

# Health Matters

A Newsletter from WOMEN'S HEALTH & SUPPORT SERVICES Winter 2008

THERAPEUTIC EXERCISE • NUTRITION COUNSELING • FITNESS TRAINING • WELLNESS COACHING

Hello from Jody...

I am extremely proud to announce my professional achievement of fulfilling the requirements of the American College of Sports Medicine certification of the ACSM Registered Clinical Exercise Physiologist (RCEP). ACSM certification is recognized as the most rigorous and well-respected in the health and fitness industry, with less than 250 professionals around the world achieving the highest level of certification of RCEP. This was a tremendous accomplishment for me, and I thank you for your support and encouragement along the way.

*The Scope of Practice* and *Guidelines for Selecting a Fitness Professional* are both articles written in response to my personal concern for the safety and welfare of consumers working with personal trainers. For consumers and referring physicians, it is critical to "interview" potential trainers to learn their qualifications including education background, credentials and valid certification by an accredited organization. Please read on to learn more.

I would also like to highlight the *Change Your Mind, Change Your Body* program in this issue. The next 12-week session will begin on January 28th. If you are interested, or know someone who would benefit, please pass on this information. It could be life-changing!

Healthy Regards,

Jody

P.S.

I will be a Guest Presenter at **Rancho La Puerta** in Tecate, Mexico from May 24th-May 31st teaching **CHANGE YOUR MIND, CHANGE YOUR BODY** as a 5-day workshop. Visit the website at [RanchoLaPuerta.com](http://RanchoLaPuerta.com). I hope you can join me!

## Registered Clinical Exercise Physiologist (RCEP): Scope of Practice

Having recently met the eligibility requirements and passed the examination for certification as an American College of Sports Medicine RCEP, I thought it would be helpful to share with you the scope of practice. As you may already know, my practice specializes in women's health issues across the age span with a focus on metabolic and cardiovascular health.

The RCEP is an allied health professional who uses exercise and physical activity to assess and treat patients at risk of or with chronic diseases or conditions where exercise has been shown to provide therapeutic and/or functional benefit. Patients for whom RCEP services are appropriate may include, but are not limited to, persons with cardiovascular, pulmonary, metabolic, cancerous, immunologic, inflammatory, orthopedic, musculoskeletal, neuromuscular, gynecological, and obstetrical diseases and conditions. The RCEP provides scientific, evidence-based primary and secondary preventative and rehabilitative exercise and physical activity services to populations

ranging from children to older adults. The RCEP performs exercise screening, exercise testing, exercise prescription, exercise and physical activity counseling, exercise supervision, exercise and health education/promotion, and evaluation of exercise and physical activity outcome measures. The RCEP works individually and as part of an interdisciplinary team in clinical, community and public health settings. The practice and supervision of the RCEP is guided by published professional guidelines, standards, and applicable state and federal regulations. The practice of clinical exercise physiology is restricted to patients who are referred by and are under the care of a licensed physician.

Minimum requirements for eligibility for RCEP include Masters Degree from a college or university in exercise science, movement science, exercise physiology or kinesiology; current certification as a Basic Life Support Provider or CPR for the Professional Rescuer; ACSM Exercise Specialist certification or 600 hours of clinical experience.

## Guidelines for Selecting a Fitness Professional

The Fitness Industry has rapidly developed over the past 15 years – from dance aerobic and group exercise instructors to the advent of the personal fitness trainer. More recently, the introduction of specialty medical fitness centers, mind/body programming and wellness coaching.

It has become increasingly more confusing for consumers to determine which fitness professionals are appropriately credentialed and who will provide the most safe and effective programming. Unfortunately, certifications continue to be easy to come by – anyone seeking to become a Personal Trainer can easily do so by taking an online exam requiring no education background and no preparatory course work.

(continued on back)

# WOMEN'S HEALTH & SUPPORT SERVICES

THERAPEUTIC EXERCISE • NUTRITION COUNSELING • FITNESS TRAINING • WELLNESS COACHING

7810 Heatherton Lane • Potomac, Maryland 20854  
301-299-6586

## Schedule

### One-on-one consultation or fitness training appointments:

Monday	8:30 a.m.-12:30 p.m.
Tuesday	8:30 a.m.-3:00 p.m.
Thursday	8:30 a.m.-3:00 p.m.
Friday	8:30 a.m.-3:00 p.m.

### Women's Stretch Level I - Stretch & Relaxation

(Fridays 10:35-11:25 a.m.)

14 week Winter/Spring session begins on January 4th

### Women's Stretch Level II - Stretch & Strengthen

(Fridays 9:35-10:25 a.m.)

14 week Winter/Spring session begins on January 4th

### Change Your Mind, Change Your Body:

Emotional Wellness and Weight Loss Program

Mondays 6:00-7:30 p.m.

Winter/Spring session begins January 28th  
(12 week session January 28th-April 28th)

To register for a class or schedule an appointment,  
call Jody Miller at 301-299-6586.

CHANGE YOUR MIND,  
CHANGE YOUR BODY,  
Emotional Wellness and Weight Loss

Group now forming for the Winter/Spring 2008 session  
January 28th - April 28th

This is a one-of-a-kind, all encompassing wellness program that helps you get to the bottom of what influences your eating habits, exercise habits and self care. Whether you have a significant amount of weight to lose, just a few pounds to rid once and for all, or simply want to improve your nutrition, this program would be great for you. Join the revolution of women who are breaking the diet cycle, learning to make better choices, and taking better care of themselves!

- What are your "specialty" areas (i.e. Strength and Conditioning, Athletic Training)?
- Do you have experience and are you qualified to work with my special needs?

- Do you have a college degree or advanced degree in exercise science, kinesiology or exercise physiology?
- Do you have a certification(s) as a personal fitness trainer?
- What is the certification and who is the certifying organization? Is the certifying organization accredited by NCCA, CHEA or USDE (see above)?
- Did you take course work for this certification? Online or classroom?

On the contrary, many health and fitness related organizations are making every attempt to improve professional standards in the fitness industry. The International Health, Racquet & Sportsclub Association (IHRSA) recommends that certifying agencies seek third party accreditation for their programs. IHRSA acknowledges the National Commission for Certifying Agencies (NCCA), the Council for Higher Education Accreditation (CHEA) and the U.S. Department of Education (USDE) as accepted choices. It still remains the responsibility of the consumer to stay apprised and scrutinize the qualifications of the person they may hire (even when your doctor makes the referral). The following questions may help during your interview:

(continued)