



## Mind Body H2O Program

Mindful Movement Fitness Training takes a functional fitness approach that everyone may enjoy and benefit from. The approach is one of integrating core stabilization, muscular balancing, muscular strength and endurance, range of motion, balance, agility and flexibility training – in the comfort and protection of the water. The exercise sequencing is a progressive system that integrates mind, body and spirit into a total body experience. This intensive training will help you to gain the necessary education needed to provide your clients with a progressive form of exercise that works for the entire body utilizing movement patterns from stretching, Pilates, Tai Chi, Yoga, Stress Management, and Mindful body techniques. These new and challenging techniques will provide you with a system to motivate your clients and increase your career opportunities. We will provide one day of water training to learn the suggested exercise inventory.

### Theory

- Exercise: Benefits & Principles
- Components of a fitness class
- Postural Analysis & Functional Fitness Assessments
- Designing Muscle Sets for flexibility, strength, endurance and balance with and without equipment
- Understanding Core Stabilization
- Teaching progressions
- Modification and Progressions
- Class design for stretch, strengthen, functional fitness, relaxation & pilates, Tai Chi, Yoga
- Review how to safely evaluate and moderate using heart rates, RPE, talk test. Adjusting classes for mixed intensities and abilities

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### PRACTICAL MOVEMENT SESSION

- Review music terminology, phrasing, selecting music
- Cueing basics: verbal and nonverbal
- Teaching warm-up, conditioning sets, relaxation exercises
- Water exercise design
- Review laminated exercise cards with basic progressions & combinations
- Designing sets for targeting muscle strength and balance, static and dynamic balance, flexibility/ROM and stretch
- Exercise inventory with 5 inch balls, Fit bands, tubing, dumbbells, noodles, fit bands, belts, mitts,

**FEE:** Instructor (group exercise – with mind body focus) = \$179.00 member & \$199.00 non-member (8 hours training, manual, DVD014, DVD016,DVD047, 4 laminated cards, certification exams , Certificate of Course Completion, Certification Diploma when successful.)