

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

As our population ages, enrollment in exercise programs for the frail older 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 open to all instructors and was pre-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

2.0 BCRPA continuing education credits.

CECs assigned upon successful completion of workshop quiz, 80% required to pass

Fee: Osteofit Instructors _____ No cost
Others _____ \$35.00

Date of last Osteofit ICE: _____

Registration Information

Name: _____ e-mail _____ BCRPA ID # _____

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:

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