

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

Ongoing Online access

The benefits of strength training for seniors is 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 not restricted to Osteofit 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 70% required.

Fee: **Registered** Osteofit Instructors _____ \$ 30.00 (Osteofit ICE within the past 3 years)
Others _____ \$40.00

Date of last Osteofit ICE: _____

PLEASE PRINT CLEARLY

Name: _____ e-mail _____

Address: _____

City: _____ Postal Code _____ Phone: _____

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

For more information contact:
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