

Let's Get Physical: Exploring Fitness Programs

Denise Benitez, Certified Zumba Instructor, Muriel Brunger, BA,
John Hanrahan, Certified Personal Trainer
Mary Neuhaus, BS, Tessa Silvestri, BS, Tracy Von Kaenel, BA



Presented by the
Activity Therapists Association

in cooperation with the
Illinois Council on Long Term Care



Thursday, September 18, 2008

Registration: 8:30 a.m.

Seminar: 9:00 a.m. - 3:00 p.m.

**Westminster Place-James Room
3200 Grant, Evanston, IL 60201**

*Please Park at Trinity Lutheran Church, 3637 Golf Rd., Evanston
Shuttle Bus Service begins at 7:30 a.m.*

About the Seminar:

The **Activity Therapists Association**, in cooperation with the Illinois Council on Long Term Care, invites you to attend ATA's **10th Annual Kick-Off Seminar**. This seminar will include an education program consisting of five-hours of presentation. The cost of the seminar includes 5 hours of continuing education credits, all seminar materials, and lunch.

Westminster Place is opening their Fitness Center to Activity Professionals for a day of fitness programming. This experiential seminar will give you information on various forms of exercise and their benefits, and will also give you an opportunity to participate in each demonstration. Please pre-register for the breakout sessions. Session choices are first come, first served, based on class size and availability. Please see registration form for details on each session.

Objectives:

Upon completion of this educational offering, attendees will be able to...

- ...list three reasons mind and body fitness programs should be included in the activity calendar.
- ...list three different fitness programs that can be incorporated into the activity calendar.
- ...list three benefits of exercise for their residents.

About the Speakers:

Westminster Place is proud to have an incredibly talented group of professionals who share the same fitness goals for their residents. Muriel Brunger, BA, LNHA, CASP, ADC, is the Director of Activities, Transportation and Fitness at Westminster Place of Presbyterian Homes. She along with her Fitness Center staff will be presenting a full day program on fitness.

Agenda:

- 8:30 a.m. Registration**
- 9:00 a.m. Keynote:**
Our speaker will open the seminar by explaining why fitness programs for both mind and body are so important to the residents and how Activity Professionals play a key role in providing this service.
- 9:30 a.m. Zumba Gold Demonstration**
Zumba Gold is a fitness program that focuses on cardiovascular exercise for people with limited mobility and balance. We will start the morning with this fun exercise experience based on Latin dance and music.
- 10:15 a.m. Breakout Sessions**
Choose One of Three Sessions on the Registration Form
- 12:00 noon Lunch and Special Guest Speaker, Seattle Sutton, RN, BSN**
Join us for a lunchtime seminar on healthy eating with special guest speaker Seattle Sutton. Founder of Seattle Sutton's Healthy Eating, registered nurse turned entrepreneur, will share her thoughts and knowledge about healthy eating and nutrition.
- 1:15 p.m. Breakout Sessions**
Choose One of Two Sessions on the Registration Form
- 3:00 p.m. Evaluation and Adjournment**

Cost:

* The cost for this workshop is \$65 per person for members of: ATA and the Illinois Council on Long Term Care (when postmarked on or before September 5, 2008).

* The cost is \$90 for all other participants.

* Add \$25 for registrations postmarked after September 5, 2008

The registration fee covers the all seminar materials, cost of meals, and a certificate for 5 Continuing Education Hours.

Continuing Education Credits:

5.0 Continuing Education Hours for Activity Professionals, Administrators, and Social Workers -- through Oakton Community College Alliance for Lifelong Learning Continuing Education Center for Health Professionals -- will be awarded at the end of the seminar.

Directions to Parking at Trinity Lutheran Church:

From North or South: Take the Edens Expressway to the Old Orchard Exit. Go East on Old Orchard to Crawford and turn right. Take Crawford to Golf (next light) and turn left. Trinity Lutheran Church is on the right side of Golf between Central Park and Crawford.

From East or West: Take Golf, Trinity Lutheran Church in on the south side of Golf between Central Park and Crawford.

For more information please call Nancy Ichinose at 847-492-4872.

***Parking is available at Trinity Lutheran Church
Shuttle Bus Service will begin at 7:30 a.m.***

Registration Form

Please indicate first, second or third choice next to each session description.
You must pre-register for each session.

10:15 – 11:45 Breakout Sessions (list in order of preference)

_____ **Wonderful Water: Exercise Programs for Older Adults in an Aquatic Environment**

You've been eyeing it for years during ATA meetings. Well you asked for it – you've got it. Bring your bathing suit and jump in. Experience and learn about the benefits of aquatic exercise, issues that affect ability to participate and different kinds of water exercise including impact and non impact classes, relaxation techniques, Ai Chi, Yoqua, and one to one pool programming. Time will be given for changing and showering.

_____ **Innovations in Exercise**

Come and get hands on experience using various pieces of equipment that can be included into a fitness program. Instructors will be available to help participants use the equipment and answer questions. Included will be a Segway, Nordic Walking, Wii, Brain Fitness and Computer on Wheels.

_____ **Bodies in Motion**

Sure exercise is important, but how do you get your residents involved? This session will talk about various types of programs that can be offered across the continuum of care at any facility without the benefit of expensive exercise equipment.

1:15 – 2:45 Breakouts Sessions (list in order of preference)

_____ **Focused Fitness**

This session will showcase specific types of programs that focus on exercises for residents with specific "conditions." Condition specific exercise appeals to older adults who have identified deficits that may prevent them from participating fully in the maintenance of their independent lifestyle.

_____ **Yoga - The Mind Body Connection**

Is your mind involved in one activity while your body is supposed to be doing another? Millions of us have mastered multi-tasking, but have lost the ability to be "present" at any one thing. In this session you will learn techniques to connect the body and the mind in both activity and relaxation. You'll feel more focused and aware and be able to let go of daily stresses. And when you are more focused and relaxed your clients will be too.

Registration Form

Please complete a separate form for each individual and mail with your payment

Please Type or Print Clearly

Name: _____

Address: _____

State: _____ Zip: _____ Phone: _____

Facility: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____

*E-mail Address: _____

* Required for an e-mail confirmation

I would like an e-mail confirmation

Payment

(Registration Fee is Per Person)

___ Current member -- ATA: \$65

___ Illinois Council Facility ~ \$65

___ Non-member \$90 (take advantage of member price - join ATA by using the enclosed applications)

Registration must be postmarked on or before Friday, September 5, 2008.
Registrations postmarked after, September 5th must include a \$25 late fee

No registrations will be accepted at the door

Registrations fee will not be processed without full payment.

Do not send cash -- Credit cards are NOT accepted

Registration fee WILL NOT be refunded; however, the facility may send an alternate

There will be a **\$30 fee for returned checks.**

Penalty must be paid to receive certificate for Continuing Education Hours

Make all checks payable to ATA

Mail registration and payment to:

Reggie Reantaso

2037 Country Club Dr. #4

Woodridge, IL 60517