

THE C.H.E.K INSTITUTE'S

CHEK

Exercise Coach

P R O G R A M

*The State
of the Art
Corrective
Exercise
Program*



www.chekinstitute.com.au

CHEK EXERCISE COACH

What is a CHEK Exercise Coach?



A CHEK Exercise Coach possesses the skills and knowledge to design and implement personalized exercise programs that incorporate traditional exercises with mind-body exercises. A key component that defines a CHEK Exercise Coach is the series of assessments used to identify core and autonomic nervous system dysfunctions. The CHEK Exercise Coach Program will help you accurately assess even the most complex client and lead you towards designing a scientifically sound program and achieving exceptional results.

CHEK Exercise Coaches stress excellent exercise technique and know that to produce the desired result, exercises must be performed correctly. They understand how energy-balancing exercises reduce total body stress and know when to use these types of exercises with different clients.

What Makes This Program Different?

"I took the plunge and invested in the Exercise Coach [program] and together with [How to] Eat, Move & be Healthy! it is the best investment I think I have ever made."

-Mark Bailey - New Jersey, USA

5-day intensive course If you are truly interested in becoming a results-achieving exercise professional, then attend the CHEK Exercise Coach course. You will benefit from five intense days of lectures and practical training.

Individualized attention There is a maximum of 16 people per instructor in each course. This ensures you receive plenty of personal attention and interaction with the CHEK Faculty.

Train with the best in the world The CHEK Faculty have been hand-picked and trained to the highest standards. You will be learning from highly experienced, successful exercise specialists, among the best in their fields.

Applied knowledge is power The traditional quote says "Knowledge is power." At the C.H.E.K Institute our philosophy is that if you cannot apply knowledge, it is virtually useless. This course is packed with hands-on tools and techniques that you can use with your clients immediately.



This highly practical five day course will give you the skills to become a superior exercise professional. After attending the CHEK Exercise Coach Program, you will be able to effectively administer individualized exercise programs for all types of clients. Correct technique is emphasised throughout the course, with plenty of hands-on assistance from the CHEK Faculty.

A key component of this course is the integration of mind-body fitness and traditional exercise prescription. You 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 with your clients.

Using the C.H.E.K Institute's unique system of assessing physiological load, developed by Paul Chek, you can determine the amount of physical and emotional stress placed upon the body. Using this system you will be able to implement results-producing programs that enhance your client's function and overall well-being. At the conclusion of this course, you will be able to:

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

"How can I sum up how the programs and staff at the C.H.E.K Institute have helped me? My rates have increased (doubled), my services are in great demand, and ultimately I'm able to significantly improve the quality of life of my clients. There is no doubt that the knowledge attainable through the C.H.E.K Institute will make any motivated practitioner a success in their career."

Chris Weigel - Texas, USA

When you complete the CHEK Exercise Coach program and pass the exam, you may reap the following benefits:



Be one of the top professionals in the exercise field

In today's rapidly changing world, the people who stay ahead are those who are continually learning and expanding their skills. When you are a CHEK Exercise Coach, you will be able to advance ahead of your co-workers and competitors simply because of the results your clients achieve.

Achieve financial security

Many C.H.E.K Institute-Trained Professionals (CHEK ITPs) have successfully increased their fees 100% - 300% and are working with as many clients as they can handle! Wouldn't you like to work less and earn more?

Gain advanced skills that make a meaningful difference in the lives of your clients

You will be able to design effective exercise programs for people who have previously had little success in using exercise to reach their goals. You will know what kinds of exercise will produce the results they are seeking and help them implement balanced exercise into their lives. Success comes through helping others.

The opportunity to be your own boss

Perhaps you have dreams of starting your own business or moving out of the traditional gym setting. Students often open their own business or studio after attending a C.H.E.K Institute Training Program.

Website Registry Listing

All CHEK ITPs in good standing with the C.H.E.K Institute may choose to be listed online in the searchable database at the C.H.E.K Institute's online community website at www.CHEKconnect.com. This is a free marketing resource! Potential clients in your area can find your contact details and read your bio. We refer everyone who calls the Institute seeking a CHEK ITP to the database.

Monthly Q&A Coaching Calls for C.H.E.K Institute-Trained Professionals

Each month we hold an open question and answer call with a CHEK Faculty member, exclusively for those who have attended one or more of the C.H.E.K Institute's Advanced Training Programs. An invaluable way to pick the brains of our top professionals and get your questions answered.

Monthly Webinars with CHEK Faculty and Guest Experts

CHEK ITPs may attend our monthly webinars, packed with great information, free of charge.

PREREQUISITES

The **CHEK Exercise Coach** program is open to all, including those new to the fitness profession. We do recommend that you have a working knowledge of anatomy, physiology and exercise. A list of preparatory resources is available from the Institute.

Prerequisite Courses

Three C.H.E.K Institute courses and two books provide the framework upon which the CHEK Exercise Coach Program is built. It is essential that you have completed these at least 30 days before the start of the course by attending a live seminar or taking a correspondence course and passing the exam. These courses are:



Scientific Core Conditioning (AUS \$375 DVDs or US \$240 online)

The most comprehensive program on conditioning the abdominal musculature.



Scientific Back Training 2nd ed. (AUS \$375 DVDs or US \$240 online)

An essential tool to maintain a healthy back and reduce the risk of back injury both in and out of the gym.



Program Design 2nd ed. (AUS \$205 DVDs or US \$130 online)

Move far beyond the “one-program-fits-all” approach and develop an in-depth understanding of how to use the science of selecting acute exercise variables to create effective programs for all your clients.

CHEK Exercise Coach Prereq Package AUS \$836 DVDs or US \$537.50 online
(*Movement That Matters* and *How to Eat, Move and Be Healthy!* are not included)

Save
up to
\$119!

Note: The correspondence courses can be completed online via the C.H.E.K Institute e-learning platform, or using DVDs and a print manual. In either option, a test must be passed in order to receive a certificate of completion and any CECs or CEUs. Seminar attendees must complete the test online in order to use the seminar as a pre-req. For full details on the prerequisites and the options for completing the correspondence courses, visit www.chekinstitute.com.au

Required Pre-Course Reading



Movement that Matters by Paul Chek (AUS \$25.85)

Movement that Matters provides trainers and fitness enthusiasts with the tools needed to create functional training programs. Understand the body's five different reflexes and the six defining characteristics that determine if an exercise is truly functional.



How to Eat, Move and Be Healthy! by Paul Chek (AUS \$33.00)

How to Eat, Move and Be Healthy! serves as the basis of the C.H.E.K Institute's philosophies covering a wide variety of topics such as nutrition, exercise, stress management and healthy lifestyle coaching techniques.

Order online www.chekinstitute.com.au

EXAMINATION PROCEDURE



Practical Portion: The CHEK Faculty will perform a continuous assessment of your practical skills during the course to ensure you have met the required standard.

Written Portion: During the course you will be given Case Histories to complete. You must pass each case history. At the end of the course, you will be given a rigorous written exam that

must be completed within 45 days after the course ends.

Your Investment

CHEK Exercise Coach Program

Regular: \$2620 Early Bird: \$2247*

-Prices include GST.

CHEK Exercise Coach Package

Save when you register for the CHEK Exercise Coach Program and purchase all three prerequisite correspondence courses together.

Regular: \$3280 + S&H Early Bird: \$2907 + S&H*

- Prices include GST.

*Early Bird registrations must be received and paid at least 3 months before the course starts. Programs held in other countries may have different investments.

Payment plans available.

For more information and options, please visit <http://tiny.cc/Ecaustralia>

How to Attend

1. Decide which program date you would like attend. A complete worldwide schedule is available at www.chekinstitute.com/Core
2. Register for the course online at <http://tiny.cc/Ecaustralia> and pay securely by PayPal, credit or debit card. If you prefer to pay by bank check or wire transfer please contact us and we will be happy to help you.
3. Purchase all the prerequisites. We recommend that you give yourself at least 90 days in order to complete the prerequisites and your tests.
4. Complete and turn in all your prerequisite tests at least 30 days prior to the start of the course.

Terms and Conditions of Registration

Visit <http://tiny.cc/Ecaustralia> for complete details of the refund and transfer policies.

PROFESSIONAL DEVELOPMENT REQUIREMENTS

How to Maintain Your Status as a CHEK Exercise Coach?

You will be C.H.E.K Institute-Trained Professional (CHEK ITP) once you complete your CHEK Exercise Coach course and pass the test. To remain recognized by the C.H.E.K Institute and to continue receiving the benefits of a CHEK ITP, students are required to maintain a standard of professional development measured every two years. This 2-year measurement is the C.H.E.K Institute-Trained Professional Renewal Program, which consists of 4 easy steps:

Step 1: Earn Professional Development Credits (PDCs) every two years

Between December 15th of an even year to December 15th of the following even year, (i.e. Dec, 15, 2014 to Dec. 15, 2016), you will need to earn up to 50 PDCs, which can be acquired many different ways, such as attending seminars, writing book reports, completing case histories and so on. The exact number of PDCs depends on when you completed your first course with the C.H.E.K Institute and the number of C.H.E.K Institute programs you have completed.

Step 2: Hold a current CPR certification

All CHEK ITPs must have a current CPR certification.

Step 3: Be covered by current liability insurance

All CHEK ITPs must be covered by professional liability insurance, unless this is not available in your country.

Step 4: Submit the C.H.E.K Institute-Trained Professional Renewal Form

Your renewal can be completed online or by mail. Simply fill out the renewal form, list your PDCs, confirm you have current CPR certification and liability insurance, and pay the renewal fee by the due date. By signing the renewal form you agree to adhere to the C.H.E.K Institute Code of Ethics, Professional Practices and Disciplinary Procedures for CHEK ITPs.

Complete information on the C.H.E.K Institute-trained Professional Renewal Program is sent to you once you pass the CHEK Exercise Coach exam and receive your certificate of completion. For more information, please contact the Education Department at the C.H.E.K Institute.

e-mail: educate@chekinstitute.com or call 1.800.552.8789 (+1.760.477.2620 internationally).

"I have recently [attended] the CHEK Exercise Coach course in the UK. Two weeks later I am reaping in the benefits! Besides the fact that my prices have now raised a considerable amount, I find myself delivering a more comprehensive service to my clients. The knowledge and skills I have learnt from the course have greatly impressed those who I coach and as a result my client base has increased...in just two weeks. I can't wait to see what happens in two months time!!"

James Wild - Surrey, Great Britain

MEET THE CHEK FACULTY

Paul Chek HHP, Founder of C.H.E.K Institute



Paul Chek is a world-renowned expert in the fields of corrective and high-performance exercise kinesiology and is the founder of the Corrective Holistic Exercise Kinesiology Institute, based in California, USA. For over 28 years, Paul's unique, holistic approach to treatment and education has changed the lives of many of his clients, his students and their clients. By treating the body as a whole system and finding the root cause of a problem, Paul has been successful where traditional approaches have consistently failed. He has produced over 60 DVDs, 17 correspondence courses, four advanced-level training programs and six books. Paul is a sought after international presenter and consultant for organizations such as the Chicago Bulls, New Zealand's Auckland Blues, the PGA of Sweden and the UCSD Spine and Joint Conditioning Center.

Leigh Brandon CP4, CHEK HLC3, CHEK Golf Performance Specialist



Leigh has been working in the field of health and fitness since 1996. In 2004, Leigh formed his practice, BodyCHEK, in London where he still works today. He is an author of three fitness books and teaches a number of courses and workshops. Some of Leigh's clients have included British and European champions, record holders and Olympic athletes. Leigh's mission is to help as many people as possible to reach their health and performance potential, "so they can live more productive, fulfilling and happier lives."

Donal Carr CP4, CHEK HLC3, CHEK Golf Performance Specialist



Donal has been working as a personal trainer for over 20 years, and is the Director of Place of CHI in Sydney, Australia, where he helps clients to achieve their goals with a holistic approach to post rehab and sports conditioning. Donal has been presenting internationally for over twelve years and has a consultancy business where he regularly speaks to corporate networks on a wide variety of topics. He also holds qualifications from NSCA, NCEF 2, ITEC and Cert 4 AUS.

Dan Hellman M.S. Physical Therapy, BS Athletic Training, CP4, HLC 3, CHEK Golf Performance Specialist



Dan is a registered physical therapist and owns Dan Hellman Holistic Health in Fort Lauderdale, Florida. Dan's Physical Therapy degree comes from an osteopathic-based college, which included both traditional and manual physical therapy. Before opening his own business he worked in several outpatient physical therapy orthopedic centers specializing in sports medicine and spine rehabilitation. Dan is an avid golfer and works with many golf clients from professionals to amateurs as well as designing individualized health and fitness programs for all types of individuals.

MEET THE CHEK FACULTY

Ashley Mazurek CP4, HLC3, CHEK Golf Performance Specialist



Ashley couples over 18 years in the fitness industry with a wealth of entrepreneurial knowledge gathered through the multiple fitness facilities she has owned. Her roots stem from teaching group fitness, seminars, corporate wellness and competing at a nationally ranked level in Triathlons and Iron-Man competitions. She now concentrates on professional, semi-pro and club-based athletes, and conducts corporate health and fitness seminars.

Suzi Nevell Master C.H.E.K Practitioner



A skilled Physical Therapist, Suzi has worked in the fields of sports and spinal physiotherapy for over 18 years. With a post-graduate diploma in Orthopedic Manual Therapy from New Zealand, she has worked with athletes around the world including X-Games champions and the Orthopedic Surgeon for the US Tennis Association. Suzi currently owns her own practice in Auckland, New Zealand.

Tomi Toles CP4, HLC 3, CHEK Golf Performance Specialist



Tomi is a premiere wellness & fitness coach and sports conditioning specialist in the Five Towns Area of Long Island, NY. With over 18 years experience in the fitness industry in addition to his C.H.E.K Institute training, he is also an Integrative Neuro-somatic Therapist. As a former Tri-State All Natural Bodybuilding Champion (1995-1997), Tomi set off on an educational journey of health and wellness culminating in becoming a member of the CHEK Faculty. He lectures and holds workshops throughout the East Coast.

Matthew Wallden Msc Ost. Med, ND, CP4, HLC 2, CHEK Golf Performance Specialist



Matthew Wallden completed a Master's degree in Osteopathic Medicine and has worked clinically as well as lectured on Osteopathic techniques at four major universities in the UK. He has consulted for various top sport teams and is currently involved in several book publications and sits on the advisory board of the Journal of Bodywork and Movement Therapies. Matthew's work is his passion, he loves to help people to better health through coaching and treating patients, and teaching other practitioners.

Our Money Back Guarantee!

If within 60 days of completing any C.H.E.K Institute Advanced Training Program (provided you apply the knowledge that you learn) you don't find vast improvement in the way that you work with your clients, or if you do not achieve results in the clients with whom you work, we will give you your money back. That's how confident we are in our programs!

OTHER C.H.E.K INSTITUTE PROGRAMS

At the C.H.E.K Institute we offer three additional advanced training programs: C.H.E.K Practitioner Program; CHEK Golf Performance Specialist; and CHEK Holistic Lifestyle Coach Program.

CHEK Holistic Lifestyle Coach



This three-level program is based on the techniques that have helped thousands of people increase vitality, decrease stress and sculpt the body of their dreams. Each level of the HLC Program looks in increasing detail at the underlying causes of disease and stress, considering the body as a “system of systems.” Using a coaching model, you will learn how these causes are preventable through healthy eating habits, lifestyle management and different types of exercise. You will be given tools, such as in-depth questionnaires, to assess your clients and allow you to determine their readiness for change. This program exceeds anything you will learn in any other “wellness course” ... this is Holistic Lifestyle Coaching the CHEK way!

CHEK Golf Performance Specialist



One the most comprehensive courses on golf conditioning, this program was created by Holistic Health Practitioner Paul Chek, author of *The Golf Biomechanic's Manual* and world renowned for his expertise in corrective exercise, high performance conditioning and integrated approach to health and well-being. The CHEK System is designed to address golf-specific conditioning needs and in doing so, improve performance and reduce the risk of injury. Using detailed assessments and personalized programming, the individual issues of each client can be identified and addressed. Consisting of three intensive days of theoretical and hands-on training, the entire program is based on the same techniques used by Paul Chek and the C.H.E.K Faculty with their clients, including some of the top PGA and LPGA players on tour today.

“[The] week was, without doubt, the most enlightening, exhilarating, and empowering time I’ve ever experienced. Words can’t describe how I truly feel... You don’t know how much I appreciate and respect your amazing abilities, passion and professionalism.”

Wayne Daniels - California, USA

C.H.E.K Practitioner Program



The Corrective High-performance Exercise Kinesiology Practitioner Program is designed to produce the finest and most highly trained exercise practitioners and strength and conditioning specialists in the world. Unlike any other program for exercise professionals, the C.H.E.K Practitioner Program is completed in four blocks of intensive modules, taught in a small group forum. Once you complete the CHEK Exercise Coach Program and pass the exam, you will have completed one of the prerequisites for the C.H.E.K Practitioner Level 1.

CHEK Exercise Coach

(prerequisites: Program Design course; Scientific Core Conditioning course; Scientific Back Training course; How to Eat, Move and Be Healthy!; Movement that Matters)



C.H.E.K Practitioner Level 1 (CP1)

(prerequisites: CHEK Exercise Coach; Flatten Your Abs Forever DVD; Advanced Program Design course; Equal, But Not the Same course)



C.H.E.K Practitioner Level 2 (CP2)

(prerequisites: C.H.E.K Practitioner Level 1; Dynamic Medicine Ball Training course; Swiss Ball Training course; Advanced Swiss Ball Training for Rehabilitation course)



C.H.E.K Practitioner Level 3 (CP3)

(prerequisites: C.H.E.K Practitioner Level 2; Scientific Shoulder Training course; 2-10 Case Histories) plus suggested reading materials



C.H.E.K Practitioner Level 4 (CP4)

(prerequisites: C.H.E.K Practitioner Level 3; 2-10 Case Histories) plus suggested reading materials

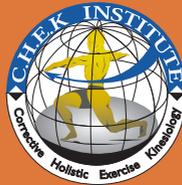


Master C.H.E.K Practitioner

(Exams, thesis, presentation)

The Corrective Holistic Exercise Kinesiology Institute is an elite educational facility based in California. The C.H.E.K Institute specializes in advanced-level education for fitness and health-care professionals.

The company's approach to exercise and wellness stems from the training and clinical experience of the Institute's founder, Paul Chek. His multi disciplinary background is reflected in the philosophy of the C.H.E.K Institute - a person should function at optimal health and performance and be able to meet the demands of their environment, whether sitting in an office or engaged in professional sports. The CHEK approach emphasizes assessments followed by personalized programs to ensure success at all levels.



CHEK Institute Australia Pty Ltd
PO Box 775, Suite CR333,
Cherrybrook, NSW 2126
Australia
Ph: (+61) 1300 599 053
Fax: (+61) 08 8312 6454
info@chekinstitute.com.au
www.chekinstitute.com.au