

## **C.H.E.K. Practitioner**

The CHEK approach to exercise is not a "cookie-cutter" model. We are professionally trained and educated how to assess and effectively administer individualized exercise programs, to all types of clients, using tried-and-tested principles and methodology, based on current research and clinical experience.

A key component of these programs is the integration of many different modalities; mind-body fitness, traditional exercise prescription, soft-tissue therapies, alternative healthcare, orthopedic rehabilitation, and lifestyle coaching just to name a few. We are trained to understand the importance of referring clients out to other professionals who can provide complimentary services to our services in order to achieve success with any clients or patients goals.

The following are summaries of my current training titles and certifications.

### **CHEK Exercise Coach**

Prerequisites: Scientific Core Training Course, Scientific Back Training Course, Program Design Course, Movements that Matter Course, and the How to Eat, Move, and be Healthy Course.

Ability to effectively administer individualized exercise programs for all types of clients. Correct technique is emphasized throughout all programs.

A key component at this level is the integration of mind-body fitness and traditional exercise prescription. The client

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will understand how different types of exercise, from Tai Chi, to cardiovascular conditioning, to weight training, affect both parts of the autonomic nervous system – an often neglected factor that is vital to achieving success within the clients goals.

Using the C.H.E.K Institute's unique system of assessing physiological load, I am trained to determine the amount of physical and emotional stress placed upon the body. Using this, I am able to implement result-producing programs that enhance the client's function and overall well-being. This includes the following;

- Assessing the client's physiological load and writing exercise programs to address low, moderate and high overall loads.
- Assessing functional deficits and imbalances in the core and back musculature.
- Designing personalized exercise programs that balance the autonomic nervous system.
- Understanding how optimizing posture not only improves function, but increases overall wellness.
- Implement a plethora of exercises that enhance function.

In summary, the C.H.E.K. Exercise Coach is certified to administer; corrective exercise, postural analysis, physiological load assessment, exercise selection and modification for common imbalances in the body.

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## **C.H.E.K. Practitioner I**

The C.H.E.K Practitioner Program is ground-breaking. This four-level program is designed to be completed over two to four years as it draws inspiration from several fields of health and fitness such as orthopedics, corrective exercise, massage therapy, chiropractics, alternative therapies, and strength training. The training at this level involves the knowledge necessary to work with clients to achieve optimal results. The C.H.E.K Practitioner Program is oriented directly to develop practical skills by mastering the underlying theories along with the hands-on applications.

Prerequisites: CHEK Exercise Coach, Advanced Program Design Course, Equal, But Not The Same Course, Flatten Your Abs Forever lecture.

C.H.E.K Practitioner Level 1 expands the CHEK Exercise Coach's knowledge of exercise and its scientific, therapeutic, and performance applications. We learn infant development assessment as a means of identifying the physical, emotional and mental etiology of movement inefficiency. The Primal Pattern® system of movement analysis is taught in C.H.E.K Practitioner Level 1 as a seamless progression from infant development. We also learn to identify which Primal Pattern® movements are essential to each individual's work, home, recreational, and/or sporting environment. Using a variety of exercise modalities, the C.H.E.K Practitioner Level 1 is able to customize any exercise to suit each client's ability and skill level. All instruction is based on an integrated holistic model for assessing movement disorder and restoring functional movement. C.H.E.K Practitioner Level 1's learn

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how to identify which systems of the body must be balanced to create well-being as part of a skillfully designed exercise program.

C.H.E.K Practitioner Level 1 training summary:

1. Understand infant movement pattern assessment and the application of infant development exercises as a foundation for Primal Pattern® movements.
2. Learn a holistic, integrated model of Primal Pattern® movement assessment.
3. Design fully customized exercise programs based on a needs analysis for each client.