



## CHEK Exercise Coach

**This highly practical five day course will give you the skills to become a superior exercise professional. After attending the CHEK Exercise Coach Program, you will be able to effectively administer individualized exercise programs for all types of clients. Correct technique is emphasized throughout the course, with plenty of hands-on assistance from the CHEK Faculty.**

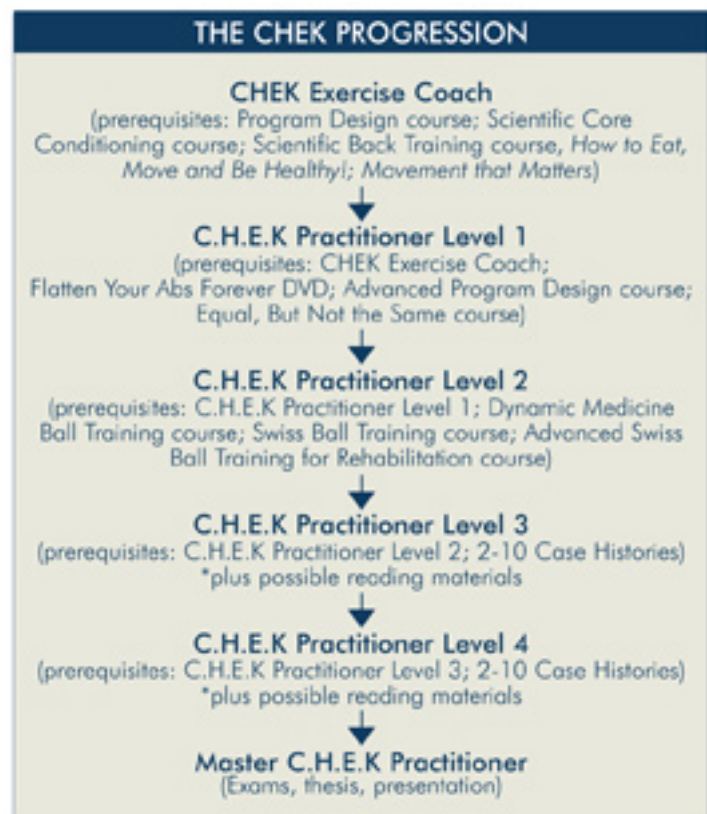
A key component of this certification is the integration of mind-body fitness and traditional exercise prescription. You will understand how different types of exercise, from Tai Chi to cardiovascular conditioning to weight training, affect both parts of the autonomic nervous system – an often neglected factor that is vital to achieving success with your clients.

Using the C.H.E.K Institute's unique system of assessing physiological load, developed by Paul Chek, you can determine the amount of physical and emotional stress placed upon the body. Using this system you will be able to implement results-producing programs that enhance your client's function and overall well-being. At the conclusion of this course, you will be able to:

- \* Assess your client's physiological load and write exercise programs to address low, moderate and high overall loads.

- \* Assess functional deficits and imbalances in the core and back musculature.

- \* Design personalized exercise programs that balance the autonomic nervous system.



\* Understand how optimizing posture not only improves function, but increases overall wellness.

\* Implement a plethora of exercises that enhance function.

### **Benefits**

- \* Be one of the top professionals in the exercise field
- \* Achieve financial security
- \* Gain advanced skills that make a meaningful difference in the lives of your clients
- \* The opportunity to be your own boss
- \* Listing on the C.H.E.K Institute website
- \* Membership to the CHEK Forum

### **Prerequisites**

*(must be completed 30 days before course, can be bought at Eleiko Sport)*

#### **• Scientific Core Conditioning course**

Scientific Core Conditioning is the most comprehensive, in-depth course available on this subject. Fully updated, with many new sections, assessment techniques and exercises, this course builds upon the framework of the hugely popular Scientific Abdominal Training. Expand your knowledge of the abdominal musculature and its biomechanical relationship to the entire kinetic chain, when applied to the prevention of back pain, maintenance of good posture and optimal sports performance.

#### **• Scientific Back Training course**

Do you work with anyone who has suffered from or is currently experiencing back pain? Do your clients have postural problems? If you answered “yes” to either of these questions you (and your clients) will benefit from this course! This information-packed course is intended for serious strength and conditioning coaches, rehabilitation specialists and personal trainers.

#### **• Program Design course**

Paul Chek, Charles Poliquin, Kim Goss and Jerry Telle combine their extensive expertise in the fields of strength and conditioning and rehabilitation, to teach you how to effectively manage acute exercise variables.

#### **• Movement that Matters by Paul Chek**

Movement That Matters provides trainers and fitness enthusiasts with the tools necessary to create functional training programs for themselves and their clients. This book is a must-read for any trainer desiring to provide their clients with higher caliber training programs that work.

#### **• How to Eat, Move and Be Healthy! by Paul Chek**

This book will help you identify your individual needs and explain how to address issues that may be preventing you from looking and feeling your best. Paul reveals

fascinating research and airs controversial topics while providing practical suggestions for achieving peak vitality.

### **What People Are Saying**

"I have recently [attended] the C.H.E.K Institute Exercise Coach course in the UK. Two weeks later I am reaping in the benefits! Besides the fact that my prices have now raised a considerable amount, I find myself delivering a more comprehensive service to my clients. The knowledge and skills I have learnt from the course have greatly impressed those who I coach and as a result my client base has increased...in just two weeks. I can't wait to see what happens in two months time!!"

James Wild – Surrey, UK

"I give the C.H.E.K Institute my highest recommendation and believe that all exercisers and exercise/medical professionals will benefit from the quality and unique information contained in the [prerequisite courses]....Whether you work in the exercise [or] medical field [or] you simply would like to become more enlightened, I believe [the C.H.E.K Institute's] expertise will be invaluable to you."

David Reinherz – Pennsylvania, USA

"I took the plunge and invested in the Exercise Coach [program] and together with [How to] Eat, Move & be Healthy! it is the best investment I think I have ever made."

Mark Bailey – New Jersey, USA

### **FACTS**

Instructor: Matthew Wallden

Date: 10–14/6 2009

Place: Eleiko Sport Center, Halmstad, Sweden

Price: 15.200 SEK excl. VAT (approx. 1.382 EURO)

### **REGISTRATION**

Please contact Eleiko Sport by e-mail or phone:

e-mail: [info@eleikosport.se](mailto:info@eleikosport.se)

Phone: +46 35 17 70 70