



Sports West Hosts **AFAA** Workshops this March and April!

For more information and to sign up, please see **Sandi Meyer**, or, visit **AFAA's website: www.afa.com**. You may also visit the Sports West site at www.sportswestreno.com

March 6th, 2010
9 am - 5 pm

This one-day continuing education workshop covers the latest scientific findings and clinical exercise orientation, recognizing how lack of physical activity and poor diet are the central culprits in a continuum of disorders known as metabolic syndrome. These disorders range from mild insulin sensitivity to glycemic overload to type 2 diabetes, with an accompanying gain in abdominal fat, along with other risks for chronic disease.

"The Metabolic Connection to Obesity"

You will learn how an optimal macronutrient balance, specifically tailored exercise programs, and motivational tools can be integrated for the most successful outcomes.
(5 CEUs.)

Price:
\$129.00

Dates:
March 6th, 2010

Time: 9-5 pm

This one-day continuing education workshop provides the fitness professional with up-to-date information on the physiology of women during and past mid life. It incorporates the stages and symptoms associated with menopause, and the long-term

April 24th, 2010
9 am - 5 pm

"Midlife Fitness for Women"

effects of estrogen deficiency (e.g., osteoporosis and heart disease).

In addition, you will learn several excellent strategies that apply to exercise programming as it relates to the accompanying effects of menopause.
(5 CEUs.)

Price:
\$129.00

Dates:
April 24th, 2010

Time: 9-5 pm

Education and knowledge are important components to any successful fitness program and can be integral to achieving your fitness goals! Sports West is happy to offer these educational opportunities to our members!