pregnancy.

Learning Objectives:

Functional Exercise During Pregnancy Webinar

After taking this class you will be able to:

- Identify the benefits of exercise during and after pregnancy.
- List the contraindications to exercising during pregnancy.
- Explain the goals of a pregnancy exercise program.
- Identify exercises to integrate upper body, lower body, and core muscles to improve health during pregnancy.
- Explain the role of exercise for post-partum mothers.

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

Schedule and Format: Recorded webinar series.

Registration Fees: Please visit our website for the most up-to-date continuing education awards and pricing details.

Cancellation/Refund Policy: Exercise ETC has a **no refund policy** for all “live” training programs. If you are unable to attend a live training program, we will be happy to issue you an in-house credit for the courses you did not attend. The credit is good for one year and may be used for any program or product you desire. Request for a credit must be made in writing within three days of the originally scheduled event. If you are unhappy with any home study /correspondence program, simply email us within three business days of its receipt and tell us that you will be returning the book to us. So long as the book is returned back in its original, saleable condition, and you have not taken the test, we will issue you a full refund of the purchase price less any shipping charges. If you purchase the “Test Only” option or a Webinar-on-Demand you must notify us within three days of your purchase that you would like a refund. Refunds will not be issued if you have already taken the test and/or generated your certificate of completion. Refunds for eCourses must be made within three calendar days of purchase and cannot be issued if the keycode has been used or if you have taken the test. To request a credit or refund please email us at: info@exerciseetc.com

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 senior fitness for the City of Wilton Manors, FL as well as at the Edgewater Assisted Living Community in Boca Raton, FL.

Course Presenter Credentials: Presenters vary. 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