



Patricia 'Pat' A. VanGalen. M.S.

Movement Professionals: Workshops, Seminars, Lectures and In-Services*

The content of the following workshops can be geared towards trainers, teachers and coaches, therapists/clinicians and academics [faculty/staff, students].

- Formats can include 'hands-on' and movement participation.
- Time frames vary based on the objectives of the host and audience.
- Descriptions and formats made available upon request.
- *CECs available upon request.

Workshops / Seminars [full and ½ day formats]

- The Dynamic Dozen Learn & Earn Them, Own Them, Keep & Tweak Them!
- The Daily Dozen: 5 levels – 5 Movement Spheres [Think Progressions & Regressions]
- The Dynamic Dozen: Keep Them 'til You Can't Dodge and Delay Mobility Disability!

- Active & Agile A Circuit Approach to Neuromotor Skills and Abilities
- Active & Agile ... A Circuit Approach to the Dynamic Dozen
- Active & Agile ... A Functional Training Circuit for Post–Menopausal Women [unpublished Doctoral dissertation]
- Functional Assessment and Programming Strategies for Enhancing Mobility and Promoting Independence

Lectures and In-Services [1-4 hour formats]

- Aging through the StAges: Training Toward Development, Durability & Discovery *Perform Better Summit July '19*
- All Movement Matters Live, Work, Play and Train! *ICAA Oct '16*
- Boomer Grit Getting Tougher for the 4th Quarter [of Life]!
- Boomers 50+ and Training With Purpose! Advice From One!
- Boomers and Beyond Plan and Program A Performance Training Paradigm.
- Fall Risk Reduction ... Are We Barking Up the Wrong Tree? *ICAA Oct '17*

- Fast to Slow Did My Power, Speed and Agility Go? *Perform Better Summit Jun '18 & ICAA Oct '17*

- Ignite the Flame Fuel the Fire ... the Future of Active Aging!
- Physical Activity and Exercise [Training] How Much is Enough? For Whom?
- Physical Re-Education: The Mission **Is** Possible! *ICAA Oct '18*
- Preserve Our Reserve ... Are There Life Stage Benchmarks?

- Re-Imagine Aging Redefine Functional Fitness! *ICAA Oct '16*
- Stop Exercising Start Training *Spring In To the 3rd Stage of Life!*
- Train for What? To Live, Work, Play and Compete! Until We Can't!

- Training: Minimum Doses vs. Minimum Effective Doses – For What? ICAA Oct '19
- Training the Modern Elder ... Programs Are Doomed ... Systems Will Bloom! ICAA Oct '19
- Training the Third Stager **Minimum Doses** for What?!
- Training Ramp Up or Dampen Down ... Just Don't Stop!

Planning and Programming

- Case Studies: From Soup to Nuts - Assessments and Programming!
- Clydesdales, Quarter Horses and Thoroughbreds All Sizes and Shapes Our Clients!
- Life-Time Active Aging Development, Durability and Discovery!
- Movement, Training and Physical ActivityDoses and Dosages Depend!

- People, Personalities and Preferences What Makes Them Tick?
- People & Periodization – Events, Vacations, Seasons and Stages of Life!
- The Movement Professional: Permeating All Slices of the Wellness Pie! ICAA Oct '18
- The Training Session From Foam to Finish

Women In Training

- Bone Health Throughout the Lifespan: Build, Maintain and Preserve It!
- Breaking Down the 'Perfect Body' Culture
- Training the Adult Woman ...Facts vs. Fiction!
- The Female Athlete Triad ... Not Just in Athletes!

- Breath, Core and the Pelvic Floor ... Start here!
- Female, 50+, Healthy, Functional and Fit!
- Real Women Real Bodies ... Real Facts!
- Women, Food and PhysiquesWe've Come A Long Way, Or Have We?

Research Updates Where Evidence Meets Reality [Or Does It?]

- Agility, the Champion of Neuromotor Abilities! Why? ICAA '15
- Aging? Deconditioning? Or Both? The Role of Movement, Exercise and PA. ICAA '16
- All Movement Matters!
- Bone and Aging: Build, Maintain and Preserve It in Men and Women!
- Breathing - Posture - Pelvic Floor - Gait the Bedrock of Physical Independence!

- Early Mobility Disability Identify, Delay and Dodge It!
- Eccentric Training in the Aging Adult ... Expand It!
- Falls, Fractures and Interventions ...Rates, Risks and Reviews!
- Gait: A Springy Step vs. A Slipper Shuffle. ICAA '14
- HIT or HIIT? How Hard? For Whom? Risks vs. Benefits, and More!!

- Hormesis: Eustress and Active Aging
- The Ground: Get Down - Get Up – Rebound! ICAA '14
- Penia Update ... Sarcopenia – Osteopenia – Dynapenia ... Training Strategies!
- Trip - Stumble - Fall ... Who Goes Down? Who Gets Back Up?
- What Fires Together Wires Together!

Handouts, and other support materials will be made available via e-mail at the scheduled event.
 Contact Pat to discuss fees, formats, equipment availability and AV requirements.

09/19



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