

# Geri-Fit<sup>®</sup>

Since 1994

**SILVER&FIT**  
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**Get the CEUs that will make a huge difference in your career**

**Advanced Strength Training Techniques for Older Adults** is an online continuing education course that is ideal for geriatric healthcare professionals, senior fitness instructors, and personal trainers that need help and guidance in working with older adults that need to rebuild lost strength.

The course content is especially suitable for seniors that have special medical conditions such as Parkinson's disease, strokes, balance problems, and arthritis. Upon completion of the course, candidates will earn the credential as a **Senior Strength Training Specialist (SSTS)**. The course is approved by the American Council on Exercise (ACE) and the National Strength and Conditioning Association (NSCA) for 2.0 CEUs.

Use coupon code **SLU** to receive **\$50 off** accredited online instructor training program course fees.

*For more information or to register, visit Geri-Fit's Training & CEUs page at [GERIFIT.com](http://GERIFIT.com) or call 1-888-GERI-FIT x4 or email us at [ceus@gerifit.com](mailto:ceus@gerifit.com)*

