



Agenda
Exercise & Aging Specialist Certification
November 16th-19th, 2026 – Lincoln, Nebraska

Day 1

8:00 - 8:15 Check In
8:15 - 8:30 Introduction to the Exercise & Aging Specialist Certification
8:30 - 10:00 The Importance of Helping our Native Elders
10:00 - 10:15 Break
10:15 - 11:00 Physical Effects of Aging on Individuals
11:00 - 12:00 Benefits of Exercise for the Aging
12:00 - 1:00 Lunch
1:00 - 2:45 Resistance Training for Elders
2:45 - 3:00 Break
3:00 - 4:15 Balance Training for Elders
4:15 - 4:30 Questions & Answers

Day 2

8:00 - 8:45 Warmup & Introductions
8:45 - 10:00 Flexibility Training for Elders
10:00 - 10:15 Break
10:15 - 12:00 Falls – Prevention & Rising
12:00 - 2:45 Effectively Training Adults & Elders
2:45 - 3:00 Break
3:00 - 4:15 Introduction to Functional Exercise Training System
4:15 - 4:30 Questions & Answers

Day 3

8:00 - 8:15 Warmup – Tai Chi
8:15 – 10:00 Martial Arts Inspired Movements for Elders
10:00 - 10:15 Break
10:15 - 12:00 Senior Living Community Fitness Program
12:00 - 1:00 Lunch
1:00 - 2:45 Functional Exercise Training System – Upper Body Emphasis
2:45 - 3:00 Break
3:00 - 4:15 Functional Exercise Training System – Lower Body Emphasis
4:15 - 4:30 Questions & Answers

Day 4

8:00 - 8:15 Warmup – Dynamic Elder Movements
8:15 – 10:00 Chair Exercises
10:00 - 10:15 Break
10:15 - 12:00 Elder Walking Program
12:00 - 1:00 Lunch
1:00 - 2:45 Cultural Movements for Elders
2:45 - 3:00 Break
3:00 - 4:15 Connecting & Inspiring with Elders
4:15 - 4:30 Awarding of Certificates

Topic/Times Subject to Change



Travel Information
Exercise & Aging Specialist Certification
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Participants must attend the complete event to receive certification so plan flights & travel accordingly!

Educational Sponsor

The Exercise & Aging Specialist Certification is sponsored by Ponca Health Services!

Training Site

Lincoln Health & Wellness Center
1600 Windhoek Drive, Lincoln, NE
Telephone (531) 248-3030

Hotel

There is no official hotel affiliated with this event. We suggest staying in one of the many hotels in the Haymarket Park area which is about 6 miles from the training site.

Local Airport

Lincoln Airport (LNK) - Lincoln, NE is the local airport.
Car Rentals, Uber, Lyft & Taxi services are available in the area.

Meals on Your Own

Morning refreshments will be provided. Lunch will be on your own with dining options available nearby.

Hands On Learning

NAFC teaches through hands on exercise. The movements are fun and many are non-strenuous. Plan to participate at your own comfort & safety level as approved by your physician. Wear appropriate workout clothing (jacket for outdoors) & gym shoes.

Certificate

Participants must attend the complete event to receive certification. Plan travel times accordingly.