

OSTEOFIT Continuing Education Instructor ONLINE Workshop Exploring Progressive Overload in Exercise for Seniors

The benefits of strength training for seniors are well documented and most of our exercise programs include some resistance training. Are we providing opportunities for progression? This workshop reviews the principles of Progressive Overload and explores techniques to safely increase intensity for seniors of varying abilities, function and mobility. Presenter: Debbie Cheong.

This workshop is open to all instructors and was recorded by Mediasite for online viewing. Access code will be provided upon registration. Please contact us for more information or visit our website www.osteofit.org

2.5 BCRPA continuing education credits.

CECs assigned upon successful completion of workshop quiz, minimum 80% required.

Fee: Osteofit Instructors _____ No cost
Others _____ \$40.00

Date of last Osteofit ICE: _____

PLEASE PRINT CLEARLY

Name: _____ e-mail _____

Address: _____

City: _____ Postal Code _____ Phone: _____

Fee Enclosed: _____ (Please make cheque payable to: **PHSA- BC Women's Osteofit**)

For more information and credit card payment contact:

Debbie Cheong
debbie.cheong@cw.bc.ca
604-875-2424 x 5511
www.osteofit.org

Mail to:
Osteofit
4614 Holly Park Wynd
Delta | BC | V4k 4S2

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