



Allied Health and Wellness Professionals: Topics*

The content of the following workshops can be geared towards lifestyle coaches, nutritionists, nurses, health educators, program directors, academics and all movement professionals.

- Topics are rooted in the interplay of nutrition, movement, rest-recovery and stress resilience.
- Time frames vary based on the objectives of the host and audience [1-hour to days].
- Descriptions and formats made available upon request.
- *CECs available from various certifying bodies available upon request.

Overview: Well-Being As We Age [1-hour to full day formats]

- All Movement Matters! ICAA Oct '16
- Ignite the Flame Fuel the Fire ... the Future of Active Aging!
- The Movement Professional: Permeating All Slices of the Wellness Pie! ICAA Oct '18
- Re-Imagine Aging Redefine Functional Health and Well-Being!
- Self-Care or Self-Obsession? Is there A Line?
- Well-Being, Functional Health and Optimal Aging Models, Pillars and Application!

Female, 50+ and Ramping Up!

- Aging Women Real Bodies ... Real Facts!
- Bone Health Throughout the Lifespan: Build, Maintain and Preserve It!
- The Female Athlete Triad ... Not Just in Athletes!
- The Pause ... Pre, Peri and Post ... Facts vs. Fiction!
- Women, Food and Physiques We've Come A Long Way, Or Have We?

Nutrition, Metabolic Health, Fatness, Function and Fitness!

- Bust and Break the Behavior Chain Concrete [No Babble] Strategies.
- Eat and Drink for the Health of It!
- Eat and Drink for Fat Loss!
- Eat, Drink and Re-Think for Permanent Fat Loss!
- Fat Loss Why Attitudes, Perceptions and Mindsets Matter!

Planning and Programming

- Case Studies: From Soup to Nuts: Assessments to Charting the Journey!
- Clydesdales, Quarter Horses and Thoroughbreds - All Sizes and Shapes Our Clients!
- Daily Practices, Habits and Patterns Your Optimal Blend for Active Aging!

Planning and Programming [cont.]

- People, Personalities and Preferences What Makes Them Tick?
- Successful Aging With Resilience, Durability and Purpose.
- That First Coaching Session Make or Break Their Spirit!

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

- Aging Younger for Longer? Beyond the Movement Dimension.
- Bone and Aging: Build, Maintain and Preserve It!
- Early Mobility Disability Identify, Delay and Dodge It!
- Falls, Fractures and Interventions ...Rates, Risks and Reviews!

- Penia Update ... Sarcopenia – Osteopenia – Dynapenia ... Lifestyle Strategies!
- Rest, Recovery and Regeneration ... Daily Practices That Work!
- Stress, Distress, Eustress Bend, Break or Rebound!
- Stress Perception, Performance and Management Make It Work For You!

ICAA '15

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.

Consultant Services

If your organization is looking to reap the benefits from the wisdom of the 'Active Ager', give me a shout!

09/19

