



## **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](http://www.osteofit.org)*

### **2.0 BCRPA continuing education credits.**

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

Fee: **Registered** Osteofit Instructors \_\_\_ \$ 25.00 (must have Osteofit ICE within the past 3 years)  
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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### **Mail to:**

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4500 Oak Street | Vancouver BC | V6H 3N1

For Finance use only:

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