



Presenter:

**Lyndsay Foisey, M.Sc., B.A.
Certified Kinesiologist**

Lyndsay is a Certified Kinesiologist, and has also completed her Master of Science at the University of Western Ontario. She has conducted research in the field of new exercise innovations and improving the strength, balance and wellbeing of older adults. She has over seven years of experience in personal training, group fitness and corporate fitness and continues to conduct research in the health and exercise field. She also runs a fitness consulting business, Functional Fitness and Personal Training, www.funcfit.com.



The [Ontario Fitness Council \(OFC\)](http://www.funcfit.com) is part of the National Fitness Leaders Alliance (NFLA), a leading, not-for-profit certifying body for health professionals. The OFC offers comprehensive courses and competitive rates. As an OFC member, not only do you receive professional designation as a Fitness Leader, you have the opportunity to continually upgrade your status to eight different specialties, such as Pilates, Yoga, Third Age, Aqua, Osteofit and Weight Training. In addition, members receive leading edge information on health, wellbeing and fitness.

For further information, contact
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Fitness Theory-Ontario Fitness Council

Your first step to becoming a certified fitness professional!

Friday, Sept 23-Sunday, Sept 25

University of Western Ontario, London

Who is the Fitness Theory course designed for?

- for students who want to increase their personal knowledge and confidence levels
- individuals who would like to learn more about health, fitness and exercise and who would like to help others achieve their fitness goals
- individuals who enjoy working out and would like to turn it into a career
- for health care professionals that want to expand their scope of practice

What will I learn?

You will learn a basic introduction to kinesiology including:

- major muscles and their actions in relationship with exercises, major bones & joints and the role they play in exercise, heart and respiratory system
- biomechanics (the study of human movement)
- how to take your own heart rate and body mass index
- basic nutrition, energy systems and weight loss principles
- leadership and how to become a fitness professional

This course is the first step to completion of the OFC specialty module (such as Fitness Instructor or Personal Trainer – see OFC website for additional information)

It is strongly recommended that participants order the Fitness Theory Manual 3rd Edition from Health & Fitness Alliance, <http://onlinefitness.ca/> prior to attending the course.

Date:	Friday, Sept 23, 5pm-9pm Saturday, Sept 24, 9am-5pm Sunday, Sept 25, 9am-5pm
Location:	Western Student Recreation Centre University of Western Ontario Campus London, Ontario. Parking is available at UWO TD Stadium Parking Lot (located off Philip Aziz Road, behind Rec Centre)
Fee:	\$225.00 plus tax
Cancellation fee:	\$25.00
Register:	Register online at http://www.funcfit.com
Questions?	Contact Lyndsay at Lyndsay@funcfit.com