

ATTENTION: ALL PERSONAL TRAINERS

3 FREE Continuing Education Credits (CEC) - accredited by ACE* *Door Prizes & Refreshments will be provided!!*

WHERE: Leisure Fitness – Tysons Corner
8133 Watson Street
McLean, VA 22102

WHEN: TUESDAY, NOVEMBER 15th, 2011

2:00 – 3:00pm Session #1 "The Workout That Works"

This seminar presents and describes the three basic components that should be included in every personal fitness and weight management program. Participants will learn the value of the contribution of reasonable eating habits, cardiovascular training and strength training as part of a comprehensive "real world" fitness plan.

3:00 – 4:00pm Session #2 "Why Exercise"

This seminar, based upon the information shared in "The Workout That Works", shows the importance of regular exercise in the prevention, treatment and possible amelioration of many chronic diseases. Participants will learn that "Exercise IS Medicine" and will be shown the causal relationship between regular exercise and improved physical and mental health

4:00 – 5:00pm Session # 3 "Why your Workout Doesn't Work, and How to Fix It"

This seminar is a brief look at ten things that you may or may not be doing in your personal fitness plan, preventing you from getting the results you expected. Some suggestions are offered on how to modify your current workout or fitness plan to improve results.

CE CREDITS: Each individual session is accredited by ACE for .1 CEC. Attend all three sessions for .3 ACE total credits.
(*Many certifying bodies have reciprocal agreements eg .1 ACE credit = 1 ACSM credit)

PRESENTER: Dr. Paul Kennedy, Wellness Director at Leisure Fitness. Dr. Kennedy, a former competitive weightlifter, football and wrestling coach, was the strength and conditioning coach for Penn State during their winning 1982 season, hosted the TV show Be Fit Stay Fit America and ESPN's radio show BeFitStayFit Arizona. He wrote BeFitStayFit – Why your workout doesn't work and how to fix it.

RSVP: **ONLINE:** www.LeisureFitness.com/seminars/CEC
PHONE: Anne Stephenson at 302-224-5062