

Ten Reasons to Certify as a WaterART Weight Management Consultant



1. Inform yourself about weight management and related issues
2. Learn facilitator skills to guide effective support groups
3. Learn techniques to break down resistance to life-style change
4. Gain self-confidence yourself leading an effective lifestyle change program
5. Learn to challenge and empower yourself about healthy lifestyle choices
6. Learn to challenge and empower clients
7. Add to your earning potential with a valued certification
8. Meet your client needs with a no-gimmick, reasoned approach
9. Ride the opportunity of public acceptance that unhealthy lifestyles should be changed
10. WaterART's all-inclusive, easy to present program, incorporates all the above



Ten Reasons to Enter the



WaterART™
FITNESS

Managing a Healthy Weight

- 1. Learn to love and value yourself more**
- 2. Learn to set S.M.A.R.T. goals that get results**
- 3. Learn to effectively manage the barriers and excuses that blocked success in the past**
- 4. Incorporate good eating habits into your existing lifestyle**
- 5. Incorporate effective exercise into your existing lifestyle**
- 6. Educate yourself about labels and portion control**
- 7. Benefit from a knowledgeable, empathetic person to guide you towards healthy living**
- 8. Learn strategies that make you more mindful when eating**
- 9. Gain productive insights using a food journal**
- 10. Empower yourself with resources and techniques to realize permanent benefits for you and your family**

Weight Management Consultant Certification

http://www.waterart.org/product_info.php?cPath=1_2&products_id=1363

\$299.00 + tax + shipping

Certification fee includes:

- Weight Management Consultant Manual,
- Managing a Healthy Weight Workbook,
- Instructional DVD052,
- 2 Fit Bands (30 inch & 15 inch),
- Exercise DVD's for home fitness (DVD032, DVD048,DVD049, DVD052)
- 3 laminated program cards LC032,LC048,LC049
- CD of power point presentations and information pertinent to your presentation
- 6 MONTHS to complete exams
- When successful with exams - Certification Status and WMC website profile
- Incentive program (passing the exam qualifies you to purchase all products at a 25% discount (with current WP membership)
- WMC Membership benefits with launch of first program
- Unlimited earning potential for those able to market and promote themselves as consultants
- CECs for 8.0 WaterART, 4.0 NWS, 4.0 PTS, 4.0 FIS, 8.0 AFPA, 8.0 AEA when Quiz is completed
- Need to complete THEORY & PRACTICAL (VIDEO OF HOW TO PRESENT THE CLINIC/WORKSHOP TO THE CONSUMER)
- PROBABLY 40-50 HOURS OF WORK
- will automatically renew your existing qualifications when completed exam process successful
- **To complete Certification**
Each individual must purchase their own package. We don't allow sharing.
- To complete home study correspondence programs, You will firstly read the manual and view the DVD's. Most people take 25-40 hours to complete a full program with the certification exam.
- **HOW TO COMPLETE CERTIFICATION**
Weight Managing Consultant Certification Candidates must complete both a theory exam & practical assessment. You may email the theory answers OR mail the exam. The practical assessment is to film ONE WEEK of your presentation of teaching the Managing a Healthy Weight program. (VIDEO/ DVD submission). This presentation should be written out and is approximately 1 - 1 1/2 hours in duration. You write out your agenda and teach the program and there is specific criteria that you will be marked on. You have up to six months after purchase or taking the course – to complete the program without a penalty fee.
If you are late, there will be a\$35.00 fee assessed for both practical and theoretical exam. After a year you may no longer submit the exams for Certification. Should you prefer an "easier" option we recommend the Managing a Healthy Weight Instructor Certification that only requires a theory exam.

Managing a Healthy Weight Instructor Certification

http://www.waterart.org/product_info.php?cPath=1_2&products_id=1364

CAD:\$199.00

US:\$199.00

Certification fee includes:

- Instructional DVD052,
- Instructional CD
- Managing a Healthy Weight Workbook
- Certification Status and instructor profile when exams successfully completed.
- You will have up to six months to complete the theory exam.
- Certifying will renew your existing qualifications (without paying a renewal fee) and upgrade your WaterART Certification status.
- CECs for 8.0 WaterART, 4.0 NWS, 4.0 PTS, 4.0 FIS, 8.0 AFPA, 8.0 AEA when Quiz is completed
- Need to complete THEORY exam only to become certified
- PROBABLY 10-20 HOURS OF WORK
- will automatically renew your existing qualifications when completed exam process successfully
- **HOW TO COMPLETE CERTIFICATION**
All Candidates must complete their own exam. You only have to complete the theory exam (email us the answers or mail the hard copy of the exam.) There is no practical assessment with this certification. If you are prior to your existing WaterART Certification we recommend completing your exam prior to your existing certification expiring so you do not pay a late fee for your Certification renewal. Should you be expired you would have to complete your other level of Certification practical assessment via onsite or DVD/Video submission. This program is additionally worth 8.0 CEC's for ACE, AEA, CFP, YMCA, AFPA.

Shape Up and Water Train

http://www.waterart.org/show_info.php?page_id=287

CAD:\$199.00

US:\$199.00

Weight management is a lifetime journey and maintaining a regular exercise program and providing specific programs for your clients is necessary to help them to achieve long term results. Many medical conditions relate to lifestyle. Some examples of medical conditions that respond to reduced body fat through exercise and lifestyle choices are: diabetes, high blood pressure, cardiovascular, and joint issues. Some lifestyle choices can help reduce the physical, emotional, and financial challenges and hardships arising from these conditions. Following this workshop, you will have a better understanding of how to program for group exercise classes or individual clients to help them burn more calories with water exercise to achieve optimal results.

Review why WaterART Fitness is an excellent tool to help manage a healthy weight. Learn how to optimize exercise design for obese or "at risk" clientele. Learn appropriate exercise selection for maximizing caloric expenditure. We will focus on specific programming for cardiorespiratory, muscular strengthening, muscular flexibility, posture, balance and core stability to provide protection or pain free exercise yet burn more calories!

Registration fee includes:

- Shape Up and Water Train Instructor Manual,
- Study Guide Questions & Answers
- 8 hours training (pool & classroom sessions)
- DVD071 - 2 DVD's
- 8.0 hours of CEC's for WaterART, AEA, AFPA, YMCA or 4.0 CFP,
- Certification exams,
- You only have to complete theory exam if you are currently certified by WaterART
- In doing so your Certification renewal is for 2 years from the pass date & automatic Certification upgrade with new qualifications.
- You have six months to complete the exams after the training
- NOTE: If you are utilizing this for renewal of certification – you should complete prior to your existing level expiring.
- When Successful with exam you will be mailed a Certification diploma & Laminated wallet card, Website profile

Most people take 10-20 hours to complete a full program with the certification exam.

HOW TO COMPLETE CERTIFICATION

All Candidates must complete their own exam. You will have up to six months to complete the certification exams (after the training date or from date of purchase). Theory is take home or applied theory. Practical is onsite assessment OR DVD/Video submission. If you are currently certified and qualified with WaterART, you will only need to complete the theory exam. In doing so, this will update your qualifications with a new specialty level of certification as well as re-qualify your existing levels of certification for 2 years from the pass date of your new certification. All participant will receive a Certificate of course completion for ACE, AEA, WaterART, YMCA, AFPA.

If you are late, there will be a \$35.00 fee assessed for both practical and theoretical exam. After a year you may no longer submit the exams for Certification.

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