

HEALING THROUGH MOVEMENT

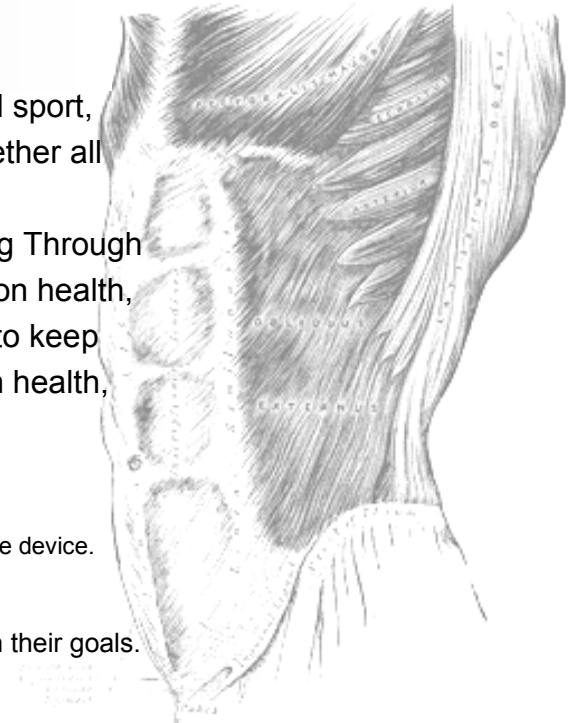
[FITNESS & REHAB] NEWSLETTER

- YEAR 1 -

If you have a passion for health, fitness, rehabilitation and sport, this is a course you need to take. This course brings together all the articles from the Healing Through Movement [FITNESS & REHAB] Newsletter from Year 1. The Healing Through Movement newsletter is written by Rick Kaselj and focus on health, fitness, rehabilitation and sport. This course is designed to keep health and fitness professionals up to date on the latest in health, fitness, rehabilitation and sport.

What you will learn:

- The keys items your clients need to look at when buying a TV exercise device.
- What your clients need to know before buying a treadmill.
- The best Fitness & Rehabilitation eNewsletter on the Internet.
- Selecting research that is credible and helps your clients reach their goals.
- How to evaluate the quality of a research article.
- Guidelines for an Athlete to Return to Activity.
- Does Curves Work?
- A new way of explaining pain to your clients.
- Is trunk and knee strength affected by lumbar disc herniations?



This Course is open to the public.

To register for this course:

e-mail info@HealingThroughMovement.com / online www.HealingThroughMovement.com /
phone (604) 532-5248 / fax (604) 677-5425

COURSE FEE for Distance Education Course \$30

CONTINUING EDUCATION CREDITS: 3 BCRPA CEC / 1.0 FIS 1.0 PTS Can-Fit-Pro CEC

Profile of Instructor:

Rick Kaselj, B.Sc.(Kinesiology), Cert. H&F, CPT, RK

Rick specializes in active rehabilitation and fitness. He has worked in one-to-one active rehabilitation and group rehabilitation with people who have been injured at work, in motor vehicle accidents and during sport. Rick has personally trained a wide variety of individuals and lead group fitness classes for healthy and special populations.

