

## **Anti-Aging Certificate Program:**

### **What is included in the course:**

Continuing Education: 12 hours of continuing education in anti-aging

Textbook: The Ageless Advantage: Your Complete Resource for Living Longer Through Diet and Lifestyle provided in E-Textbook format

Workbook: 70+ page Anti-Aging Workbook containing all forms and instructions to provide an anti-aging program to your patients/clients which includes Nutritional, Stress Management, Exercise recommendations.

Implementation Guide: Step-by-Step Program Outline for a 1+ Year Anti-Aging Program

### **Background on Anti-Aging Programs**

Anti-aging is the newest and most exciting area of health and wellness. This is because the baby boomers, which make up a significant part of the population, are aging and trying to find ways to stay and feel young. Life extension has increased dramatically in the United States since 1900 and will continue to increase. In fact, it is suggested that life expectancy in the mid-twenty-first century will be 85 years. People are and will be living longer and longer. However, people do not want to simply live a long life. They want to have a high quality long life.

Many diseases that people die from are degenerative in nature and not solely from their genetics.

Genetic and heredity factors typically account for only 10% - 33% of a person's physical health status. Therefore, we have significant control over how long we will live.

This course will teach a person the factors and influences associated with aging and what can be done to perhaps slow the aging process. It will also cover strategies to living a longer and healthier life. The course begins with aging statistics and then begins discussing the variables associated with aging. These include exercise, stress and emotions, social relationships and religion, alcohol, smoking, antioxidants and their role in relationship to cancer and heart disease, food quantity and weight control, diet types, habits and patterns, anti-aging foods and beverages such as fruits, vegetables, garlic, fish, grains, nuts, legumes, soy, chocolate, yogurt, water, wine and tea. Nutrient deficiencies and hormones will also be discussed since they also can affect aging.

Once the course is completed you will receive the anti-aging manual and outline. These tools allow you to administer an anti-aging program.

This course may be taken by allied health professions including but not limited to Holistic Nurses, Massage Therapists, Chiropractic Physicians, Athletic Trainers, Chiropractic Assistants, Occupational Therapists/Assistants, and Physical Therapists/Assistants.

**Credit Hours:** 12

**Course Cost:** \$395

**Prerequisites:** There are no prerequisites for this course.

## **Course Educational Objectives:**

1. Explain basic concepts of health
2. Identify the health spectrum
3. Recognize the various facts associated with aging
4. Determine the difference between sickly aging and normal aging
5. Recognize the various theories of aging
6. Recognize the most common theory of aging
7. Determine the risks associated with being sedentary
8. Identify the effect of exercise on the cardiovascular system
9. Describe how exercise affects cholesterol and cancer
10. Examine the various components of an exercise program
11. Identify which exercises are best for health and longevity
12. Recognize the relationship between exercise and antioxidants
13. Recognize basic concepts of stress
14. Establish how stress and other emotions can cause disease and ill health
15. Determine the relationship between nutrition and stress
16. Differentiate the relationship between various stress reducing techniques
17. Identify how social relationships, religion and prayer can affect health and aging
18. Recognize the negative and positive factors from consuming alcohol
19. Recognize how alcohol affects nutrition
20. Identify how smoking affects health
21. Identify the relationship between nutrition and smoking
22. Recognize the relationship between second hand smoke and nutrition
23. Identify various smoking cessation techniques
24. Identify the role of antioxidants and free radicals
25. Examine the relationship between antioxidants and heart disease
26. Determine the relationship between diet, cancer, and the environment
27. Identify various antioxidants that can affect cancer
28. Describe how caloric restriction affects longevity
29. Explore basic concepts of weight control and obesity
30. Recognize how obesity affects overall health and promotes disease
31. Identify various dietary patterns and habits
32. Determine how diet patterns affect health and promote disease
33. Explore the typical American diet pattern
34. Review the vegetarian diet pattern
35. Analyze the Mediterranean diet pattern and its components
36. Identify why fruits and vegetables are anti-aging foods
37. Determine how fruits and vegetables offer health benefits
38. Select what components of fish have positive effects on health
39. Recognize how fish affects cardiovascular disease and cancer
40. Identify how garlic affects health and inhibits disease
41. Demonstrate the role grains have in health and longevity
42. Explain the basics of fiber and how it can affect health and disease
43. Identify how nuts can positively affect health and decrease disease
44. Recognize how legumes and soy can affect heart disease
45. Relate how legumes and soy can affect cancer

46. Recognize the beneficial components of yogurt
47. Identify how yogurt can affect the immune system
48. Define what probiotics are and how they affect health
49. Describe how chocolate can promote health and longevity
50. Explore how tea can positively affect health and decrease disease risk
51. Identify what the beneficial components of wine are
52. Determine the how and when of wine consumption
53. Explain basic concepts of water and signs of dehydration
54. List how water affects disease and promotes health
55. Identify who is susceptible to nutrient deficiencies
56. Determine the relationship between a daily multiple vitamin and health
57. Analyze how growth hormone can promote health and possibly slow aging
58. Explain the risk versus benefit of using testosterone and melatonin
59. Recognize the role of DHEA and DHEA-S on health and longevity
60. Identify the main concepts of an anti-aging strategy

### **Course Layout:**

We use the mastery system of education. At the end of each lessons are interactive quiz questions to ensure you understand key points from each lesson. These quizzes are provided to give you confidence that you have absorbed the information. You must answer all questions correctly before our system will let you proceed to the next lesson. Answer all multiple choice questions and then click on the submit button. The system instantaneously evaluates your answers. If you get all the answers correct, the system lets you proceed to the next lesson. If you answer any of the questions wrong, the system will bring those questions up again to let you re-answer.

### **Anti-aging Certificate Course**

#### **A) Notice of requirements for successful completion**

- The purpose of this program is to provide the holistically oriented nurse and health care provider with the knowledge to understand and discuss the aging process with their patients and implement conservative interventions to enhance the quantity and, most importantly, the quality of life.
- Learning Objectives: Upon completion of this course the participant will be able to:
  - See objectives listed above
- Criteria for earned credit:
  - To earn the approved contact hours of credit the participant must complete the reading of all materials and correctly answer all quiz questions.
  - The participant must complete the course evaluation questionnaire.
  - Courses have a timer that does not allow a participant to proceed through the program in less than the allotted time. Utilizing the Mastery approach to learning, there are quiz questions throughout the course that reinforce the key concepts of the course. Questions must be answered correctly to proceed through the course.

#### **B) Disclosure of Conflicts of interest**

- The planners and presenters report no conflict of interest and agree to present the material of this course without bias or promotion

#### **C) Any sponsorship or commercial support**

- This program has not received financial support from any commercial interest.

**D) Non-endorsement (for Holistic Nurses)**

- *Approval for contact hours through the AHNA is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific product or modality in the care of clients.*

**E) Expiration Date for awarding Contact Hours (for Holistic Nurses)**

- *This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's COA. Approval to award contact hours expire 01/03/2018*