

INTERACTIVE WEBCAST MONDAY, DECEMBER 13, 2021

INTERACTIVE WEBCAST

Monday, December 13, 2021, 9 AM – 4 PM (PST)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

ON-DEMAND WEBCAST

Saturday, December 18, 2021 – Tuesday, January 18, 2022

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Saturday, December 18, 2021 through Tuesday, January 18, 2022 to earn home study credit. Release Date: 09/17/21. Planned Expiration Date: 09/17/24.

HOME STUDY RECORDINGS

Valid for CE until September 17, 2024

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 09/17/21. Planned Expiration Date: 09/17/24.

PUMPED: BUILDING A BETTER BRAIN THROUGH EXERCISE AND MOVEMENT

✓ one

Interactive Webcast with CE Credit: Monday, December 13, 2021

On-Demand Webcast with CE Credit: December 18, 2021 – January 18, 2022

Purchase of Recordings with Home Study CE Credit: through September 17, 2024

4 Audio CDs 4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

4 Audio CDs, \$50 4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, Zip _____

Work Phone (____) _____ Home Phone (____) _____

Fax (____) _____ (PLEASE PRINT EMAIL IF AVAILABLE)

Email _____

Profession(s) _____

TUITION

- \$79 Pre-Registration Rate
- \$89 Registration on the Day of the Program

FOUR WAYS TO REGISTER

1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

Type of Credit Card: Visa MasterCard AmEx Discover

Card # _____ Exp Date _____ / _____

Signature _____



NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Institute for Brain Potential is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.

PSYCHOLOGISTS: Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits. Institute for Brain Potential is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 contact hours of CE credit.

COUNSELORS, 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. Institute for Brain Potential is solely responsible for all aspects of the programs. The interactive webcast provides 6 clock hours of live CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

ACE Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #168.000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential 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 6 contact hours (.6 AOTA CEUs). Content Level: Intermediate. 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.

CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CE's. NAADAC Provider #102949, Institute for Brain Potential is responsible for all aspects of its programming.

PHARMACISTS & PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-21-052-L04-P and 0492-0000-21-052-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-21-046-H04-P and 0492-0000-21-046-H04-T. Initial Release Date: 09/17/2021. Planned Expiration Date: 09/17/2024. This program provides 6 hours (6 CEU). This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 6 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry.

Institute for Brain Potential
Nationally Approved PACE Program Provider for
FAGD/MAGD credit.

Approval does not imply acceptance by any
regulatory authority or AGD endorsement.
12/01/18 to 11/30/24
Provider ID# 312413
AGD Subject Code: 557
Release Date: 09/17/21. Expiration Date: 09/17/24

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the New York State Education Department's State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program is pending approval by Texas chapter of the American Physical Therapy Association (APTA). This program provides 6 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as a CE provider by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # PDP247, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the interactive webcast of the program. This program provides 6 CE hours.

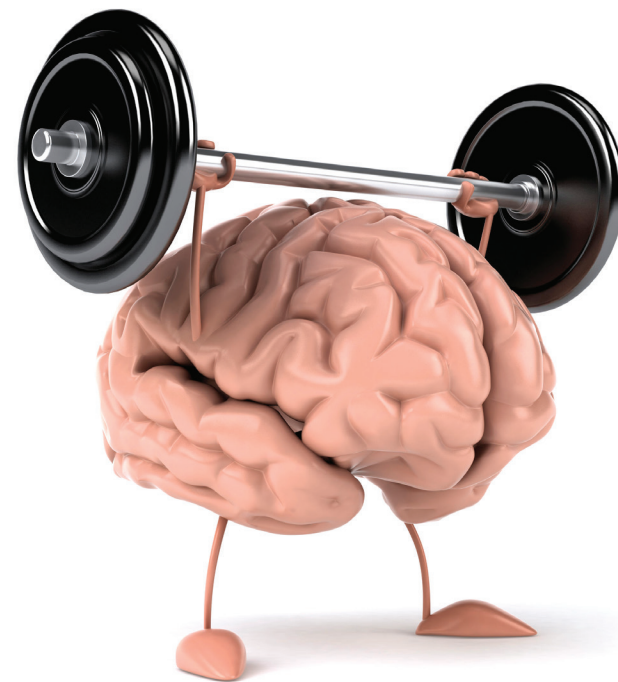
ACUPUNCTURISTS: This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education credit. Please note that live credit is not available for this webcast. Approval Expires: 12/31/2021

DIETITIANS: Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 4040, 4060, and 5370. Activity Number: 107540. CDR-approved credit is available for only the interactive webcast of the program.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Institute for Brain Potential is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the Respiratory Care Board of California.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. 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.

COLLEGE EDUCATED PUBLIC: This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.



PUMPED: BUILDING A BETTER BRAIN THROUGH EXERCISE AND MOVEMENT

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Monday, December 13, 2021, 9 AM, Pacific Standard Time. Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and sign in 30 minutes before the time of the webcast.

On-Demand Webcast Schedule: You may view the program in segments at your convenience from Saturday, December 18, 2021 until Tuesday, January 18, 2022. Registrants who sign up for the interactive webcast may elect to take the on-demand webcast.

Home Study Schedule: You may listen to or view the recorded lecture at your convenience until the expiration date: September 17, 2024.

Confirmation Notices and Certificates of Completion: Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

Transfers and Cancellations: Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at refund@ibpceu.com.

24/7 Customer Service: Call (888) 202-2938 to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: www.ibpceu.com/info/pedi.pdf

Institute for Brain Potential: Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

PUMPED: BUILDING A BETTER BRAIN THROUGH EXERCISE AND MOVEMENT

FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on December 13, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting December 18 until January 18. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

Q: Can I attend this program live?

Yes, but only if you live in a city where IBP is currently presenting this seminar.

Q: My profession is not included on the brochure. Can I receive continuing education credit?

Maybe. Please contact our customer service at (888) 202-2938.

Q: How long does it usually take to receive a certificate of completion?

Typically, within 3 or 4 business days.

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 6-hour 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.*

Born to Move

- **How Our Brains Evolved Through Movement:** role of the frontal lobes, motor cortex and cerebellum in movement and decision-making.
- **Key Mental and Brain Risks Linked to Inactivity and Sedentary Work:** major depressive disorder, generalized anxiety disorder; Alzheimer's Disease and Vascular dementia, the leading causes of cognitive decline.
- **Obesity and Type 2 Diabetes:** inactivity and the onset of obesity, diabetes and other diseases of chronic inflammation.
- **Exercise and Green Therapy:** unique advantages of exercising outdoors; Vitamin D; the role of play, and regulation of circadian rhythms to improve sleep.

The Molecules of Movement

- **How Exercise Affects Neurotransmitters:** serotonin and low-intensity aerobic exercise; norepinephrine and high-intensity resistance training; endogenous opiates, the exercise "high" and yoga therapy.
- **Hormones and Exercise:** how estrogen and testosterone are impacted by cardiovascular training and resistance-training. How steroid hormones impact mood and memory in females and males.
- **Exercise and the Stress Response:** how exercise inoculates the brain against chronic stress and excess cortisol and reduces the risk of stress-related neuronal damage that can impair short-term memory. The hypothalamic-pituitary-adrenal axis and chronic fatigue.
- **Neuroplasticity and Neurogenesis:** how exercise regenerates hippocampal neurons, enhances short-term memory and elevates mood through brain-derived neurotrophic factor (BDNF).
- **Angiogenesis and Vasculogenesis:** how short-term and long-term aerobic exercise improves circulation in the coronary and cerebral arteries; structural changes in cerebellum, hippocampus and prefrontal cortex.

Cardio or Weights?

- **Using Exercise to Reduce Anxiety and Depression:** signs and symptoms of minor dysthymic disorder and major depression, general and focal anxiety disorders: how intense and how often.
- **Exercise Versus Pharmacotherapy:** effectiveness of exercise in treating major depressive disorder, generalized anxiety disorder and panic disorder. How exercise mimics the effect of antidepressant and anti-anxiety medications. Unique benefits of exercise.
- **Cognitive Benefits of Aerobic Exercise:** how endurance training improves mood and increases resiliency; high-intensity interval training and attention-deficit/hyperactivity disorder.
- **Cognitive Benefits of Resistance Training:** how growth hormone affects alertness and motivation. How resistance training improves neuronal metabolism. Benefits for healthy aging.

- **Moving Mindfully:** Tai Chi in treating mood and memory disorders. Hatha Yoga in treating major depression and generalized anxiety. Music and dance therapy in treating Parkinson's disease. Establishing the Exercise Habit
- **The Neural Circuitry of Healthy Habits:** role of the frontal cortex, basal ganglia, and anterior cingulate; dopamine pathways and the nucleus accumbens; ways to make physical activity more rewarding.
- **Exercise and Positive Emotions:** How to improve self-efficacy (personal power), optimism, and resiliency through exercise. Using exercise to cultivate the flow state.
- **The Exercise Habit:** Practical tips for establishing and maintaining the exercise habit: journaling, tracking, self-monitoring and goal-setting.
- **Exercise and the Neurobiology of Addiction:** how GABA, beta-endorphin, and dopamine are influenced by excessive exercise; developing healthy positive addictions.

Just Do It!

- **Overview of Exercise Programs:** demonstrations of exercise and movement routines: Crossfit, Parkour, olympic weightlifting, Tai Chi, and Yoga.
- **Injury prevention:** strategies for avoiding injury and overtraining; keys to exercising restraint.
- **Program Design:** basic principles of how to design a personalized exercise program for your brain. Frequency, duration, periodization and variety.
- **Developing a Personalized Program:** how to select the optimal set of routines, including complementary and socially enriching routines for minding the body and embodying the mind. Learn how taking small, attainable steps can lead to meaningful strides.

ABOUT THE INSTRUCTOR

Angelo Pezzote, PharmD, MA, BCPP, RPh, LMHC, LPCC, LMFT, is a Board Certified Pharmacist, a member of the College of Psychiatric and Neurologic Pharmacists and has an extensive background in the behavioral health sciences. He provides information to health professionals concerning lifestyle interventions including physical activity and medical and medicinal foods.

An outstanding and informative speaker, Dr. Pezzote has appeared on CBS News, Montel, E!, and radio programs. Dr. Pezzote has taught continuing education programs to thousands of health professionals. Participants highly recommend his practical and entertaining programs, unique personalized approach, and special ability to communicate practical discoveries with clarity and warmth.

In addition to Q & A sessions in class, Dr. Pezzote will answer your questions during the second half of the lunch break and by email after the program concludes.