

SCW  
**MANIA**<sup>®</sup>  
Fitness Pro Conventions



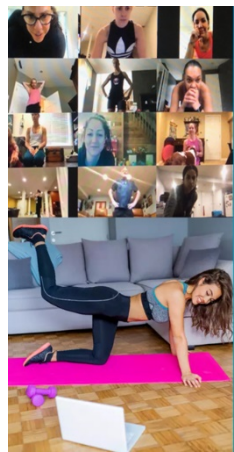
[scwfit.com/MANIA](http://scwfit.com/MANIA)

**MANIA**<sup>®</sup> Attendee  
Exclusive Content



[scwfit.com/attendee](http://scwfit.com/attendee)

#SCWMANIA  
@SCWfitness



- [facebook.com/scwfitness](https://facebook.com/scwfitness)
- [twitter.com/scwfitness](https://twitter.com/scwfitness)
- [instagram.com/scwmania](https://instagram.com/scwmania)

**20% OFF!**

\$6.58/Month or  
\$79/year  
(Norm. \$8.25 month or \$99/year)

USE CODE: MANIA20

**500+**  
Educational Videos

**70+**  
Leading Presenters

**20+**  
Fitness & Health  
Topics Available

SCW  
**On Demand**



[scwfit.com/OnDemand](http://scwfit.com/OnDemand)

SCW  
**CERTIFICATIONS**  
35+ NATIONALLY RECOGNIZED.  
ONLINE + LIVE.

FREE LIVE COURSE included with  
every Online Certification  
within 1 year

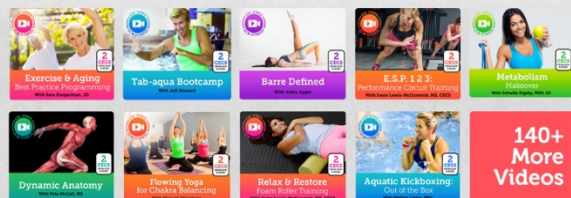
[scwfit.com/certifications](http://scwfit.com/certifications)

- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIIT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- TAI CHI
- WATERMOTIONS
- WEIGHT MANAGEMENT
- YOGA I & II



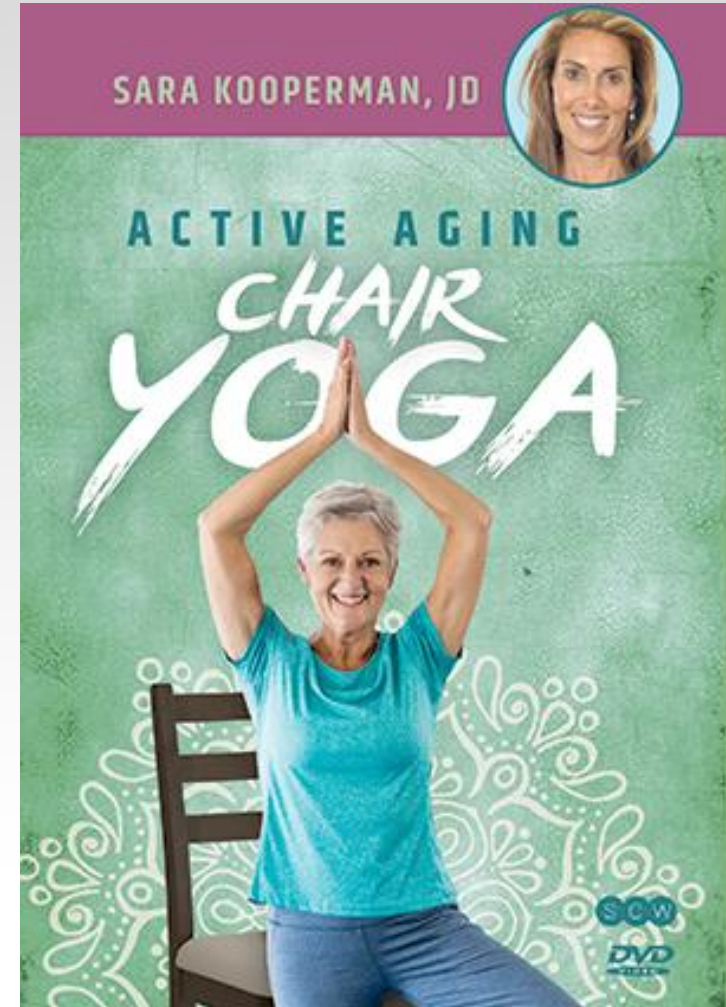
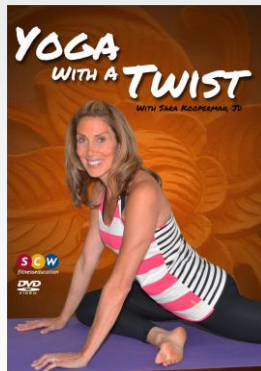
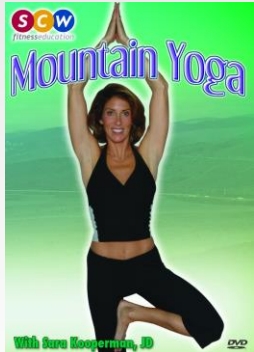
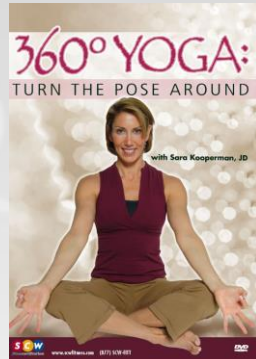
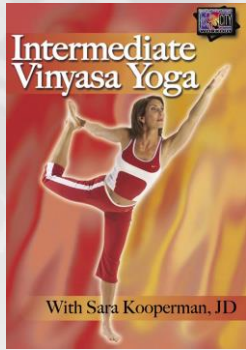
**ONLINE CEC VIDEOS**

Earn CECs in the comfort and  
convenience of your home!



[scwfit.com/CECS](http://scwfit.com/CECS)

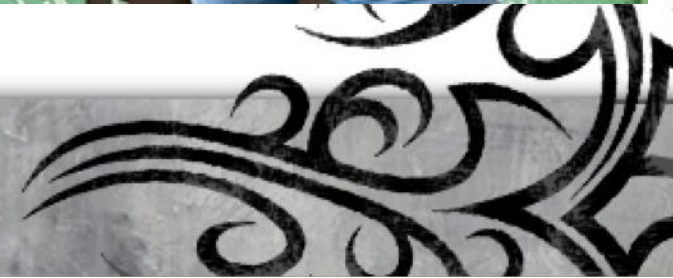
# Active Aging Chair Yoga



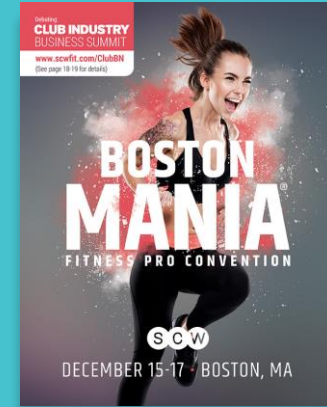
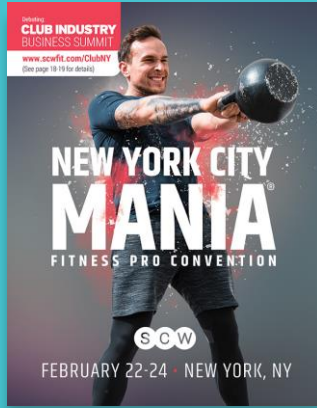
Sara Kooperman  
sjkooperman@gmail.com  
www.sarakooperman.com



WHERE THE FITNESS PROFESSIONALS GO TO LEARN



# 9 MANIA<sup>®</sup> Fitness Conventions



DC	NYC	California	Florida	Atlanta	Dallas	Philadelphia	Midwest	Boston
Jan	Feb	March	April	July	Aug	Sept	Oct	Dec



SCW  
**CERTIFICATIONS**

**ONLINE + LIVE**

**FREE Live Course Included**  
**With Every Online Cert Within 1 Year!**

[scwfit.com/certs](http://scwfit.com/certs)



**GROUP EX • PERSONAL TRAINING • AQUATIC EXERCISE**  
**ACTIVE AGING • YOGA • NUTRITION • PILATES • BARRE**  
**KETTLEBELL • HIIT • LEADERSHIP • MEDITATION • BOXING**

FUNCTIONAL FLEXIBILITY • FOAM ROLLING • SMALL GROUP TRAINING • AQUA BARRE • MOMS IN MOTION • LIFESTYLE BEHAVIORAL COACHING  
CORE TRAINING • FUNCTIONAL PILATES • NUTRITION & HORMONES • PERFORMANCE STABILITY TRAINING • PILATES SMALL APPARATUS  
RECOVERY • KIDS IN MOTION • WEIGHT MANAGEMENT • FLOWING YOGA • ACTIVE AGING NUTRITION • TAI CHI



WATERinMOTION®

**STRONGER Together**

water in motion

30

WATERinMOTION®

1	WATERinMOTION®	15	WATERinMOTION®
2	WATERinMOTION®	16	WATERinMOTION®
3	WATERinMOTION®	17	WATERinMOTION®
4	WATERinMOTION®	18	WATERinMOTION®
5	WATERinMOTION®	19	WATERinMOTION®
6	WATERinMOTION®	20	WATERinMOTION®
7	WATERinMOTION®	21	WATERinMOTION®
8	WATERinMOTION®	22	WATERinMOTION®
9	WATERinMOTION®	23	WATERinMOTION®
10	WATERinMOTION®	24	WATERinMOTION®
11	WATERinMOTION®	25	WATERinMOTION®
12	WATERinMOTION®	26	WATERinMOTION®
13	WATERinMOTION®	27	WATERinMOTION®
14	WATERinMOTION®	28	WATERinMOTION®
15	WATERinMOTION®	29	WATERinMOTION®
16	WATERinMOTION®	30	WATERinMOTION®



WATERinMOTION®

water in motion  
**Platinum**

JOINT Effort

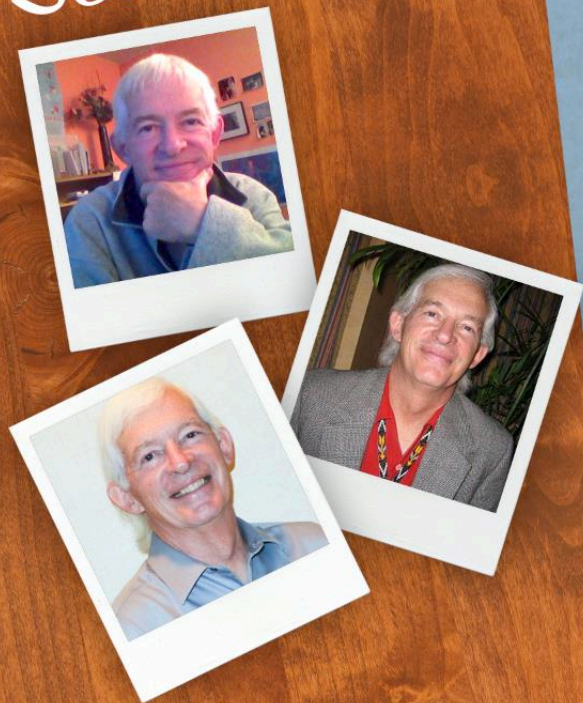
WATERinMOTION®

1	WATERinMOTION®	15	WATERinMOTION®
2	WATERinMOTION®	16	WATERinMOTION®
3	WATERinMOTION®	17	WATERinMOTION®
4	WATERinMOTION®	18	WATERinMOTION®
5	WATERinMOTION®	19	WATERinMOTION®
6	WATERinMOTION®	20	WATERinMOTION®
7	WATERinMOTION®	21	WATERinMOTION®
8	WATERinMOTION®	22	WATERinMOTION®
9	WATERinMOTION®	23	WATERinMOTION®
10	WATERinMOTION®	24	WATERinMOTION®
11	WATERinMOTION®	25	WATERinMOTION®
12	WATERinMOTION®	26	WATERinMOTION®
13	WATERinMOTION®	27	WATERinMOTION®
14	WATERinMOTION®	28	WATERinMOTION®
15	WATERinMOTION®	29	WATERinMOTION®
16	WATERinMOTION®	30	WATERinMOTION®

water in motion®

water in motion®  
Platinum

*In Loving  
Memory  
of Michael  
Scott Scudder*



The fitness world lost an industry icon on June 30, 2017 as Michael Scott Scudder sadly passed.

Michael shared his wisdom, wit and warmth at every SCW MANIA® conference over the past five years.

SCW offers the **SCUDDER SCHOLARSHIP** for a FREE a MANIA® Convention to individuals who are financially unable to attend.

If you know of a worthy applicant, please share this link:


[www.scwfit.com/scudder](http://www.scwfit.com/scudder)



**[www.scwfit.com/DC19](http://www.scwfit.com/DC19)**



WHERE THE FITNESS PROFESSIONALS GO TO LEARN



## STRENGTH TRAINING FOR LONGEVITY and VITALITY

Whether a personal quest or way to engage the fastest growing segment of the population, this workout presents effective and manageable training techniques for the 50+ population. Led by an icon in the fitness industry, Sara Koopman, you'll learn the Science of Strength. Choose using simple exercises and portable equipment for a total body workout. Strength, endurance, flexibility and balance are the keys to see and when evaluating our programming. It's not about how long or hard you train, it's about exercising smart for longevity and vitality.

**Sara Koopman, PhD**  
 Sara is a Certified Personal Trainer, ACE and an American College of Sports Medicine (ACSM) Certified Personal Trainer. She is also a former professional triathlete and a triathlete coach. She has been featured in numerous fitness magazines and has been a frequent guest on television and radio. Sara is a frequent speaker at fitness conferences and has been a frequent guest on television and radio. Sara is a frequent speaker at fitness conferences and has been a frequent guest on television and radio.

SCW DVD

## STRENGTH TRAINING FOR LONGEVITY and VITALITY

with Sara Koopman, PhD

SCW DVD

## EXERCISE AND AGING

BEST PRACTICE PROGRAMMING

WITH SARA KOOPMAN

SCW

## STANDING BALANCE & Flexibility ACTIVE AGING WORKOUT

SCW ACTIVE AGING SERIES

LAURENCE ESCOFFIER, MS  
REBECCATE FERRER

## ACTIVE AGING FLOOR-BASED WORKOUT

SCW ACTIVE AGING SERIES

LAURENCE ESCOFFIER, MS  
REBECCATE FERRER

## INNOVATIVE ACTIVE AGING CHAIR WORKOUT FOR STRENGTH & ENDURANCE

SCW ACTIVE AGING SERIES

LAURENCE ESCOFFIER, MS  
REBECCATE FERRER

## ACTIVE AGING 30 MINUTE WELLNESS WORKOUT

CARDIO AND STRENGTH

SCW ACTIVE AGING SERIES

LAURENCE ESCOFFIER, MS  
REBECCATE FERRER

## Active Aging STANDING EXTENDED Warmup

SCW ACTIVE AGING SERIES

LAURENCE ESCOFFIER, MS  
REBECCATE FERRER

## aqua generation

with Sara Koopman, PhD

AEA  
 AQUATIC FITNESS PROFESSIONAL OF THE YEAR  
 Global Community

SCW DVD

## AGELESS AQUA

with Jessica Pinkowski

SCW

## Awake!

Older Adult Flexibility

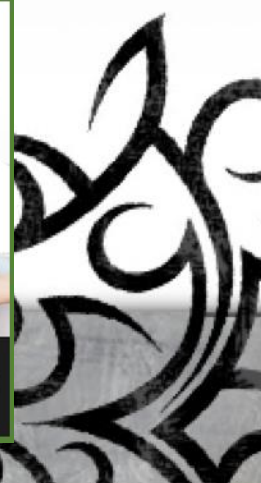
WITH JESSICA PINKOWSKI

SCW POWER MUSIC

## Active Aging FALL PREVENTION & Balance Workout

SCW ACTIVE AGING SERIES

LAURENCE ESCOFFIER, MS  
REBECCATE FERRER





# YOGA STUDIES & ACTIVE AGING



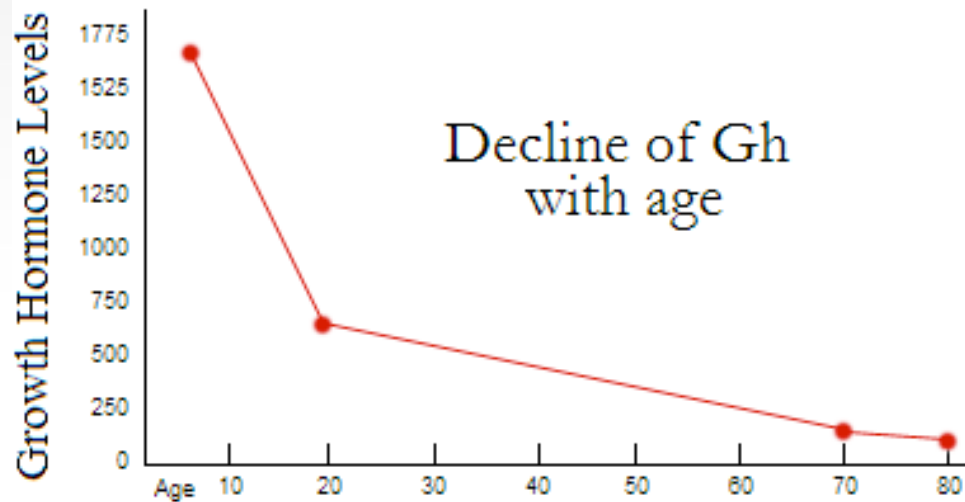
WHERE THE FITNESS PROFESSIONALS GO TO LEARN



# Yoga improves the production of Growth hormones & Heart Health



- Growth Hormones Decline As We Age



- ❑ India 2014 – intensive daily yoga practice increases Growth Hormone (GH) & Dehydroepiandrosterone sulphate (DHEAS)
- ❑ After 12 weeks study – both increased & BMI declined (body mass decreased)
- ❑ GH – is a hormone known to stimulate cell growth, related to the generation of new tissues
- ❑ DHEAS is a hormone produced in the adrenal gland and linked to immune & heart health



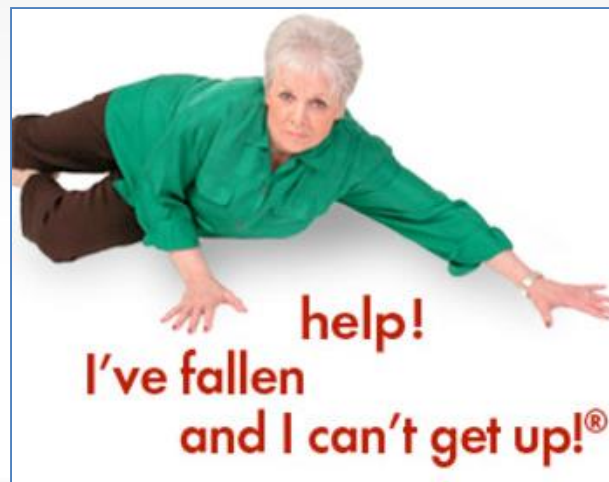
LISA METZGER



WHERE THE FITNESS PROFESSIONALS GO TO LEARN

# Falls: the leading cause of injury

- Center for Disease Control & Prevention
- Falls are the leading cause of injury and injury-related fatalities in people over 65
- 1/3 of all seniors fall each year (55+ = 33% FALL)
- Better balance is crucial for quality of life & lifesaving



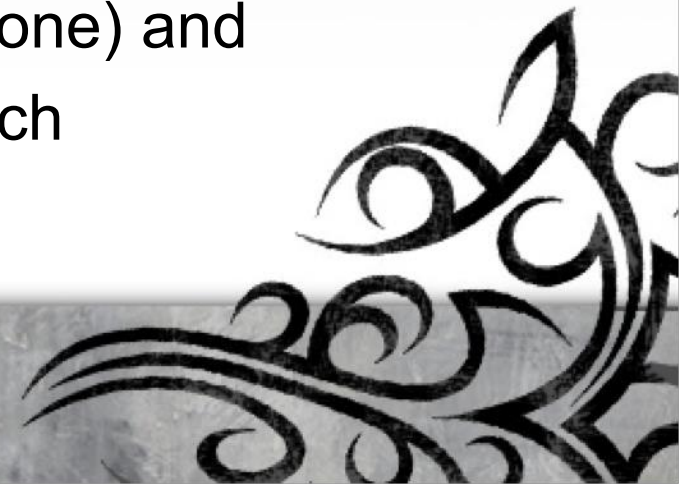
# Yoga improves walking & balance

- Temple University 2008
- Study examined gait & postural stability of 24 elderly females enrolled in yoga
- At the end of the 9-week program
  - Faster Stride
  - Increased flexibility in lower extremities
  - Improved single-leg stance
  - Increased confidence in walking & balance



# Yoga Positively affects your brain activity

- ❑ Journal of Neuroscience 2015
- ❑ 133 adults ages 53-96 practiced  
20 min. of yoga twice a week for more than a month
- ❑ Significant gains in memory & fewer depressive symptoms
- ❑ Enhances mood and reduces anxiety
- ❑ Lowers level of cortisol (stress hormone) and boosts brain chemical GABA which helps calm nerves



# Yoga improves mental capacity

- ❑ University of Illinois - 108 Adults 55-79
- ❑ 61 participated in yoga 3 times a week for 8 weeks, others stretched & toned
- ❑ Yoga groups was speedier and more accurate on info recall, mental flexibility & task-switching
- ❑ Other group saw no change
- ❑ Yoga improves sedentary older adults performance on cognitive tasks affecting everyday life



# Yoga reduces stress & lowers blood pressure

- ❑ Journal of Clinical Hypertension 2014
- ❑ Participants practiced yoga 6 hours a week for 11 weeks
- ❑ Reduced their systolic blood pressure by 33 points, compared with 4 points for control group
- ❑ Slow controlled breathing may affect the nervous system which manages blood pressure
- ❑ Yoga has a powerful effect reduces stress and hypertension
- ❑ Yoga reduces the amount of medication a senior requires





# Yoga reduces risk factors linked to heart disease

- ❑ U Medical Center in Rotterdam & Harvard School of Public Health 2016
- ❑ Yoga is linked to the reduction of key risk factors for heart disease
- ❑ Lower body mass index (BMI)
- ❑ Weight loss
- ❑ Improved cholesterol levels
- ❑ Lower blood pressure
- ❑ Reduced heart rate

Harvard School of  
Public Health



WHERE THE FITNESS PROFESSIONALS GO TO LEARN



# Yoga assist with symptoms of menopause



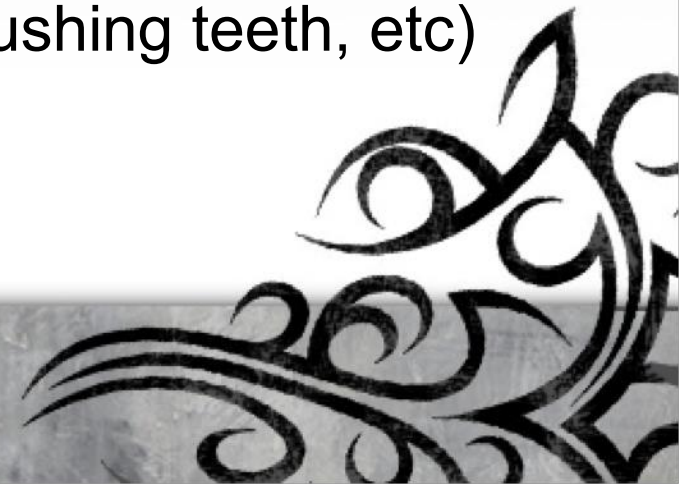
- Brazil 2015
- 44 postmenopausal women – compared yoga to passive stretching
- Assistance with coping with symptoms of menopause - hot flashes, interrupted sleep, mood swings, memory loss
- Yoga helps with psychological symptoms of menopause including depression, anxiety & insomnia



# Yoga assist with bone & joint health



- ❑ Many studies consistently show that weight-bearing of yoga assists with
- ❑ Slow bone thinning
- ❑ Lubrication of joints
- ❑ Reduced incident of carpal tunnel syndrome & arthritis
- ❑ Improved activities of daily living (brushing teeth, etc)



# Hunter & colleagues 2013

## Research

- 72 women (ages 60-72), no metabolic disorders, non-smokers, sedentary (exercising less than 1 time per week)
- 16 weeks
- Analyze : Cardio to Strength
- 1-1, 2-2, 3-3 (aerobic to weights)
- Strength Training
  - 2 sets 10 reps
  - 1.5-2 min rest in-between
  - Start 60% capacity increasing to 80% 1-RM



# Conclusion to Hunter Study

## □ AEROBIC CAPACITY

- All groups significantly increased their aerobic capacity
- No statistical difference between 1-1, 2-2 and 3-3

## □ BODY COMPOSITION

- All groups lost (approx. 3 lbs), reduced body fat (.5-2%), gained muscle (.4-.7kg)
- No statistical difference between 1-1, 2-2 and 3-3



# More is NOT better!



## □ MUSCULAR STRENGTH

- Leg press/bench press – No difference
- Total Daily Energy Expenditure (TEE),
- Non-Exercise Activity Thermogenesis (NEAT) &
- Activity-Related Energy Expenditure (AEE)
- **2-2 improved significantly in all the above!**
- 1-1 & 3-3 did not and 3-3 even reduced NEAT

## □ FEELINGS OF FATIGUE/DEPRESSION

- No significant difference
- 3-3 Complained that the 6-day week was excessive, suggesting failed long-term adherence to this protocol



# Chair Yoga Workout

- ❑ Lay down mats horizontally
- ❑ Place chairs on mats
- ❑ Honeycomb the chairs for easy viewing
- ❑ Teacher may have 2 chairs in front to enhance viewing





## Mountain Pose Lean Right & Left Seated Prayer Pose Goddess



WHERE THE FITNESS PROFESSIONALS GO TO LEARN







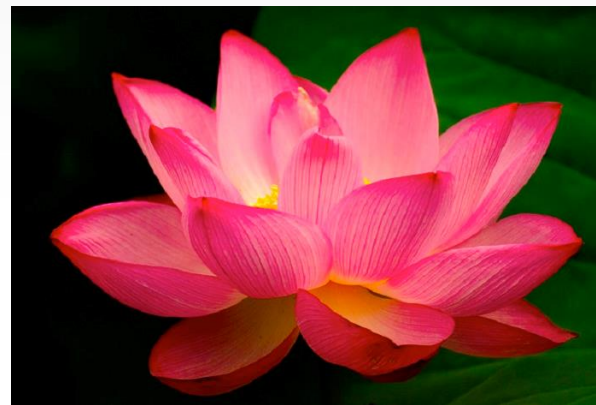
Cat  
Cow  
Rotate

Forward Fold  
Walk hands down  
Hands under Feet  
Hands on knees –  
Sit up





Manual Dexterity  
Prayer / Spider / Lotus  
Tap Fingers  
Open / Close  
Interlace fingers – R/L  
Flexed wrists / push hands



WHERE THE FITNESS PROFESSIONALS GO TO LEARN





## Foot Mobility

Lift from Big Toe to Pinky  
& Reverse

Flex foot (back on heels)

Roll to toes

Supinate / Pronate

Circle Ankles



WHERE THE FITNESS PROFESSIONALS GO TO LEARN





Warrior One  
 Warrior Two  
 Dancer  
 Sun Worshiper  
 Side Angle Pose  
 Straddle  
 Gate  
 Figure 4  
 - Roll forward  
 - Roll back



WHERE THE FITNESS PROFESSIONALS GO TO LEARN

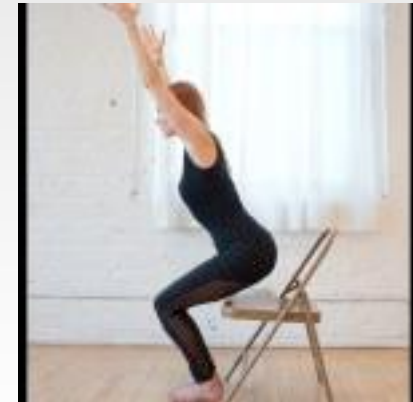




Seated Dog  
One-legged Dog  
One-Legged Forward Fold  
Rotate the Fold



Seated Eagle  
Lift, Lower  
Fold Forward



Chair pose  
Up & Turn to Standing



WHERE THE FITNESS PROFESSIONALS GO TO LEARN





Supported Forward Fold  
-- pyramid pose  
Supported Triangle  
Supported Rotated Triangle  
(starting with grabbing  
back of chair)



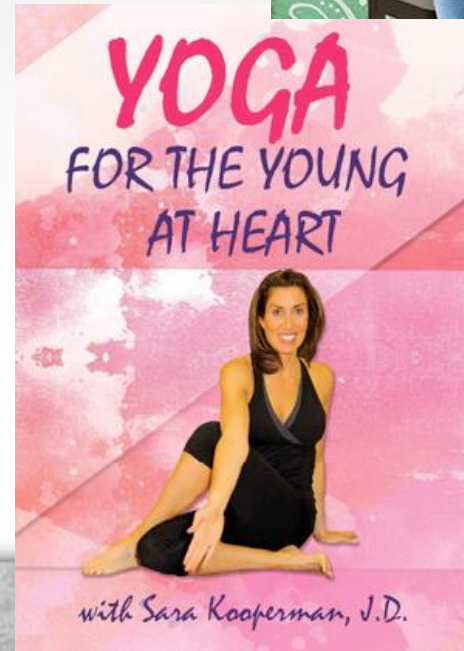
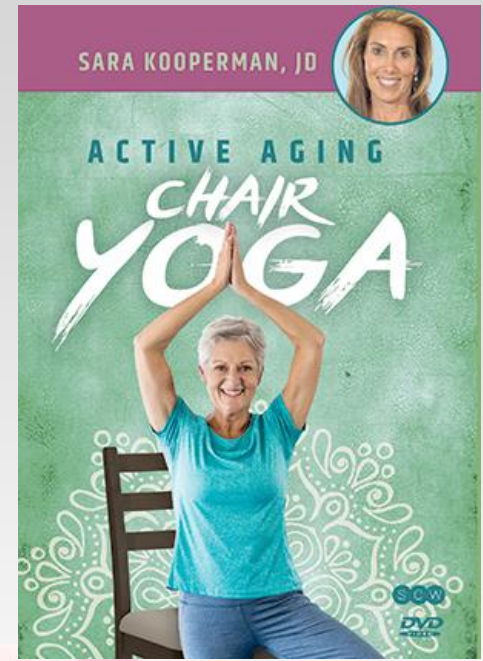
WHERE THE FITNESS PROFESSIONALS GO TO LEARN



- Tree
- Star
- Warrior 3
- Dancer



# THANK YOU!



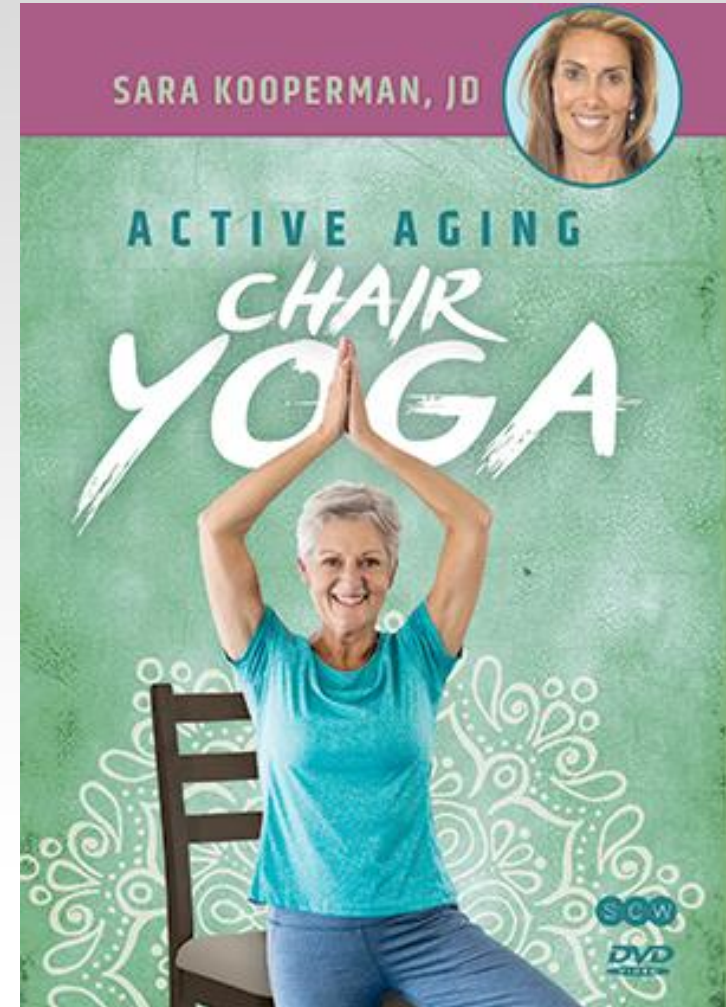
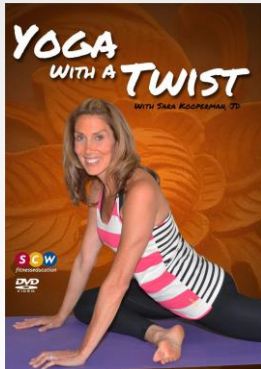
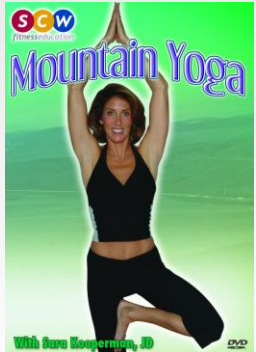
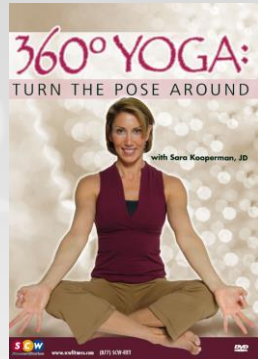
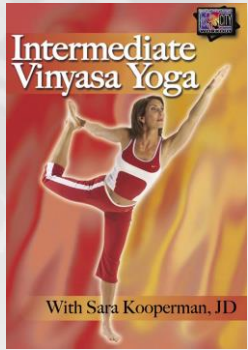
Sara Kooperman  
sjkooperman@gmail.com  
www.scwfit.com



WHERE THE FITNESS PROFESSIONALS GO TO LEARN



# Active Aging Chair Yoga



Sara Kooperman  
sjkooperman@gmail.com  
www.sarakooperman.com



WHERE THE FITNESS PROFESSIONALS GO TO LEARN

