



SCW Active Aging Summit Conference July 24th - July 25th, 2021 CEC Form

*Please print this form, circle applicable sessions, and save for your records. You do not need to send this form to SCW Fitness since there is record of your participation.

**If you renew an SCW Certification, you also do not need to send this form to SCW Fitness.

Please renew your SCW Certification by going to the following website: www.scwfit.com/certification-renewal.

***To renew your SCW Certification, you need 20 Continuing Education Credits every 2 years: www.scwfit.com/certifications-faqs

Total Conference CECs (based upon attendance at all Conference Sessions)

SCW = 15.0

ACE = 0.6

ACSM = 15.0

AEA = 6.0

AFAA = 15.0

NASM = 1.9

SATURDAY, July 24, 2021

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	AA21	CEP217137	NA	11237	10241	316
SA1 9:00am-10:00am CST						
SA1A: Restore Mobility, Reduce Pain in Feet & Hands with Margot McKinnon	1.0	1.0	1.0	0.5	1.0	0.1
SA1B: Strong Body Fountain of Youth with Jeff Howard	1.0	1.0	1.0	0.5	1.0	0.1
SA1C: Woven Cardio Fusion with Donna Thomas	1.0	NA	1.0	0.5	1.0	0.1
SA1D: Life Hacks to Aging Well with Kimberly Miller	1.0	1.0	1.0	1.0	1.0	0.1
SA1E: Functionally Fit & Current with Ann Gilbert	1.0	1.0	1.0	1.0	1.0	0.1
SA1F: Balance for Active Aging with Keli Roberts	1.0	1.0	1.0	1.0	1.0	0.1
SA2 10:15am-11:15am CST						
SA2A: S-T-R-E-T-C-H-ology with Cindy Kozacek	1.0	1.0	1.0	0.5	1.0	0.1
SA2B: Stairmaster: Your Brain on HIIT with Abbie Appel	1.0	1.0	1.0	0.5	1.0	0.1
SA2C: Are You Fall PROOF? with Christine Conti	1.0	1.0	1.0	0.5	1.0	0.1
SA2D: Active Aging in the Next Normal with Sara Kooperman	1.0	1.0	1.0	1.0	1.0	0.1
SA2E: Aquatic Balance Solutions with MaryBeth Dziubinski	1.0	1.0	1.0	1.0	1.0	0.1
SA2F: Back to Business with Giovanni Roselli	1.0	1.0	1.0	1.0	1.0	0.1
SA3 11:30am-12:30pm CST						
SA3A: The Impact of MELT with Sue Hitzmann	1.0	1.0	1.0	0.5	1.0	0.1
SA3B: Eleven Lifts to Combat Sarcopenia with Robert Linkul	1.0	1.0	1.0	0.5	1.0	0.1
SA3C: Namaste Away from Knee Pain with Sara Kooperman	1.0	1.0	1.0	0.5	1.0	0.1
SA3D: Aging is Just a Mindset with Gretchen Gegg	1.0	1.0	1.0	1.0	1.0	0.1
SA3E: Platinum - Silver Tsunami with Manuel Velazquez	1.0	1.0	1.0	1.0	1.0	0.1
SA3F: ABC's of Fall Prevention with Cindy Kozacek	1.0	1.0	1.0	1.0	1.0	0.1
SA4 1:00pm-2:00pm CST						
SA4A: Standing Exercises for Strength & Agility with Margot McKinnon	1.0	1.0	1.0	0.5	1.0	0.1
SA4B: Stairmaster: We Put the "Boom" in Boomer with Abbie Appel	1.0	1.0	1.0	0.5	1.0	0.1
SA4C: Fall Prevention: Lateral Strength, the Missing Component with Jeff Howard	1.0	1.0	1.0	0.5	1.0	0.1
SA4D: Active Aging Nutrition: Your Scope with Tricia Silverman	1.0	1.0	1.0	1.0	1.0	0.1
SA4E: Aqua HIIT & Run! with Manuel Velazquez	1.0	1.0	1.0	1.0	1.0	0.1
SA4F: Boot Camp for Boomers with Connie Warasila	1.0	1.0	1.0	1.0	1.0	0.1
SA5 2:15pm-3:15pm CST						
SA5A: Forever Pilates with Abbie Appel	1.0	1.0	1.0	0.5	1.0	0.1
SA5B: Nautilus: Functional Strength at Any Age with Pete McCall	1.0	1.0	1.0	0.5	1.0	0.1
SA5C: Falls Prevention Indoor Cycling with Andrea Austin & Robert Leadley	1.0	1.0	1.0	0.5	1.0	0.1



SA5D: FUNctional Chair-Based Dance Fitness with Alexis Perkins	1.0	NA	1.0	0.5	1.0	0.1
SA5E: Playful Patterns with Ann Gilbert	1.0	1.0	1.0	1.0	1.0	0.1
SA5F: Seven Exercises to Overcome Injury with Robert Linkul	1.0	1.0	1.0	1.0	1.0	0.1
SA6 3:30pm-4:30pm CST						
SA6A: Balance Does Not Stand Alone with Pat VanGalen	1.0	1.0	1.0	0.5	1.0	0.1
SA6B: Active Agers from the Ground Up! with Manuel Velazquez	1.0	1.0	1.0	0.5	1.0	0.1
SA6C: S.E.A.T. -Supported Exercise for Ageless Training with Ann Gilbert	1.0	1.0	1.0	0.5	1.0	0.1
SA6D: The Wheel of Well-Being with Kimberly Spreen-Glick	1.0	1.0	1.0	0.5	1.0	0.1
SA6E: Aqua Running & Conditioning with Billie Wartenberg	1.0	1.0	1.0	1.0	1.0	0.1
SA6F: Get Upright for an Upgraded Core with Jeff Howard	1.0	1.0	1.0	1.0	1.0	0.1

SUNDAY, March 21, 2021

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	AA21	CEP217137	NA	11237	10241	316
SU1 9:00am-10:00am CST						
SU1A: Older Adults - The Happy Medium with Billie Wartenberg	1.0	1.0	1.0	0.5	1.0	0.1
SU1B: G.R.I.T. with Ann Gilbert	1.0	1.0	1.0	0.5	1.0	0.1
SU1C: Schwinn®: Rock Steady Recovery Rides with Robert Sherman	1.0	1.0	1.0	0.5	1.0	0.1
SU1D: Nutrition Boosters & Busters for Longevity with Tricia Silverman	1.0	1.0	1.0	1.0	1.0	0.1
SU1E: Step On to Step Up Active Aging Programming with Jeff Howard	1.0	1.0	1.0	1.0	1.0	0.1
SU1F: Stay Grounded with Giovanni Roselli	1.0	1.0	1.0	1.0	1.0	0.1
SU2 10:15am-11:15am CST						
SU2A: Core for Boomers with Billie Wartenberg	1.0	1.0	1.0	0.5	1.0	0.1
SU2B: The Ultimate Active Aging Cycling Methodology with Andrea Austin & Robert Leadley	1.0	1.0	1.0	0.5	1.0	0.1
SU2C: Seated Asanas with Jeff Howard	1.0	1.0	1.0	0.5	1.0	0.1
SU2D: Kettlebell Training for Older Adults with Robert Linkul	1.0	1.0	1.0	1.0	1.0	0.1
SU2E: Rapid Resistance with Cheri Kulp	1.0	1.0	1.0	1.0	1.0	0.1
SU2F: Strength Training for Longevity & Vitality with Sara Kooperman	1.0	1.0	1.0	1.0	1.0	0.1
SU3 11:30am-12:30pm CST						
SU3A: Why Fascia Matters Beyond Muscles with Sue Hitzmann	1.0	1.0	1.0	0.5	1.0	0.1
SU3B: Schwinn®: Never Too Late for HIIT with Robert Sherman	1.0	1.0	1.0	0.5	1.0	0.1
SU3C: Embodied Strength, Balance & Fall Prevention with Margot McKinnon	1.0	1.0	1.0	0.5	1.0	0.1
SU3D: Effective Equipment for Active Agers with Kooperman, Gilbert, Howard, Perkins & Cone	1.0	1.0	1.0	1.0	1.0	0.1
SU3E: Tidal Toning with Cheri Kulp	1.0	1.0	1.0	1.0	1.0	0.1
SU3F: Interval Training for the Active Ager with Ann Gilbert	1.0	1.0	1.0	1.0	1.0	0.1
SA4 1:00pm-2:00pm CST						
SU4A: Recovery Techniques for Active Aging with Amber Toole	1.0	1.0	1.0	0.5	1.0	0.1
SU4B: Nautilus: Does Size Really Matter? with Pete McCall	1.0	1.0	1.0	0.5	1.0	0.1
SU4C: Sitting Pretty Strong with Ann Gilbert	1.0	1.0	1.0	0.5	1.0	0.1
SU4D: Sustaining Joint Health with Kimberly Miller	1.0	1.0	1.0	1.0	1.0	0.1
SU4E: One on One Aquatic Training with MaryBeth Dziubinski	1.0	1.0	1.0	1.0	1.0	0.1
SU4F: Functionally Fit After Fifty with Maureen Hagan	1.0	1.0	1.0	1.0	1.0	0.1
SU5 2:15pm-3:15pm CST						
SU5A: No Equipment, No Problem! with Jeff Howard	1.0	1.0	1.0	0.5	1.0	0.1
SU5B: T'ai Chi + Weights = Iron Fusion with David-Dorian Ross	1.0	1.0	1.0	0.5	1.0	0.1
SU5C: Let's FACE It Together: Chronic Pain Relief with Christine Conti	1.0	1.0	1.0	0.5	1.0	0.1



SU5D: Grow Your Active Aging Clientele with Kooperman, Linkul, Gilbert, VanGalen, Perkins	1.0	1.0	1.0	0.5	1.0	0.1
SU5E: Aqua Ease with Manuel Velazquez	1.0	1.0	1.0	0.5	1.0	0.1
SU5F: Smart Strength for the Ageless Female with Keli Roberts	1.0	1.0	1.0	0.5	1.0	0.1
SU6 3:30pm-4:30pm CST						
SU6A: Lower Body: Flexibility & Function with Andrea Metcalf	1.0	1.0	1.0	0.5	1.0	0.1
SU6B: Fight Frailty with a Vengeance with Pat VanGalen	1.0	1.0	1.0	0.5	1.0	0.1
SU6C: Gentle Yoga for Mobility with Manuel Velazquez	1.0	1.0	1.0	0.5	1.0	0.1
SU6D: Training the Over 50 Woman with Amber Toole	1.0	1.0	1.0	1.0	1.0	0.1
SU6E: Aqua Core Senior Style with Cheri Kulp	1.0	1.0	1.0	1.0	1.0	0.1
SU6F: Moving with Purpose: Balance Strategies with Sharlyn Green	1.0	1.0	1.0	1.0	1.0	0.1

SAMPLE



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FRIDAY, July 23, 2021

Certification	Presenter	SCW		ACE		ACSM		AEA		AFAA		NASM	
		CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #
SCW Active Aging Certification	Gilbert	8.0		0.7		8.0		4.0		7.0		0.7	
SCW Active Aging Nutrition Certification	Silverman	4.0		0.4		4.0		4.0		4.0		0.4	
SCW Aquatic Exercise Certification	Howard	8.0		0.7		8.0		9.0		8.0		0.8	
SCW T'ai Chi Certification	Velazquez	8.0		0.7		8.0		7.0		8.0		0.8	
The Sarcopenia Solution: Power Training for the Older Adult	Linkul	3.0		NA		3.0		NA		NA		NA	

If you require any assistance securing CECs/CEUs from other organizations, please reach out to certs@scwfit.com. We are here to help!

First Name: _____

Last Name: _____

Email Address: _____