



The Bender Method™ of Training
BACK, CORE, LOWER BODY, UPPER BODY



LEARN AND EARN!

LEARN

effective, tested and results driven exercises that are easily adapted into any type of fitness, one-on-one or rehab environment.

EARN

CEC's from provincial/national certifying agencies and CSEP.

A SPECIALISED TRAINING SYMPOSIUM FOR LEADERS/OT'S OF OLDER ADULT PROGRAMS WITHIN THE COMMUNITY AND SENIORS FACILITIES.

DATE: Saturday, June 14, 2014
9:45 am – 2:00 pm

Summerland Aquatic Center
13205 Kelley Ave, Summerland, BC



FEATURED PRESENTER: RHONA PARSONS BENDER METHOD AUTHOR & MASTER TRAINER

Rhona Parsons - CPT, RYT-500. Rhona's journey towards health and wellness began in 1996 when she became a certified Group Fitness Instructor. Her background encompasses many areas of health and well being - Bender Method Author and Master Trainer, Hatha Yoga Instructor, STOTT Pilates Instructor, Personal Trainer Specialist, Fitness Instructor Specialist, Zumba Fitness Instructor, EFI Gravity trainer, Senior Fitness Leader. Rhona has been practicing yoga and related studies for many years and is an avid fitness enthusiast.

Rhona's professional goals are to share her extensive knowledge with you, helping and motivating you along your journey to better health and longevity. To help you build a strong foundation and balanced body that will enhance your well being, and allow you to enjoy life at its fullest. "

The Bender Method™ of Training is an exciting and effective approach to traditional core training utilizing the Bender Ball. The program provides you with the tools to become a "critical thinking" leader in safe and results-driven programs easily adaptable to group ex, one-on-one, mind body and rehab settings.

CEC's from: AFLCA, BCRPA, CanFitPro, CFES, CSEP and SPRA



FOR FURTHER INFO / OR TO REGISTER:

www.FMGonline.ca Info@FMGonline.ca 1-888-290-FITT (3488)



SATURDAY, JUNE 14, 2014

SUMMERLAND AQUATIC CENTER

13205 KELLEY AVE, SUMMERLAND, BC

AGENDA

9:45 AM

REGISTRATION

10:00 – 2:00 PM

BENDER METHOD – CHAIR YOGA

Just released in 2013 Chair Yoga is the newest specialty module under the Bender Method of Training Education series with a focus towards the older adult. This program is for everyone, any age and any fitness level. This very gentle form of Yoga is excellent for people with various types of movement disorders and is easily incorporated into an active older adult setting. Using a chair and Bender Ball as a prop, the health benefits of this program are endless – reduced blood pressure, better sleep, improved mobility, movement and posture, and increased stamina to make everyday tasks easier. All aspects of Yoga – postures, pranayama (breath), meditation and relaxation can be done using the chair complemented with the Bender Ball. This special population can find comfort using the chair as an aide – helping to reduce fear of falling – thus reducing anxiety and stress. Leave with a variety of poses that you can start using with your clients right away!

The Chair Yoga class is designed to help increase the physical activity of the participants so that they may avoid the loss of physical function that is associated with the aging process. The program helps enhance independence, improve mobility and balance, and to improve strength and endurance. Special emphasis will be given to “*functional fitness training*”, allowing the participant to strengthen muscles and to increase endurance in areas that replicate real-life activity.

This course will work on specific goals such as fall prevention, the improvement in joint range of motion and enhancement of coordination and reaction abilities.

A comprehensive program designed to provide health professionals with specialized education to assist when developing and delivering exercise programs for the older adult!

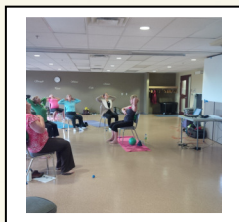
CEC's: AFLCA 4, BCRPA 4, CanFitPro 2 FIS, 2 OAS, 2 PTS.
CFES 4. CSEP 4 (G). SPRA - 3



REGISTRATION INFO

WWW.FMGONLINE.CA

DESCRIPTION	EARLYBIRD BY FRIDAY JUNE 6/14	REGULAR AFTER JUNE 6/14
CHAIR YOGA	\$99	\$119
INCLUDED IN REGISTRATION: CEC'S, STUDENT HANDOUTS, BENDER BALL GST WILL BE ADDED TO REGISTRATION FEE		



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TOLL FREE 1-888-290-FITT (3488)