



# Walking Strong Trainer

## Walking Strong Trainer Certification

December 2nd-3rd, 2008

Sante Fe (Pueblo of Pojoaque), New Mexico

Elders and adults pose special challenges for fitness trainers. This workshop gives you the skills to motivate and train this population. Walking Strong develops total fitness using resistance exercises, balance training and functional movements. The workouts are fun and easy to implement. Certification includes course manual, NAFC Shirt and Walking Strong Certificate.

### Registration & Payment

To register for this course, both of the following must be completed:

- send in this form with complete, accurate information &
- include credit card information or a check payable to the:

Institute for Sports, Health and Fitness  
PO Box K, Flagstaff, AZ 86002

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Email \_\_\_\_\_

### Registration Fee

\$395.00 - Early Registration (Paid by November 18, 2008)

\$425.00 - Late Registration (Paid after November 18, 2008)

Payment (We do not accept Purchase Orders)

Visa  MC  Check  Money Order (payable to: Institute for Sports Health and Fitness)

Credit Card # \_\_\_\_\_ 3 Digit Security Code \_\_\_\_\_

Expiration Date \_\_\_\_\_ Total Payment \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Cancellation Policy: To cancel and receive a refund, you must give written notice 2 days prior to the certification date. You will receive your payment refund, minus a \$25.00 processing fee.

Phone 928 774 3048 Fax 928 774 3049

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