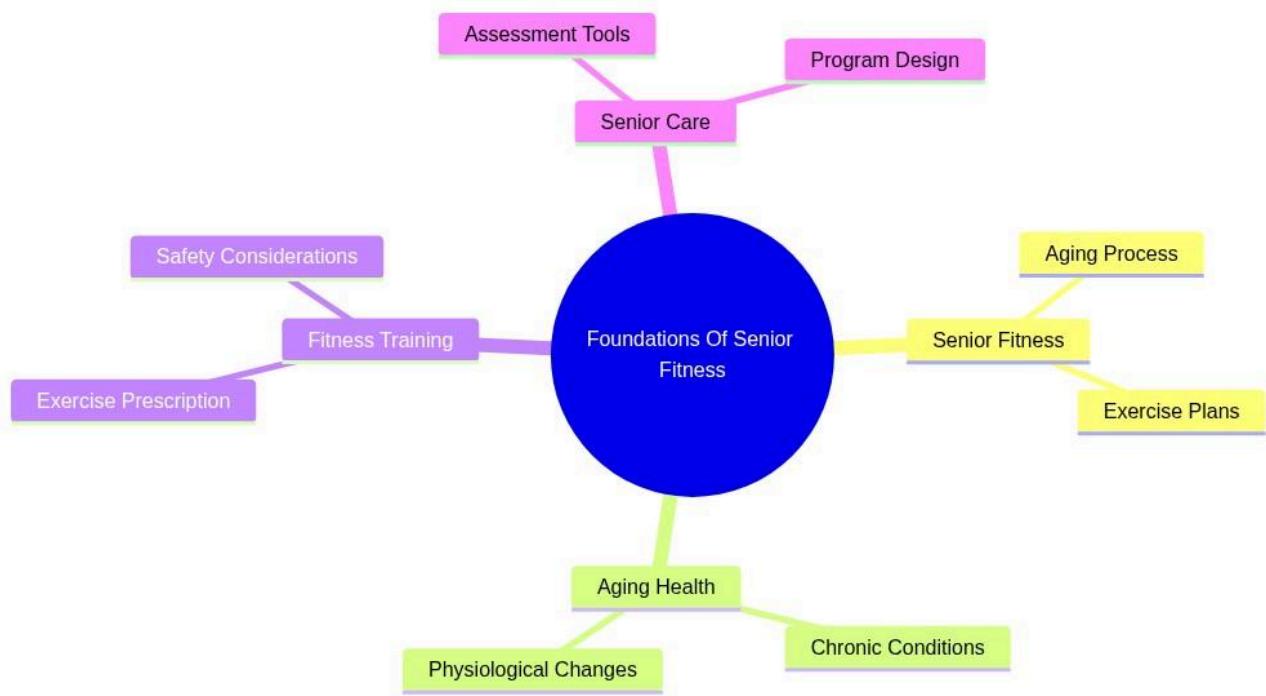


Global Certificate Course in Senior Fitness for Longevity

Foundations Of Senior Fitness



```

mindmap
  root((Foundations Of Senior Fitness))
    Senior Fitness
      Aging Process
      Exercise Plans
    Aging Health
      Chronic Conditions
      Physiological Changes
    Fitness Training
      Exercise Prescription
      Safety Considerations
    Senior Care
      Assessment Tools
      Program Design
  
```