

Pumped: Building a Better Brain Through Exercise and Movement

A 6-Hour Home Study Program for Health Professionals

Exercise is one of the most effective, non-pharmacologic methods to elevate mood, improve memory, and enhance overall wellbeing. Learn how to develop a personalized program and maintain the exercise habit.

In this new program, you will learn evidence-based strategies to enhance care in medical, dental, and behavioral practices.

Participants completing this program should be able to:

1. Describe how sedentary behaviors contribute to mood disorders and cognitive decline.
2. Describe how key neurotransmitters such as serotonin, norepinephrine and brain opiates are influenced by exercise.
3. Discuss how exercise induces anatomical changes in the brain through brain-derived neurotrophic factor, vascular endothelial growth factor, and other chemical messengers.
4. Identify how different forms of exercise such as cardiovascular training and resistance training affect mood and cognition.
5. Describe the neural circuitry of forming healthy habits and discuss practical tips in establishing and maintaining the exercise habit.

CONTINUING EDUCATION



NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEPI13896, and Florida Board of Nursing. This program provides 6 contact hours.



COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.



Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.



IBP, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.



IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #168.000183, and by TX State Board of Examiners of MFTs, Provider #830. This program provides 6 CE hours.



SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102949. IBP is approved by provider by CCAPP-EI, Provider Number 45-09-128-1217. This program provides 6 CEHs.



PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-014-H04-P and 0492-0000-16-014-H04-T.



DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Membership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This



program provides 6 CE hours.



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OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Areas of Occupation) and Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.



program provides 6 CE hours.



PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited provider by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.



MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of "General" CE Credit by the FL Board of Massage Therapy.



SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAB, # PDP247. This program provides 6 CE hours.



RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEPI13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.



EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University's graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Born to Move

- How Our Brains Evolved Through Movement
- Key Mental and Brain Risks Linked to Inactivity and Sedentary Work
- Obesity and Type 2 Diabetes
- Exercise and Green Therapy

The Molecules of Movement

- How Exercise Affects Neurotransmitters
- Hormones and Exercise
- Exercise and the Stress Response
- Neuroplasticity and Neurogenesis
- Angiogenesis and Vasculogenesis

Cardio or Weights?

- Using Exercise to Reduce Anxiety and Depression
- Exercise Versus Pharmacotherapy
- Cognitive Benefits of Aerobic Exercise
- Cognitive Benefits of Resistance Training
- Moving Mindfully

Establishing the Exercise Habit

- The Neural Circuitry of Healthy Habits
- Exercise and Positive Emotions
- The Exercise Habit
- Exercise and the Neurobiology of Addiction

Just Do It!

- Overview of Exercise Programs
- Injury Prevention
- Program Design
- Developing a Personalized Program

ABOUT THE INSTRUCTOR



Michael E. Lara, M.D., a Psychiatrist, completed his residency at Stanford University and is Board Certified in Neurology and Psychiatry. Dr. Lara is recognized for his use of evidence-based approaches to treat the whole person through lifestyle prescriptions including physical activity and nutrition to reduce anxiety, elevate mood, improve memory and enhance wellbeing.

An outstanding, insightful and inspiring presenter, Dr. Lara speaks frequently at health-related conferences throughout North America. Health professionals commend his masterful presentations for communicating key discoveries and practical strategies with clarity, compassion, and wisdom.

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