

## Course Information Sheet

**Course Title:** Total Body Beautiful

**Course Description:**

If your client is a woman over age 35, she needs fitness and wellness advice that's uniquely tailored to her needs. More than an exercise guide, Total Body Beautiful explores the changes that women experience during and after pregnancy, during perimenopause, and during and after menopause. You'll learn how hormones affect your physical body and emotional wellness, the effects of exercise on the brain, and how nutrition affects the way you look and feel. You'll also get practical and research-backed advice on improving strength, mobility, flexibility, and aerobic fitness and learn how to choose fitness activities based on your client's goals. With 100 different exercises—spanning yoga, Pilates, and strength exercises—you'll have plenty of options to choose from when creating your client's workouts.

**Learning Objectives:**

After taking this course you will be able to:

1. Describe the difference between functional training and other forms of strength training
2. Identify and debunk myths of functional training
3. Explain the use of appropriate equipment for various exercises
4. List the Four Pillars of Human Movement, sports skills, and power
5. List the components and criteria for functional and effective training
6. Compare and contrast different exercises to meet the client's goals
7. List the physiological changes that occur during perimenopause, menopause and post-menopause

**Target Audience:** Beginner/Intermediate/Advanced

**Schedule and Format:** Self-paced home study

**Fees:** Please see our website for the most current details on pricing & CE awards: [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 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.

### **Instructor/Author Credentials:**

**Andrea Orbeck** has been credited for sculpting some of the world's most beautiful bodies, including Julia Roberts, Gigi Hadid, Kimora Lee Simmons, and supermodels Heidi Klum, Karolina Kurkova, and Doutzen Kroes. But it is her work with everyday women that drives her passion as a fitness expert. Orbeck studied kinesiology at the University of Calgary and is certified for intracellular physiology, postural assessment, and myofascial release therapy. She is certified as a pregnancy fitness specialist by the American Fitness Professionals Association (AFPA) and the National Academy of Sports Medicine (NASM).

**Desi Bartlett MS, CPT E-RYT**, has been teaching health and wellness for over 25 years. She is a dynamic motivator and widely sought after international presenter and spokesperson. Bartlett earned her bachelor's degree in kinesiology and her master's degree in corporate fitness, and she is currently pursuing her doctoral degree in exercise science. She holds advanced certifications in yoga, personal training, prenatal and postnatal fitness, and group fitness. She is a continuing education provider through Yoga Alliance, the National Academy of Sports Medicine, and the National Council for Certified Personal Trainers. Irene presents for IDEA, SCW, Fitness Anywhere, DCAC, Fitness Fest, AFPA, the Mayo Clinic, and many regional venues. She is a TRX suspension training master course trainer as well as a master instructor for JumpSport Trampoline Fitness. She has been a featured presenter in several DVDs, including programs for pre- and postnatal exercise, water fitness, strength training, step, Pilates, and foam roller exercise.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A