

Webinar Quiz

February 2021

Postpartum Exercise Programming

<https://attendee.gotowebinar.com/recording/2302200740337768961>

If you ever wondered how you can open this amazing market of clients and do it safely and effectively, then this webinar is for you. Terri Turner is one of our best teachers in Virginia and the US. Join us for this FREE CEC presentation and take your first hard core steps into this topic.

Learning Outcomes: After attending this webinar, participants will be able to:

1. Learn about the roles of a Personal Trainer in the postpartum phase.
2. Learn how to adjust clients' fitness plan during postpartum recovery.
3. Learn how to prevent, identify, and heal Diastasis Recti in clients.

Presenter:

Terri Turner has worked in the fitness industry for over 17 years. She originally obtained her Personal Training certification through W.I.T.S then continued to earn her master's degree in Exercise Science & Health Promotion. She is certified Wellness Coach, Youth Fitness Specialists, and specializes in pre/postnatal fitness. She is a former IFBB professional figure competitor and GNC sponsored athlete.

CEC Quiz:

<https://www.surveymonkey.com/r/JX2SBNY>