

OSTEOFIT Continuing Education Instructor Workshop
A Review of the Principles of Strength Training for the Older Adult

Monday Dec 5, 2011
6:00 – 8:00pm

As our population ages, enrollment in exercise programs for the older, more frail adult continues to increase. How safe is it to include strength training? Which exercises are best for this older population? In this workshop we will review strength training principles, use of resistance, FITT principle, program design and progressions as it applies to seniors. Presenter: Debbie Cheong.

This workshop is not restricted to Osteofit instructors and will be available by Mediasite for online viewing after Dec 5, 2011. Access code will be provided upon registration. Please contact us for more information or visit our website www.osteofit.org

2.0 BCRPA continuing education credits.

In-person attendance:

BC Women's Health Centre

SHY Auditorium (ground floor)

4500 Oak Street, Vancouver ([Health Centre entrance located at 29th Ave. and Heather](#))

Fee: **Registered** Osteofit Instructors _____ \$ 25.00 (**Osteofit ICE within the past 3 years**)
Others _____ \$35.00

Date of last Osteofit ICE: _____

PLEASE PRINT CLEARLY

Name: _____ e-mail _____

Address: _____

City: _____ Postal Code _____ Phone: _____

Please Check:

In-person Attendance Online viewing Dec 7, 2011 to March 31, 2012

Fee Enclosed: _____ (Sorry credit card payments cannot be processed at this time)
(Please make cheque payable to: BC Women's Osteofit Program)

For more information contact:

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Osteofit

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