

NEW

1 Day Certification Workshop

Functional Aging
Specialist
Certifications

FAI
FUNCTIONAL AGING INSTITUTE

Discover How To Train The **Largest** & **Wealthiest** Untapped Market In Fitness History

If you want to be one of the elite few personal trainers to establish themselves as an authority with this untapped population, while creating an incredible income and securing your future in the fitness industry, then you need to act now to take advantage of this incredible opportunity.



Here's what you'll learn in this one-day course and certification...

- How to properly assess the functional abilities of older clients
- The effects of the aging process and which aspects are modifiable through exercise
- Functional concepts that are critical to exercise program design
- Functional training strategies and techniques that can be applied in any type of exercise environment
- Functional exercises for a wide variety of older clients
- How to design a safe and effective functional exercise program for low, moderate and high-functioning clients
- Balance-specific assessments and training strategies to improve balance and reduce fall risk

Best of all you get this Certification with 13 Online Modules with 22 videos and 11 manuals, plus the Live Intensive Course all for \$299.

Visit our website now

www.functionalaginginstitute.com

Contact us at contact@functionalaginginstitute.com



About Us

The FAI was founded in 2013 by leading functional aging experts Dan Ritchie, PhD and Cody Sipe, PhD. For over 15 years, Dan and Cody have been at the forefront of developing innovative, effective and science-based training programs for their older clients. Over the past 8 years they have shared their unique philosophies, techniques and insights with tens of thousands of trainers around the world. During that time they reviewed almost every "senior fitness" certification program on the market and could not find any that met their high standards. They decided then and there to create high quality certifications that would help fitness professionals to be more successful with the fastest-growing client base in the world...adults 55 and over. A team of highly-acclaimed experts is being assembled to develop content and help reach FAI's goal of 10,000 certified fitness professionals in 5 years.