

## Money Back Guarantee

A full refund less shipping & handling will be issued for materials returned in new condition at purchaser's expense within 30 days of receipt.

## SFA Training Programs

The American Senior Fitness Association provides older adult fitness specialists with educational programs specifically designed to help them conduct safe, effective and enjoyable fitness programs for older participants of varying fitness levels. Complete any SFA certification or certificate program, and...

### YOU WILL LEARN

- functional fitness assessments *specifically* designed for seniors
- senior-friendly teaching and leader-ship approaches
- senior-specific exercise guidelines and safety measures
- the secrets of effective senior strength training

### YOU WILL STUDY

- balance training and fall prevention
- the physiology of aging
- the psychology of aging
- vital principles of gerontology, basic physiology, and anatomy

### YOU WILL GAIN

- the skill to adapt seniors' workouts to their medications
- a thorough understanding of how to program for functional fitness
- in-depth knowledge of how to program for special conditions including arthritis, osteoporosis, hypertension, heart disease, diabetes, back pain, and more

### YOU WILL MASTER

- senior-related facts and methodologies that are unknown among most fitness professionals
- management insights to promote your goals *and* those of your senior participants
- the ability to turn theoretical knowledge into sound practical applications in the work place

For Group Discount Information, Please call SFA at 888-689-6791

# American Senior Fitness Association

Make 2009 the year that you get involved in the rewarding field of older adult fitness programming.

## Credit Card Orders: Call 888-689-6791 to order today.

**CREDIT CARD ORDERS** (Visa, Master Card, Discover, American Express): In the U.S. & Canada please call 1-888-689-6791. Overseas orders, call (386) 423-6634 or order by mail. Please remit payment in U.S. funds. If you need more information before ordering, please call (386) 423-6634 and we'll be glad to answer your questions.

## BRAIN FITNESS FOR OLDER ADULTS

Complete Program Package @ \$249.00 plus \$15.00 s/h US & Canada ..... \$ \_\_\_\_\_

## SENIOR FITNESS INSTRUCTOR

Part One @ \$114.00 plus \$10.00 s/h US & Canada ..... \$ \_\_\_\_\_  
Part Two @ \$159.00 plus \$10.00 s/h US & Canada ..... \$ \_\_\_\_\_  
Certificate Program (Parts 1 & 2) @ \$249.00 plus \$15.00 s/h US & Canada ..... \$ \_\_\_\_\_  
Advanced Qualification program(s) @ \$349.00 plus \$15.00 s/h US & Canada..... \$ \_\_\_\_\_

## SENIOR PERSONAL TRAINER

Part One @ \$129.00 plus \$10.00 s/h US & Canada ..... \$ \_\_\_\_\_  
Part Two @ \$169.00 plus \$10.00 s/h US & Canada ..... \$ \_\_\_\_\_  
Certificate Program (Parts 1 & 2) @ \$269.00 plus \$15.00 s/h US & Canada ..... \$ \_\_\_\_\_  
Advanced Qualification program(s) @ \$369.00 plus \$15.00 s/h US & Canada ..... \$ \_\_\_\_\_

## LONG TERM CARE FITNESS LEADER

Part One @ \$114.00 plus \$10.00 s/h US & Canada ..... \$ \_\_\_\_\_  
Part Two @ \$159.00 plus \$10.00 s/h US & Canada ..... \$ \_\_\_\_\_  
Certificate Program (Parts 1 & 2) @ \$249.00 plus \$15.00 s/h US & Canada ..... \$ \_\_\_\_\_  
Advanced Qualification program(s) @ \$349.00 plus \$15.00 s/h US & Canada..... \$ \_\_\_\_\_  
Florida Orders please add 6.5% Sales Tax ..... \$ \_\_\_\_\_

If you are ordering two different SFA programs **at one time for one individual**, ✓ appropriate box below

Two **Advanced Qualification programs** (SFI, LTC, or SPT),  
subtract \$100 from your total price ..... \$ \_\_\_\_\_

Two complete **Certificate programs** subtract \$50 from your total price ..... \$ \_\_\_\_\_

DATE: \_\_\_\_\_ TOTAL THIS ORDER ..... \$ \_\_\_\_\_

Prices Shown Are Valid Through September 1, 2009

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Check or money order enclosed  Bill my credit card: \_\_\_ Visa \_\_\_ MC \_\_\_ Disc \_\_\_ Am Express

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Expiration date: \_Month \_\_\_\_\_ Year \_\_\_\_\_

Signature: \_\_\_\_\_

Please mail to: American Senior Fitness Association, P.O. Box 2575, New Smyrna Beach FL 32170. For faster service, FAX to (386) 427-0613 ... or simply call (888) 689-6791