

**OSTEOFIT- A review of the principles of strength training for the older adult**  
Continuing Education Instructor Workshop

Presented by Debbie Chong: 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? This workshop will review strength training principles, use of resistance, FITT principle, program design and progressions as it applies to seniors. This workshop was recorded by Mediasite on December 2011 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 abilities. For this workshop you will need:

- **Chair**
- **Resistance band**

**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 <a href="mailto:osteofit@cw.bc.ca">osteofit@cw.bc.ca</a>

**Workshop registration: PLEASE PRINT CLEARLY**

Name: \_\_\_\_\_ BCRPA ID # \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

For more information please contact: [osteofit@cw.bc.ca](mailto:osteofit@cw.bc.ca)