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CONGRATULATIONS!

Thank you for taking the Functional Aging Specialist Certification course and getting one step closer to positively affecting the lives of many older adults with evidence-based fitness programs. This certification has been twenty years in the making, and we couldn't be more excited to share this information with you.

Since we started FAI in November 2014, our goal has been to provide innovative, evidence-based fitness programming for the growing global aging population. There are well over 100 million older adults in the U.S. alone and that number will continue to climb as the 80 million strong Boomer population continues to age. We believe that the fitness industry has ignored the aging population for far too long, and we want that to change.

It is our responsibility to help mature adults do the things they NEED to do, LIKE to do, and WANT to do easier, better and with less discomfort. To keep working. To travel the world. To work in the garden. To pick up a new sport. To play with their grandkids and watch them grow up. Through the strategies, techniques, and movements that you will learn in this course you will have a better understanding of how to do that.

But this course is only just the beginning. There is no way we can possibly fit everything you need to know into one course. The older adult population is just too diverse and the aging process too complicated. The FAS will lay a solid foundation that you can build on by continuing to learn and grow as a professional.

Sincerely,

FAI Co-Founders

Cody Sipe, PhD and Dan Ritchie, PhD