

**Don't Delay ... Until February 15, 2005 you can order any of SFA's internationally recognized educational programs at a special reduced rate. Use this handy form or call 1(800) 243-1478 to order today.**

**Early Birds save even more ... see details below**

CREDIT CARD ORDERS (Visa, Master Card, Discover, American Express): In the U.S. and Canada please call 1-800-243-1478. Foreign credit card orders, call (386) 423-6634 or order by mail. Foreign orders please remit payment in U.S. funds. If you would like more information before ordering, please call 1-386-423-6634 and we'll be glad to answer your questions.

**● SENIOR FITNESS INSTRUCTOR**

- Part One @ \$89 (normally \$99) plus \$10 S/H US & Canada ..... \$ \_\_\_\_\_
- Part Two @ \$134 (normally \$149) plus \$10 S/H ..... \$ \_\_\_\_\_
- Certificate Training Package (Parts 1 & 2) @ \$199 (normally \$224) Plus \$15 S/H... \$ \_\_\_\_\_
- Full Certification Training Package\* @ \$289 (normally \$319) Plus \$15 S/H ..... \$ \_\_\_\_\_

**● SENIOR PERSONAL TRAINER**

- Part One @ \$99 (normally \$109) plus \$10 S/H US & Canada ..... \$ \_\_\_\_\_
- Part Two @ \$144 (normally \$159) plus \$10 S/H ..... \$ \_\_\_\_\_
- Certificate Training Package (Parts 1 & 2) @ \$219 (normally \$244) Plus \$15 ..... \$ \_\_\_\_\_
- Full Certification Training Package\* @ \$304 (normally \$339) Plus \$15 S/H ..... \$ \_\_\_\_\_

**● LONG TERM CARE FITNESS LEADER**

- Part One @ \$89 (normally \$99) plus \$10 S/H US & Canada ..... \$ \_\_\_\_\_
  - Part Two @ \$134 (normally \$149) plus \$10 S/H ..... \$ \_\_\_\_\_
  - Certificate Training Package (Parts 1 & 2) @ \$199 (normally \$224) Plus \$15 S/H... \$ \_\_\_\_\_
  - Full Certification Training Package\* @ \$289 (normally \$319) Plus \$15 S/H ..... \$ \_\_\_\_\_
- Florida Orders please add 6% Sales Tax ..... \$ \_\_\_\_\_

If you are ordering two Full Certification programs\* at the same time for one individual check here.  Subtract \$75 \$10025 from your total price ..... \$ \_\_\_\_\_

If you are ordering two Certificate programs (Both Part 1 and Part 2 of 2 programs) at the same time for one individual check here.  Subtract \$45 \$65 from your total price ..... \$ \_\_\_\_\_

Date \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

EARLY BIRD (ORDER BY 01/31/05) SUBTRACT SHIPPING \$ \_\_\_\_\_

**Early Birds Save Even More ... Order any SFA educational program before Jan. 31, 2005 and we will pay the shipping!**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone: H \_\_\_\_\_ W \_\_\_\_\_

Check/money order enclosed  Bill my credit card  Visa  MC  Disc  Am Ex

Credit card #: \_\_\_\_\_

Exp date: Month \_\_\_\_\_ Year \_\_\_\_\_

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

Mail to: American Senior Fitness Association,  
P.O. Box 2575, New Smyrna Beach, FL 32170.  
FAX to (386) 427-0613 or simply phone 1(800) 243-1478

**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 leadership 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, CALL (800)243-1478 OR (386) 423-6634**