

1211 – Healing Exercises with the Nekdoodle®

Beginner / Pool Only

Sanibel, FL / Thursday, June 23, 2020 – 4:30-5:30 pm – 1.0 credit hour

(Pool: 4:30-5:30 pm)

Faculty: Donna Lewen, BA, ATRIC / Terri Mitchell, BA, PTA, ATRIC / Steph Toogood, AS

COURSE DESCRIPTION: This program will take you through an hour of progressions with Nekdoodle® flotation equipment. Progressions for standing, seated, and supine will be shown. Shallow and deep water options will be demonstrated. Balance, core strengthening, and traction options will be utilized.

COURSE OBJECTIVES:

- 1) Observe and participate in the uses of the Nekdoodle® in the pool.
- 2) Experience the product in prone, supine, seated and standing positions.
- 3) Learn sensory, fitness and therapeutic uses for the Nekdoodle®.

FACULTY: Donna Lewen, BA, ATRIC, has dedicated her life to aquatics for more than 25 years, and currently works with aging adults and persons with disabilities. She was an Arthritis Foundation Trainer for over 20 years, a consultant at Ability360, and an AquaStretch™ Facilitator/Trainer. She was the recipient of the 2016 ATRI Aquatic Therapy Professional Award, the 2012 ATRI Tsunami Spirit Award, and the 2013 Arthritis Foundation Regional Public Service Award-University of Pittsburgh Community Service Award. She continues her studies in Energy Medicine, and is a Reiki Master/Trainer. Beyond her active practice, she offers intuitive guidance and wellness coaching.

Terri Mitchell, BA, PTA, ATRIC, has been involved with aquatic fitness since 1982. She is a Training Specialist with the Aquatic Exercise Association, a Licensed Physical Therapist Assistant (PTA) specializing in aquatic therapy, and instructor of a variety of aquatic fitness classes to persons of all ages and abilities. Terri holds certifications from AEA, ATRI, and IAR; and is a Certified Personal Trainer for both land and water. She is co-author of “Applications of PNF Techniques in the Aquatic Setting” manual and co-producer of “PNF in the Pool” video. She is the 2001 recipient of ATRI’s Dolphin Award and the 2010 recipient of the ATRI Professional Award.

Steph Toogood, AS, is the UK AEA training specialist, international educator and presenter of water fitness. She was a Fab After 50 Health Achiever nominee for *Fitness Professionals* Fitness Leader of the Year Award, named as one of the Top 10 Fitness Instructors in the UK by the *Independent on Sunday*, and has received the AEA Global Award for Educational Excellence.