

FOUR-HOUR LIVE WEBINAR

Tuition: \$69

(REGISTRATION FORM)

EXERCISE AS MEDICINE: EFFECTS OF PHYSICAL ACTIVITY ON CHRONIC DISEASE, EMOTIONS, & STRESS

(A NEW 4-HOUR INTERACTIVE LIVE WEBINAR)

Please Check One Option Below:

LIVE WEBINAR:

Wed., Mar. 15, 2023, 12:00 PM – 4:30 PM, (Eastern Time)
or 11:00 AM – 3:30 PM, (Central Time)
or 9:00 AM – 1:30 PM, (Pacific Time)

Thu., Apr. 20, 2023, 12:00 PM – 4:30 PM, (Eastern Time)
or 11:00 AM – 3:30 PM, (Central Time)
or 9:00 AM – 1:30 PM, (Pacific Time)

\$69 – Pre-Registration Rate: Live Webinar with 4 hours of CE credit.

Registrants will need a computer with a good Internet connection and audio speakers (or headphones) to participate in the live Webinar.

Please note special discounts for homestudy purchase are available for students who are registered for webinars. Please email INR at info@biocorp.com for more information.

Name (please print) _____
Home Address _____
City/State _____ Zip _____
Work Phone _____ Home Phone _____
Fax _____
Email _____
Profession _____ License No. _____
Pharmacists only: NABP # _____ Date of Birth mm / dd / yy

Payment by (please check one):

Check for \$ _____ (Please make check payable to INR.)

Charge the amount of \$ _____
to my Visa MasterCard American Express® Discover®

Card # _____ Exp Date _____ CVV _____
(Card Security Code)

Signature _____

There are **four** ways to register:

- 1) **Internet:** www.INRseminars.com
- 2) **Mail:** INR, P.O. Box 5757, Concord, CA 94524-0757
(Make check payable to INR.)
- 3) **Fax:** (925) 687-0860
- 4) **Phone:** 1-800-937-6878

Inquiries for Customer Service: 1-877-246-6336 or (925) 609-2820

Purchase orders are accepted. Tax Identification No. 94-2948967

ACCREDITATION

To obtain the 4 contact hours associated with this course, the health care professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an intermediate-level course.

NURSES (RNs, NPs, & LPNs)

Institute for Natural Resources (INR) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 4 contact hours for nurses, including one Rx contact hour of pharmacology CE. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026-1) and the Iowa Board of Nursing (#288) for 4 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#LT0140-0927) for 4.8 contact hours.

DENTAL PROFESSIONALS

INR is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. INR designates this activity for 4 hours of continuing education credits.

PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-23-013-L04-P. This is a knowledge-based CPE activity.

REGISTERED DIETITIANS & DTRS

INR, under Provider Number IN001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 4 hours worth of continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. CDR is the credentialing agency for the Academy of Nutrition and Dietetics. This course has Activity Number 174513 and Performance Indicators: 8.3.1, 8.3.2, and 8.3.5. CPE Level: II.

PSYCHOLOGISTS

Under CE Broker # 50-3026, INR is an approved provider by the Florida Board of Psychology. The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content. Psychologists must attend the seminar in its entirety and complete the course evaluation in order to receive credit. Under License #PSY000214, the Pennsylvania Board of Psychology has approved INR as a sponsor/provider of CE programs. Under Sponsor #268.000096, the Illinois Dept of Prof Regulation for Psychologist Licensing and Disciplinary Board has approved INR as a CE sponsor. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0042.

MENTAL HEALTH COUNSELORS & ADDICTION COUNSELORS

Under Sponsor #00088989 and Approval #60007967486, CRCC has approved this course for 4 contact hours. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MHC-0089. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical counselors. INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

SOCIAL WORKERS & MARRIAGE & FAMILY THERAPISTS

Institute for Natural Resources, #1356, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Natural Resources maintains responsibility for this course. ACE provider approval period: 02/28/2022–02/28/2025. Social workers completing this course receive 4 clinical continuing education credits. The California Board of Behavioral Sciences will accept courses approved by ASWB. Under Sponsor #159-000260, the Illinois Dept of Prof Regulation has approved INR as a sponsor of continuing social work education. Institute for Natural Resources (INR), SW CPE is recognized by the NY SED State Board for Social Work as an approved provider of continuing education for licensed social workers #0195. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0055. Under Sponsor #168.000243, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for MFTs. Under CE approval #NVCEP2021, the Nevada Board of Examiners for MFT and CPC has approved INR as a sponsor.

OCCUPATIONAL THERAPISTS & OTAS

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.4 AOTA CEUs for this course. The category of this course is Foundational Knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

PHYSICAL THERAPISTS & PTAS

The Florida Physical Therapy Association has approved this course for 4 contact hours (Approval # CE23-986382). Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors. INR is recognized as an approval agency to approve providers offering continuing competency courses by the Physical Therapy Board of California. This course has been approved by the Institute for Natural Resources (INR) for 4 continuing competency units. Under Sponsor #216-000264, the Illinois Dept of Prof Regulation has approved INR as a sponsor for continuing physical therapy education.

CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

NURSING HOME ADMINISTRATORS (Distance Learning)

This program has been submitted for Continuing Education through NAB/NCERS for 4 total participant hours from NAB/NCERS. Please visit <https://www.nabweb.org/continuing-education> and choose "NAB Approved CE Database" for the most current approved courses.

MASSAGE THERAPISTS

Institute for Natural Resources is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a CE Approved Provider.

OTHER HEALTH PROFESSIONALS

Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.



EXERCISE AS MEDICINE



EFFECTS OF PHYSICAL ACTIVITY ON

CHRONIC ILLNESS, EMOTIONS, & STRESS

(A NEW 4-HOUR INTERACTIVE LIVE WEBINAR)

SCHEDULE

Please see the Registration Form for the seminar schedule.

Please register early. Space is limited. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one Webinar to another if space is available. Registrants cancelling up to 72 hours before a Webinar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future Webinar. Cancellation or voucher requests must be made in writing. If a Webinar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled Webinar or a full-value voucher, good for one year, for a future Webinar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees subject to change without notice.

SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live programs yearly.

INR has no ties to any ineligible organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standards, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

INR's address and other contact information follows:

P.O. Box 5757, Concord, CA 94524-0757
Customer service: 1-877-246-6336 or (925) 609-2820
Fax: (925) 687-0860
E-Mail: info@inrseminars.com; website, www.INRseminars.com
Tax Identification Number 94-2948967.

Education expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills. Treas. Reg. Sec. 1.162-5. Recording of the seminar, or any portion, by any means is strictly prohibited. INR's liability to any registrant for any reason shall not exceed the amount of tuition paid by such registrant.

For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to info@inrseminars.com or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation.

EXERCISE AS MEDICINE: EFFECTS OF PHYSICAL ACTIVITY ON CHRONIC ILLNESS, EMOTIONS, & STRESS

Frequently Asked Questions

Q: What do I have to do to complete the live Webinar successfully?

To obtain the 4 contact hours associated with this course, the health professional will need to sign-in (by typing in the chat-box), attend the course online, and complete the program evaluation form and post-test electronically. At the end of the program, after all the evaluation and post-tests are accounted for, the health professional successfully completing the program will receive a statement of credit. This will take approximately 3 to 5 business days. This is an intermediate-level course.

Q: How will I know that my profession qualifies for continuing education credit? Please see the section marked Accreditation. All professions for which INR (Institute for Natural Resources) has approval are listed in the Accreditation section.

Q: What happens if I have technical difficulties watching or hearing a Webinar? You can transfer the tuition paid to another Webinar within two years or request a recording within 3 to 5 days to complete the webinar ASAP for live credit.

Q: My profession is not listed on the brochure. Is it possible to obtain continuing-education credit? Possibly. Please contact INR's customer-service office at 1-877 246-6336 or by email at info@biocorp.com. The customer-service office can tell you if INR has approval for your profession.

COURSE SUMMARY

This webinar, "Exercise as Medicine" will present research-based evidence on the efficacy of physician-promoted exercise intervention—from diagnosis to prescription to follow-up. The ideal exercise recommendation addresses cardiorespiratory fitness, muscular fitness, flexibility, and body composition. This is a multi-disciplinary approach involving the coordination of a team of specialists, including nurses, physical and occupational therapists, dietitians, health coaches, and behavioral support personnel for setting post-prescription goals, measuring progress, and helping patients overcome physical and behavioral exercise barriers to lifestyle modifications. Physical activity and recommended exercise are also of established importance in the treatment of individuals with mental illnesses, such as anxiety and depression, who are at high risk of chronic disease co-morbidities associated with sedentary behavior and medication side effects. This webinar will also present a range of class exercises from simple breathing practices to functional fitness exercises associated with activities of daily living. The information presented in this program will be of vital importance for all licensed health professionals to care for their patients/clients and themselves.

Disclaimer: These live interactive INR presentations provide continuing education for health care and mental health professionals with the understanding that each participant is responsible to utilize the information gained in an appropriate manner congruent with his/her/their scope of licenses.

PROGRAM/LECTURE

First Hour:

Exercise & Chronic Disease: Effects on Diabetes, Heart Disease and More

- **A History of Exercise.** The Medicalization of Physical Fitness: Ancient and Modern Definition.
- **Using Exercise to Prevent Chronic Illness:** Diabetes, Osteoporosis, and Cardiovascular disease.
- **Covid-19 Stress and Physical Activity:** Enhancing Immune Competency and Stabilizing Mood.

Physical Activity and Mental Health: Healthy Body, Healthy Mind

- **Depression and Movement:** Improving Mood with Physical Activity.
- **Calming the Anxious Mind by Being Physically Active:** Endocannabinoids and the "Bliss Molecule."
- **The Exercise Gene:** Born to Rest or to Run? Overcoming Genetics.

(Class Exercises: Concentration Meditation, Body Scan, Progressive Relaxation)

Second Hour:

Exercise as Medicine: A Love-Hate Relationship

- **The Exercise Paradox.** EDD (Exercise Deficit Disorder): The New Normal?
- **Clinical Guidelines for Exercise.** VO₂max: A New Vital Sign for Fitness and Health.
- **Physical Activity, Epigenetics, and Gene Expression:** Changing Outcomes of Sedentary Lifestyles.

(Class Exercises: Clinical Meditation, Grounding the Breath, S.T.O.P.)

Rest, Relaxation, and Stress Control: Physical Activity for Restoration and Resilience

- **Resting Metabolic Rate:** Improving Calorie Consumption while At Rest.
- **Sitting and Lower Back Pain.** Stress, Sleep and Exercise: Finding a Healthy Balance.
- **Meditative Movement:** Going with the Flow.

(Class Exercises: Mindful Meditation, Mindful Walking, Meditative Movement)

Third Hour:

Exercise Rx: What Type and How Much?

- **Walking for Fitness:** The Myth of 10,000 Steps. Stretching for Life.
- **Functional Fitness:** Harnessing the Neuromuscular System. Weight Training at Any Age.
- **Physical Activity Guidelines for Americans:** U.S. Department of Health and Human Services.

(Class Exercises: Breathing for Vigor: Wim Hof Method and the Complete Breath)

PROGRAM (cont.)

Fourth Hour:

Physically-Active Lifestyle: Diet, Exercise, and Longevity:

- **Fueling the Active Body.** Optimal Diet for Performance: Carbohydrates vs. Protein vs. Fat.
- **Increasing Health Span:** Extending and Compressing Morbidity. It's Never Too Late!
- **Staying Active When Feeling Frail:** Gaining Muscle Strength, Improving Balance and Increasing Endurance.
- **Exercise Rx for Healthy Aging:** Move More, Sit Less; Do What You Can When You Can.
- **Don't Stress About Exercise:** Simple Rules to Make it Enjoyable, or at Least Tolerable.

Questions/Answers, Course Quiz Review, & Evaluation

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) discuss how exercise and physical activity can reduce the risk of chronic disease and pain.
- 2) define the clinical guidelines suggested for exercise in the United States.
- 3) explain how physical activity can help improve mental health, cognition, and overall health.
- 4) outline how exercise and physical activity can enhance health span and longevity.
- 5) describe how the information in this course can be utilized across health care disciplines (nursing, pharmacy, dental, dietetic, social work, counseling, psychology, occupational therapy, and physical therapy, etc.) to improve patient care outcomes.

INSTRUCTOR

Mr. Kent Howard (MBSR-certified, Certified Health Coach) is an internationally known writer, educator, and instructor of traditional Asian health maintenance practices including tai chi, qigong, and Taoist yoga. Mr. Howard is the author and presenter of INR webinars, "Exercise as Medicine," "Mindfulness and Stress Reduction," "Mindfulness for Anxiety and Depression," "Meditation and the Brain," and "Crisis De-Escalation." He has received excellent reviews from health professionals for his presentations to over 50,000 participants in the United States.

Mr. Howard lived in Taiwan for twelve years where he researched Chinese traditional medicine, Taoist and Buddhist studies, and a variety of contemplative practices. He directed international education programs at Babson College and Brandeis University and was an instructor and board member at the National College of Oriental Medicine. Mr. Howard is the author of several books and videos and has taught tai chi and mindfulness on a cable network. He also teaches Crisis Intervention Training (CIT) programs and is certified in Nonviolent Self-Defense (NSD).

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.

SYSTEM REQUIREMENTS

For system requirements to participate in INR's live webinars, please visit Zoom's website at <https://support.zoom.us/hc/en-us/articles/201362023-Zoom-system-requirements-Windows-macOS-Linux>.