

10 MANIA® Fitness Pro Conventions

DC MANIA® February
CALIFORNIA MANIA® March
FLORIDA MANIA® May
ATLANTA MANIA® July
DALLAS MANIA® August
MIDWEST MANIA® October
BOSTON MANIA® December
LIVE STREAM MANIA® April/June/Sept

SCW MANIA
ABOUT THE CONVENTION

1

LIVE STREAM CERTIFICATIONS

35+ NATIONALLY
RECOGNIZED CERTIFICATIONS
FROM THE COMFORT &
CONVENIENCE OF HOME.

www.scwfit.com/Online

- 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
- HITT
- 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

SCW AFAA ACE AEA NASM ACSM AEA NFPT

2

20% OFF!

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

USE CODE: MANIA20

SCW OnDemand

Always On.

500+ Educational Videos
150+ Leading Presenters
20+ Fitness & Health Topics Available

www.scwfit.com/Online

SCW OnDemand is an extensive premium video subscription service that puts instant access to over 500 unique workouts right at your fingertips, 24/7. Available on your computer or mobile device, this exciting collection grows every MANIA as our sessions are filmed live with the top Fitness Industry Presenters.

www.scwfit.com/OnDemand

3

ONLINE CEC VIDEOS

Earn CECs in the comfort and convenience of your home!

Online CEC Videos

Earn CECs at Home.

SCW CEC Online Video Courses allows you to gain continuing education credits (CECs) while broadening your fitness skills. Accepted by SCW, ACE, AFAA, NASM, ACSM, AEA, NFPT and other organizations, these courses include 24/7 streaming videos (filmed live at conventions), power point presentations, exams and downloadable certificates of completion.

www.scwfit.com/CECs

140+ More Videos

Exercise & Aquatics
Tabata Bootcamp
Barre Distend
ESP 123
Metabolism
Dynamics Anatomy
Pilates Yoga
Relax & Reconnect
Aquatics Kickboxing

scwfit.com/CECs

4

Virtual Training Certification

Enjoy this one-of-a-kind educational series on how to successfully run a virtual Group Ex class, Personal Training session and progressive program. Everything from start-up to sign off will be addressed to take your training to the next level.

www.scwfit.com/virtualtraining

- Lights
- Camera
- Action

5

www.TrainWithTheTrainers.com

TRAIN WITH THE TRAINERS

We're bringing the world's finest trainers directly to you by offering real-time classes at only \$10 each through zoom. Get top notch training and the best fitness education the industry has to offer without even leaving your home.

www.TrainWithTheTrainers.com

jeff howard
SCW STAR PRESENTER

6



**Thank you for
attending
Questions???**



big **BALANCE** theory



FALLING FACTS: The 'Silver Tsunami'

- 1/3 of people over 65 will report a fall each year
- 2/3 of those who fall will fall again in 6 months
- Impact of falls:
 - **Hip fracture \$2 billion annual medical cost**
 - **30% require medical attention**
 - **25% remain functionally more dependent**
 - **25% die within 6 months**
 - *Falls are the leading cause of death from injury for people over the age of 65*

20% - 30% of Aging Adults Have a Fear of Falling!

Rebuilding
Confidence!



*Falls with NO injury still
have a negative
impact on your health!*

- Fear
- Loss of Confidence
- Restrict Activities

***CYCLE OF
INCREASED FALL
RISK!***

YOU CAN DECREASE YOUR RISK OF FALLING

Good News! 😊

Is the Big Balance Theory...

YOU have control!

Falling is NOT part of the aging process!

***Falling is due to a series
of risk factors:***

Both internal and external

Risk Factors

INTERNAL

Having to do with
your body, the
state of your
health
and your mind

EXTERNAL

Having to do with
the environment;
inside & outside
the home

EXTERNAL RISK FACTORS

Most Common reason for falls is...



Tripping!

- 55% occur in home
- 25% occur near home
- Most occur on the same level

External Hazards:



1/3 of falls are due to environmental hazards in the home!

- Poor lighting
- Loose rugs
- Lack of railings
- Unsteady furniture
- Pets
- Clutter
- Improper use of assistive devices

INTERNAL RISK FACTORS:

- Lack of Physical Activity
Muscle Loss
- Sensory System Decline
Diminished Vision, vestibular system and sensors in the skin
- Medical Conditions - Medications
Weakness, Dizzy, Tremors

Medications



- Reduces Mental Alertness
- Cause drop in blood pressure-dizzy
- Multiple medications can have interactive effects
- Multifactorial problem with physical decline



Central Theme of today's Discussion... 'Optimal Aging'
Chronological Age vs. Biological Age

A result of lifestyle!

Progression of Fall Risk Aging & Physical Inactivity

HEALTH DISORDER ➡ GET SICK!

LEADS TO:

- Decreased activity (muscle loss)
- Multiple medications (weak – dizzy)

IMPAREMENTS ➡ POOR POSTURE!

LEADS TO:

- Functional Limitations
- **POSSIBLE FALLS!**

Decreased Physical Activity & Age Related Muscle Loss:

1. Less Muscle
2. Less Strength
3. Less Balance

Sarcopenia



INACTIVITY RELATED TO:

ANATOMY

Lose Muscle



Poor Posture



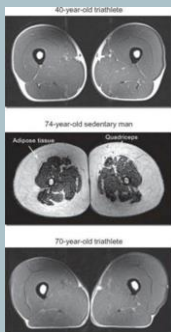
Impaired Function/Gait



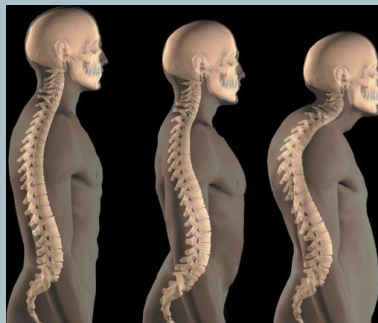
Loss of Independence/Fall Risk



Quality of Life?



ANATOMICAL & STRUCTURAL DECLINE...



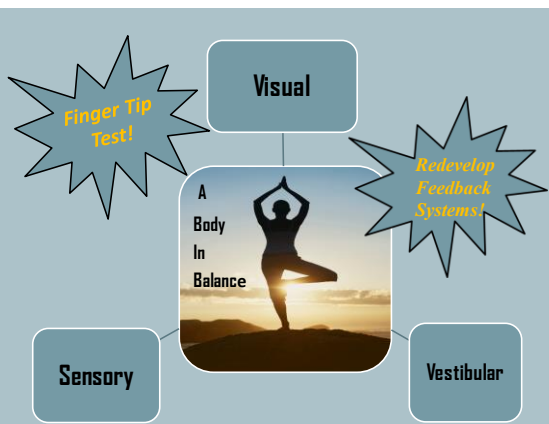
Staying Active is Critical to Aging Optimally



*Aging well is not a game of chance...
It's one of choice!*

*Exercise can delay
and in some cases
even reverse the
effects of aging!*

- You can maintain and regain muscle at any age!
- You have the ability to train the systems that affect balance



AARP – Fall Health Special 2016 From the 'Younger Next Year' Team



1. Exercise 6 days week for the rest of your life!
2. Do serious aerobic exercise 4 days a week
3. Do serious strength training 2 days a week
4. Spend less than you make
5. Quit eating crap
6. Care
7. Connect and commit

"I'm Fearful of Falling"



SOLUTION:

- Get a Balance Assessment
- Stay Active!
Improve/Maintain Strength
- Practice Balance Exercises
- Reinforce Motor Skills that support functional tasks
- Reassess

Physical Vulnerability:

A level of decline where one is in danger of losing the ability to perform ADL

Defense!

- Maintain muscle
- Maintain flexibility
- Train movement patterns



Multi-System Approach for Fall Prevention!

- Assess
- Strength training for endurance and power
- Balance & motor skill reinforcement
- Sensory training



www.cdc.gov/steady



Mayo Clinic 6-Step Fall Prevention Plan:

1. See your doctors ([eyesight, medications](#))
2. Keep Moving ([maintain muscle](#))
3. Sensible Shoes ([support & stability](#))
4. Safe Environment ([reduce trip hazard](#))
5. Good Lighting ([assists with vision](#))
6. Assistive Devices ([support & stability](#))

Take Control!

ACTIVE

- Improved body composition
- Improved BMD
- Increased ROM
- Increased functional ability and independence
- **QUALITY OF LIFE!!!**

INACTIVE

- Strength Loss
- **Posture/Balance**
- BMD Loss
- **Injury**
- Loss of ROM
- **Function**
- Poor BMI
- **Disease**

**Reducing Fall Risk and
Improving the Quality of Life...**

*It's not just
about how long
you live.....
it's about how
long you live
well!*



**HIGHLY
RECOMMENDED!**

To consult with your health
care provider...



- ***Discuss fall risk factors***
- ***Discuss plans to exercise***



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bigBALANCEtheory