

## **Webinar Information Sheet**

**Webinar Title:** “Retired, Not Expired: Integrated Strength Training Skills”

**Course Description:** Most American seniors are vibrant, active adults who are living independently, yet many fitness professionals treat them as if they were frail, feeble creatures who will break if they pick up a weight. This new program will take your active, functional seniors to a new level of fitness as you integrate a variety of functional exercises to work on strength, power, balance, agility, and quickness to enhance their everyday activities. You will also learn age-appropriate modifications for seniors who may be living with chronic health or orthopedic issues.

### **Learning Objectives:**

After viewing this webinar, you will be able to:

- Explain what makes an exercise “functional”.
- List the components of a comprehensive screening plan.
- Describe common compensations for squats, lunges and deadlifts.
- Compare and contrast various drills to improve strength for pushes and pulls.
- Identify joints that are often tight and inflexible for seniors.

**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