

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

Presented by Debbie Chong, this workshop reviews the principles of progressive overload and explores techniques to safely increase intensity for seniors of varying abilities, function and mobility. The benefits of strength training for seniors are well documented and most of our exercise programs include some resistance training. This workshop is open to all instructors and was recorded by Mediasite on January 2013 for online viewing. Access code will be provided upon registration.

You are encouraged to participate in the activities as we explore exercise adaptations for various levels of ability. For this workshop you will need:

- **Chair**
- **Resistance band**
- **Yoga mat**
- **Dumbbells**

2.0 BCRPA continuing education credits will be assigned once this workshop is complete. The workshop has 2 parts: learning and a multiple choice quiz. You will find the quiz at the end of the workshop. You will be awarded a certification of completion upon achieving 80% on the quiz.

Note: anyone can take this workshop. If you are not a certified Osteofit Instructor, we will share the workshop link and passcode once your registration fee is received and processed.

Fee:

Osteofit Instructors	Non-Osteofit Instructors
No cost	\$50 – please make cheque payable to PHSA – BC Women’s Osteofit Mail to: Osteofit – BC Women’s Hospital + Health Centre Mail #103 4500 Oak Street Vancouver BC V6H 3N1 For information on credit card payment contact osteofit@cw.bc.ca

Workshop registration: PLEASE PRINT CLEARLY

Name: _____ BCRPA ID # _____

Address: _____

City: _____ Postal Code: _____ Phone: _____

Email: _____

For more information please contact: osteofit@cw.bc.ca

For Finance use only: 00020-01-1202485-75521610-100