

Registration Form

TO REGISTER:

1. Online: www.ceinternational.com
2. Toll-free: 800-577-5703
3. Mail/Fax Completed form below to:
PO Box 210393, Bedford, TX 76095 Fax: 817-354-1258

Live On-Site Workshop & Online Dates:

- Rockford, IL, Tue., Mar. 30, 2010
- Oak Lawn, IL, Wed., Mar. 31, 2010
- 6-wk Live Online starting February 8, 2010
- 6-wk Live Online starting April 6, 2010
- Home study Weight Management Bootcamp

Live online seminars (6 LIVE credit hrs each):

More Dates Online & New Courses Added Regularly

- Brain Food: 3-23-10
 Bone & Joint: 2-16-10
 Children's Health: 3-3-10
 Diabetes: 4-14-10
 Hormones & Health: 2-26-10
 Integrative Medical Approach to GI Disorders: 2-10-10
 Science of Appetite: 4-9-10
 The Autoimmune Epidemic: 2-2-10
 Toxic Foods: 3-30-10

*Topics, dates & times for 1, 2 and 3 hour live online courses are online

- ON-DEMAND SEMINARS: SEE WEBSITE**
- ADDITIONAL HOME STUDY COURSES: SEE WEBSITE**

Name (Please Print) _____ Profession (RN, Pharm., PT, OT, RD, etc.) _____

Address _____ City/State/Zip Code _____

E-mail Address _____ Daytime Phone _____

Select Method of Payment:

- Check (payable to CE International) Visa Mastercard
\$199 Live On-Site Workshop (\$219 Same Day Door Registration)
\$199 Live Online 6-week program
\$189 Home study course of the same program (book & CD)
\$74 Live Online Seminar per person (6 hour courses listed above)

MEMBERSHIP OPTIONS: (CAN ALSO REGISTER ONLINE)

- Membership 1: \$99 Membership 2: \$129
- Membership 3: \$159

Card Number _____ CVV _____

Exp. Date _____ Cardholder Signature _____
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Sign-up online for a FREE
on-demand seminar

P.O. Box 210393
Bedford, TX 76095-7393
1-800-577-5703
e-mail: info@ceinternational.com
www.ceinternational.com



Weight Loss/Weight Management BootCamp

On-Site seminars, Online Education & Home Study courses

www.ceinternational.com
800-577-5703

Course Objectives for BootCamp

1. Design a weight loss/weight management program to improve health and reduce the risk of disease.
2. Design an exercise program to promote cardiovascular fitness, improve balance for fall reduction and to improve strength and flexibility.
3. Discuss dietary recommendations for high risk patients - e.g. diabetes, cardiovascular disease, etc.
4. Review benefit and safety of dietary supplements and weight loss products.
5. Implement a successful weight loss/weight management program for patients.

**The Ultimate
- 1-Day -
Weight Loss/
Weight Management
BootCamp**

This comprehensive program provides the knowledge, tools and motivational skills that work for long term success

Who Should Attend (10 Credits):

- Nursing Professionals
- Pharmacists
- Dietetic Professionals
- Physical Therapy Practitioners
- Occupational Therapy Practitioners
- Athletic Trainers
- Medical professionals & Patients

Workshop Locations and Dates:

ROCKFORD, IL: Tue., Mar. 30, 2010 • BW Clock Tower Resort • 7801 East State St
OAK LAWN, IL: Wed., Mar. 31, 2010 • Oak Lawn Hilton • 9333 S Cicero Ave
LIVE ONLINE 6-WEEK COURSES: Start dates: Feb. 8th @ 8:00 AM & April 6th @ 7:30 PM
HOME STUDY: This course is available as a complete home study program

Unlimited Free CE Memberships Now Available

www.ceinternational.com

Three Ways to Take This Course:

OPTION 1: Live On-Site Workshop

Traditional Classroom-Based Educational Workshop - Includes Lecture & Labs.

- Seminar dates and locations are on front cover & registration form. This course offers 10 CE credit (7 live CE credits, 3 home study CE credits - the home study course is Nutrition for Life).
- Course times: 8:00 AM - 4:00 PM (Lunch:12:00 PM - 12:50 PM).

OPTION 2: Live Online Program (Webinar-Format)

Convenient LIVE Credit Hours - 7 live credit hours and 3 home study credit hours

- Two online course options:
- Monday mornings 8:00 - 9:00 AM CST beginning February 8, 2010 for 6 weeks ending March 15, 2010. Question/answer session after each lecture.
- Tuesday Evenings 7:30 - 8:30 PM CST beginning April 6, 2010 for 6 weeks ending May 11, 2010. Question/answer session after each lecture.
- You watch the presentation online and hear the lecture either through your computer or via a phone line, and ask the speaker questions just as if you were in the same room. Works on PC and Mac.
- Automated online evaluations and certificate generation upon completion for each week (1-1.5 hr live credit per week - total 10 credit live hours - the 90 minute options are available weeks 1 & 5).
- CE members receive a \$20 discount on this course - this special program is not part of the memberships.

OPTION 3: Home Study Program (CD & Manual)

Convenient home study version of the same course. Course comes with the manual with all lectures on a CD.

What is Included With This Program:

- The comprehensive course manual that includes all the information and worksheets needed for a successful weight loss/weight management program. Provided on-site at workshop or mailed for online participants prior to the start of the program. 10 CE credit hours.
- Over 10 weeks of printed menus at various calorie levels with recipes.
- A grocery store guide.
- A holiday eating guide.
- A dietary supplement guide.
- Getting started exercise plans with detailed exercises for a home strength training program - theraband included.

New! Unlimited CE Memberships - CE Credits Free

Membership 1 - Unlimited Home Study/On-Demand: \$99/yr (CE credit free)

- Unlimited access to all On-Demand seminars for one year (1, 2, 3 & 6-hour courses available).
- Unlimited access to all online course books (pdf format) for one year (works on PC and Mac).
- Over 14 courses currently available (new ones added monthly).
- A \$20 discount on all live on-site seminars & online - home study weight management bootcamp.

Membership 2 - Unlimited Live Online Seminars: \$129/yr (CE credit free)

- Unlimited access to all Live Online seminars (live CE credit) for one year (works on PC and Mac).
- Over 25 live online seminars currently available (new ones added monthly).
- Offering 6-hour, 3-hour, 2-hour and 1-hour live online courses. Evening/weekend classes available.
- A \$20 discount on all live on-site seminars & online - home study weight management bootcamp.

Membership 3 - Complete CE Package (includes membership 1 & 2): \$159/yr (CE credit free)

- Unlimited access to all On-Demand seminars and online course books in pdf format (membership 1).
- Unlimited access to all Live Online seminars - live credit (membership 2).
- A \$20 discount on all live on-site seminars & online - home study weight management bootcamp.

Go Online www.ceinternational.com for more information

Weight Loss/Weight Management Course Agenda

7:45 a.m.–8:00 a.m. REGISTRATION

8:00 a.m.–4:00 p.m. The course begins at 8:00 a.m. and adjourns at 4:00 p.m. Lunch (on own) is from 12:00 p.m.–12:50 p.m. Certificates are distributed upon course completion (full attendance required & ALL participants must complete a course evaluation).

Section 1: Acquiring the tools to begin a successful weight loss/weight management program.

Topics to be discussed include:

- Carbohydrates – what are "good" carbs and "bad" carbs.
- Dietary fiber – tools for increasing the fiber in the diet to aid in appetite control.
- Dietary fats – understanding the different types of fats and learning how to get more omega-3 fatty acids in the diet.
- Protein – determining the right amount to have in your diet and the best sources for optimal health.
- How calories work for weight loss and how to begin to modify the diet to see weight loss.
- A review of current diet options and the science behind them.
- Section 1 Lab

Section 2: Navigating your way through the grocery store

Topics to be discussed include:

- Reading a nutrition label: Understanding what the Nutrition Facts Panel really means.
- Key ingredients to watch out for and how they can impact your health.
- An isle by isle guide of what to look for in a grocery store. Learn which are the best foods to buy and what are the less expensive choices.
- Section 2 Lab

Section 3: Planning meals & Dining out

Topics to be discussed include:

- Success comes when we know how to make smart food choices. Learn how to plan healthy meals that do not take lots of time or numerous ingredients.
- Learn how to modify any recipe to make it healthier and/or more cost effective.
- How to eat out at any restaurant and still eat healthy.
- Section 3 Lab

Section 4: Designing an exercise plan that meets your lifestyle

Topics to be discussed include:

- Setting up an aerobic exercise program that meets your fitness goals.
- How to design your own strength training program. Sample programs will be provided.
- Designing a home based exercise program. Sample programs will be provided.
- Section 4 Lab

Section 5: Nutritional needs for the diabetic patient, cardiovascular patient and weight loss goals for the overweight/obese child

Topics to be discussed include:

- Nutritional recommendations for managing glucose and insulin levels. Sample menu ideas will be provided.
- Nutritional recommendations for the cardiovascular patient. Sample menu ideas will be provided.
- Nutritional goals for overweight/obese children. Guidelines for weight loss/weight management for children will be provided.
- Section 5 Lab

Section 6: How to enjoy the holidays without gaining weight & a look at the dietary supplement industry

Topics to be discussed include:

- The holiday eating guide - tools for enjoying the holidays without gaining weight.
- Holiday recipe ideas and modifications.
- Weight loss products - how they work and are they effective? A detailed guide to the supplement industry is provided.
- Section 6 Lab

Sign-up online for a FREE on-demand seminar

Early registration is recommended due to limited capacity of seating. Registration cancellation requests are accepted up to seven days prior to the seminar date, and a \$20 nonrefundable cancellation fee will be charged per person. If a seminar cannot be held due to reasons beyond CE International's control (weather, etc.), refunds will not be granted; however, the seminar will be rescheduled. Parking is not included in registration fee.

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Credit Designation for BootCamp

Nursing Professionals (10 Credit Hours - 7 live, 3 home study)

Nursing Professionals in IL and other states receive 10 contact hours for this course.

CE International is an approved provider by the Alabama State Nurses Association, which is accredited as an approver of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Provider # 5-132.



Pharmacists (10 Credit Hours - 7 live, 3 home study)

This course is cosponsored by MED2000, Inc. who is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmaceutical education. ACPE # 826-999-09-041-L01-P & 826-999-09-041-L01-T. Signing out is required at the conclusion of the seminar for a certificate. (IRD: 10-1-09). Knowledge based activity. Nutrition for Life home study ACPE #826-999-09-056-L01-P & 826-999-09-056-L01-T, 11-1-09.




Registered Dietitians & DTRs (10 Credit Hours - 7 live, 3 home study)

This course is cosponsored by MED2000, Inc. who is a Continuing Professional Education (CPE) Accredited Provider (ME001) with the Commission on Dietetic Registration (CDR). CPE level I and II

Physical Therapy Professionals (10 Credit Hours - 7 live, 3 home study)

The course is cosponsored by MED2000 who is an approved provider in IL.

Occupational Therapy Professionals (1.0 AOTA CEUs - 10 Credit Hours - 7 live, 3 home study - Category 1)

This course is co-sponsored by  MED2000, Inc. who is an approved provider by the American Occupational Therapy Association. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



Certified Athletic Trainers- #P2662 (7 Credit Hours)

This course is cosponsored by MED2000, Inc. who is recognized by the NATA Board of Certification, Inc. to offer continuing education for certified athletic

BootCamp Seminar Faculty

Dr. Heather Brady, PhD, RD (OH) received her doctoral degree in Nutritional Epidemiology and is a faculty member at the University of Colorado. She has a Master of Science degree in Kinesiology from Kansas State University and Bachelor of Science degrees in both Nutrition and Biology.

Heather is a nutrition consultant in Denver and has years of experience in clinical nutrition and patient counseling, with a concentrated focus on weight loss, cardiac rehab, and oncology. Her research interests include nutrition and physical activity as they pertain to chronic disease prevention.