

## Webinar Information Sheet

**Webinar Title:** "Strength and Conditioning for Seniors"

**Course Description:** This fascinating program will help you to re-imagine your concept of "Senior Fitness." Start by reviewing the newest ACSM screening guidelines and progress to innovative, age-appropriate drills for strength, power, agility and quickness. This new-school approach to senior fitness is designed for older adults who are active, vibrant and independent -- and want to stay that way! You'll review the latest research and explore how to design functional programs to enhance your client's Activities of Daily of Living (ADLs). This webinar is sure to change the way you think about training older adults.

### Learning Objectives:

- After viewing this webinar you will be able to:
  - Explain how the physiological process of aging is more related to deconditioning.
  - Identify and explain the new ACSM 2017 risk stratification process
  - List common medications that can affect exercise
  - Provide recommendations for cardio, strength, balance, and functional power for seniors
  - List the foundations of human movement and how to implement these into an exercise program for seniors

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

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

**Registration Fees:** Please visit our website for the most up-to-date pricing information:

[www.exerciseetc.com](http://www.exerciseetc.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 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, 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:** Please visit our website for the most up-to-date continuing education awards: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A