

THE C.H.E.K INSTITUTE'S

CHEK

Exercise Coach

P R O G R A M

*The State  
of the Art  
Corrective  
Exercise  
Program*



[www.chekinstitute.com](http://www.chekinstitute.com)

## What is a CHEK Exercise Coach?



and lead you towards designing a scientifically sound program and achieving exceptional results.

CHEK Exercise Coaches stress excellent exercise technique and know that to produce the desired result, exercises must be performed correctly. They understand how energy-balancing exercises reduce total body stress and know when to use these types of exercises with different clients.

## What Makes This Program Different?

*"I took the plunge and invested in the Exercise Coach [program] and together with [How to] Eat, Move & be Healthy! it is the best investment I think I have ever made."*

**Mark Bailey -**  
New Jersey, USA

**5-day intensive course** If you are truly interested in becoming a results-achieving exercise professional, then attend the CHEK Exercise Coach course. You will benefit from five intense days of lectures and practical training.

**Individualized attention** There is a maximum of 16 people per instructor in each course. This ensures you receive plenty of personal attention and interaction with the CHEK Faculty.

**Train with the best in the world** The CHEK Faculty have been hand-picked and trained to the highest standards. You will be learning from highly experienced, successful exercise specialists - among the best in their fields.

**Applied knowledge is power** The traditional quote says "Knowledge is power." At the C.H.E.K Institute our philosophy is that if you cannot apply knowledge, it is virtually useless. This course is packed with hands-on tools and techniques that you can use with your clients immediately.

# COURSE DESCRIPTION



This highly practical five day course will give you the skills to become a superior exercise professional. After attending the CHEK Exercise Coach Program, you will be able to effectively administer individualized exercise programs for all types of clients. Correct technique is emphasised throughout the course, with plenty of hands-on assistance from the CHEK Faculty.

A key component of this course is the integration of mind-body fitness and traditional exercise prescription. You will understand how different types of exercise, from Tai Chi to cardiovascular conditioning to weight-training, affect both parts of the autonomic nervous system - an often neglected factor that is vital to achieving success with your clients.

Using the C.H.E.K Institute's unique system of assessing physiological load, developed by Paul Chek, you can determine the amount of physical and emotional stress placed upon the body. Using this system you will be able to implement results-producing programs that enhance your client's function and overall well-being. At the conclusion of this course, you will be able to:

- Assess your client's physiological load and write exercise programs to address low, moderate and high overall loads.
- Assess functional deficits and imbalances in the core and back musculature.
- Design personalized exercise programs that balance the autonomic nervous system.
- Understand how optimizing posture not only improves function, but also increases overall wellness.
- Implement a plethora of exercises that enhance function.

*"How can I sum up how the programs and staff at the C.H.E.K Institute have helped me? My rates have increased (doubled), my services are in great demand, and ultimately I'm able to significantly improve the quality of life of my clients. There is no doubt that the knowledge attainable through the C.H.E.K Institute will make any motivated practitioner a success in their career."*

**Chris Weigel** - Texas, USA

# BENEFITS

**W**hen you complete the CHEK Exercise Coach program and pass the exam, you may reap the following benefits:



## Be one of the top professionals in the exercise field

In today's rapidly changing world, the people who stay ahead are those who are continually learning and expanding their skills. When you are a CHEK Exercise Coach, you will be able to advance ahead of your co-workers and competitors simply because of the results your clients achieve.

## Achieve financial security

C.H.E.K Institute-trained Professionals have successfully increased their fees 100% - 300% and are finding themselves with as many clients as they can handle! Wouldn't you like to work less and earn more?

## Gain advanced skills that make a meaningful difference in the lives of your clients

You will be able to design effective exercise programs for people who have previously had little success in using exercise to reach their goals. You will know what kinds of exercise will produce the results they are seeking and help them implement balanced exercise into their lives. Success comes through helping others.

## The opportunity to be your own boss

Perhaps you have dreams of starting your own business or moving out of the traditional gym setting. Students often open their own business or studio after attending a C.H.E.K Institute Training Program.

## Website listing

All CHEK Exercise Coaches in good standing with the C.H.E.K Institute are listed online in the searchable database at the C.H.E.K Institute website. This is a free marketing resource! Potential clients in your area can find your contact details and read your bio. We refer everyone who calls the Institute seeking a C.H.E.K Institute-trained Professional to the database.

## Membership to the CHEK Forum

This electronic forum is exclusively for people who have attended one or more of the C.H.E.K Institute Training Programs. An invaluable way to stay in touch with top professionals from around the world, share ideas and ask questions in a confidential setting.

*"[The] week was, without doubt, the most enlightening, exhilarating, and empowering time I've ever experienced. Words can't describe how I truly feel... You don't know how much I appreciate and respect your amazing abilities, passion and professionalism."*  
**Wayne Daniels - California, USA**

# PREREQUISITES

**1. The CHEK Exercise Coach** program is open to all, including those new to the fitness profession. We do recommend that you have a working knowledge of anatomy, physiology and exercise. A list of preparatory resources is available from the Institute.

## 2. Prerequisite Courses

Three C.H.E.K Institute courses and two books provide the framework upon which the CHEK Exercise Coach Program is built. It is essential that you have completed these at least 30 days before the start of the course by attending a live seminar or taking a correspondence course and passing the exam.

These courses are:



### Scientific Core Conditioning (US \$295):

The most comprehensive program on conditioning the abdominal musculature.



### Scientific Back Training (US \$295):

An essential tool to maintain a healthy back and reduce the risk of back injury both in and out of the gym.



### Program Design (US \$159):

Move far beyond the “one-program-fits-all” approach and develop an in-depth understanding of how to use the science of selecting acute exercise variables to create effective programs for all your clients.

## CHEK Exercise Coach Prerequisite Package **\$660<sup>USD</sup>**

Order all three prerequisite courses as a package and save \$70.

(*Movement That Matters* and *How to Eat, Move and Be Healthy!* are not included)

**Note:** The correspondence courses include DVDs, a manual and a test that must be completed and returned to the C.H.E.K Institute in order to receive a certificate of completion and any CECs or CEUs. Seminar attendees must complete an online test in order to use the seminar as a pre-req. For full details on these correspondence courses, visit [www.chekinstitute.com](http://www.chekinstitute.com)

## Movement that Matters by Paul Chek (US \$19.95):



*Movement that Matters* provides trainers and fitness enthusiasts with the tools needed to create functional training programs. Understand the body's five different reflexes, and the six defining characteristics that determine if an exercise is truly functional.

## How to Eat, Move and Be Healthy! by Paul Chek (US \$24.95):



*How to Eat, Move and Be Healthy!* serves as the basis of the C.H.E.K Institute's philosophies covering a wide variety of topics such as nutrition, exercise, stress management and healthy lifestyle coaching techniques.

# EXAMINATION PROCEDURE



**Practical Portion:** The CHEK Faculty will perform a continuous assessment of your practical skills during the course to ensure you have met the required standard.

**Written Portion:** During the course you will be given Case Histories to complete. You must pass each case history. At the end of the course, you will be given a rigorous written exam that must be completed within 45 days after the course ends.

## Your Investment

### CHEK Exercise Coach Program

#### US-based courses

\$2197<sup>USD</sup> Early Bird \$1997<sup>USD</sup>

#### Canadian courses\*

canfitpro members \$1997<sup>USD</sup> non-members \$2197<sup>USD</sup>

### CHEK Exercise Coach Package

Save over \$200 when you register for the CHEK Exercise Coach Program and purchase all three prerequisite correspondence courses together.

#### US-based courses

\$2427<sup>USD</sup> + S&H Early Bird: \$2521.30<sup>USD</sup> + S&H

#### Canadian courses\*

canfitpro members: \$2427<sup>USD</sup> + S&H non-members: \$2521.30<sup>USD</sup> + S&H

Payment plans available starting from \$354<sup>USD</sup>. For more information and options, please contact the C.H.E.K Institute.

\*Courses held in Canada have applicable HST, GST or QST added. Non-member prices include 1 year membership to canfitpro, with all member benefits.

## How to Attend

1. Decide which program date you would like attend. A complete worldwide schedule is available on the C.H.E.K Institute's website.
2. Register for the course (see below) and purchase all the prerequisites. We recommend that you give yourself at least 90 days prior to the course in order to complete the prerequisites and your tests.
3. Complete and turn in all your prerequisite tests at least 30 days prior to the start of the course.

## How to register

Register by calling 1.800.552.8789 (in the USA or Canada) or +1.760.477.2620. Or go online to [www.chekinstitute.com](http://www.chekinstitute.com).

*“The C.H.E.K Institute represents what the future holds for the fields of exercise and rehabilitation. I have no doubt that [The C.H.E.K Institute’s] information and techniques will be the industry standard in the near future.”*

**Terrence Thomas**  
- Florida, USA

# PROFESSIONAL DEVELOPMENT REQUIREMENTS

## How to Maintain Your Status as a CHEK Exercise Coach?

You will be C.H.E.K Institute Recognized once you complete your CHEK Exercise Coach course and pass the test. To remain C.H.E.K Institute Recognized, and to continue receiving the benefits of a C.H.E.K Institute-trained Professional, students are required to maintain a standard of professional development measured every two years. This 2-year measurement is the C.H.E.K Institute-trained Professional Renewal Program, which consists of 5 easy steps:

### Step 1: Earn 50 Professional Development Credits every two years

Between December 15th of an even year to December 15th of the following even year, (i.e. Dec. 15, 2010 to Dec. 15, 2012), you will need to earn 50 PDCs, which can be acquired many different ways, such as attending seminars, writing book reports, completing case histories and so on.

### Step 2: Obtain CPR certification

All C.H.E.K Institute-trained Professionals must hold a current CPR certification.

### Step 3: Hold current liability insurance

All C.H.E.K Institute-trained Professionals must be covered by professional liability insurance unless not available in your country.

### Step 4: Complete the C.H.E.K Institute-trained Professional Renewal Form

This includes the C.H.E.K Institute Code Of Ethics and Professional Practices and Disciplinary Procedures. By signing the renewal application form you agree to adhere to the C.H.E.K Institute Code of Ethics and the Professional Practices and Disciplinary Procedures.

### Step 5: Submit the C.H.E.K Institute-trained Professional Renewal Form

Return the renewal form with proof of Professional Development Credits, CPR certification and liability insurance, plus the renewal fee by the due date.

Complete information on the C.H.E.K Institute-trained Professional Renewal Program is sent to you once you pass the CHEK Exercise Coach exam and receive your certificate. For more information, please contact the Education Department at the C.H.E.K Institute.

e-mail: [educate@chekinstitute.com](mailto:educate@chekinstitute.com) or call 1.800.552.8789 (+1.760.477.2620 internationally).

*"I have recently [attended] the C.H.E.K Institute Exercise Coach course in the UK. Two weeks later I am reaping in the benefits! Besides the fact that my prices have now raised a considerable amount, I find myself delivering a more comprehensive service to my clients. The knowledge and skills I have learnt from the course have greatly impressed those who I coach and as a result my client base has increased...in just two weeks. I can't wait to see what happens in two months time!!"*

**James Wild** - Surrey, Great Britain

# MEET THE CHEK FACULTY

## Paul Chek *HHP Founder of C.H.E.K Institute*



Paul Chek is a world-renowned expert in the fields of corrective and high-performance exercise kinesiology and is the founder of the Corrective Holistic Exercise Kinesiology Institute, based in California, USA. For over 25 years, Paul's unique, holistic approach to treatment and education has changed the lives of many of his clients, his students and their clients. By treating the body as a whole system and finding the root cause of a problem, Paul has been successful where traditional approaches have consistently failed. He has produced over 60 DVDs, 17 correspondence courses, four advanced-level training programs and six books. Paul is a sought after international presenter and consultant for organizations such as the Chicago Bulls, New Zealand's Auckland Blues, the PGA of Sweden and the UCSD Spine and Joint Conditioning Center.

## Janet Alexander *Dip.P.E., Dip.Tchg, Master C.H.E.K Practitioner, CHEK Golf Performance Specialist*



A committed endurance athlete, Janet Alexander draws her experience from a varied career base, including teaching, sales and marketing, advertising and design as well as working with clients requiring sports and orthopedic rehabilitation. Janet is one of the Senior Faculty at the C.H.E.K Institute and works with several top athletes and their coaches from the PGA and LPGA.

## Chris Maund *Bsc. Hons, Master C.H.E.K Practitioner*



Chris Maund is a member of the C.H.E.K Faculty and has been teaching for the C.H.E.K Institute since 1998. Chris has a bachelor's degree in Physical Education and Sports Science from Loughborough University in England. He also studied Paul St John's Neuro Muscular Therapy program. An experienced triathlete, he was a member of the British National Squad from 1989-1992 before emigrating to New Zealand in 1993. Chris has a wealth of experience working in a wide variety of rehabilitation and sports conditioning scenarios. He has a direct teaching style that suits those who are highly motivated.

## Suzi Nevell *Master C.H.E.K Practitioner*



A registered New York Physical Therapist, Suzi has worked in the fields of sports and spinal physiotherapy for over 15 years. With a post-graduate diploma in Orthopedic Manual Therapy from New Zealand, she has worked with the Orthopedic Surgeon for the US Tennis Association and has owned her own physical therapy practice. Suzi is a Senior Faculty member.

# MEET THE CHEK FACULTY

## Mark Buckley B.PhEd, CP4, HLC 2



Mark has extensive clinical and practical experience, including heading the corrective exercise program of a hospital-based musculo-skeletal rehabilitation program in Wellington, New Zealand. He is the co-owner of Olympic Gym in Dunedin, NZ and conditioning consultant to some of New Zealand's leading Rugby players. Mark is a Senior Faculty member.

## Matthew Wallden Msc Ost. Med, ND, CP4, HLC 2, CHEK Golf Performance Specialist



Matthew Wallden completed a Master's degree in Osteopathic Medicine and has worked clinically as well as lectured on Osteopathic techniques at four major universities in the UK. He has consulted for various top sport teams and is currently involved in several book publications, including his upcoming book "The Hamstring Syndrome," and sits on the advisory board of the Journal of Bodywork and Movement Therapies.

## Donal Carr C.H.E.K Practitioner Level 4, CHEK Holistic Lifestyle Coach Level 3



Donal has been working as a personal trainer for over 20 years, is CHEK Faculty and the Director of Place of CHI, the International Affiliate for the C.H.E.K Institute in Sydney, Australia. He also holds qualifications from NSCA, NCEF 2, ITEC and Cert 4 AUS. Donal works as a C.H.E.K level 4 Practitioner out of Place of CHI Studio, helping clients to achieve their goals with a holistic approach to post rehab and sports conditioning. Donal has been presenting internationally for over ten years and has a consultancy business where he regularly speaks to corporate networks on a wide variety of topics in the Health and Fitness industry.

## Dan Hellman M.S. Physical Therapy, BS Athletic Training, CP4, HLC 3, CHEK Golf Performance Specialist



Dan is a registered physical therapist and owns Dan Hellman Holistic Health in Fort Lauderdale, Florida. Dan's Physical Therapy degree comes from an osteopathic-based college, which included both traditional and manual physical therapy. Before opening his own business he worked in several outpatient physical therapy orthopedic centers specializing in sports medicine and spine rehabilitation.

## Mark Stone BS, CP4, CHEK Golf Performance Specialist



Mark is co-owner of North Shore Smart Bodies, a corrective exercise and personal training facility located in Northbrook, IL. He served as a Nike Training Athlete and instructor for seven years and has co-produced two series of educational DVD's and manuals on functional strength training and the biomechanics of weight training.

# MEET THE CHEK FACULTY

## Robert Yang BSc, CN, CP4, HLC 3



Robert, the co-founder of The Pure Performance Clinic in Encinitas, CA, maintains an active practice working with clients. He is a nutrition consultant to the Titleist Performance Institute in Oceanside, CA and has been a consultant for the San Diego State University golf team. He is licensed by American Health Science University as a nutritionist, and is a Metabolic Typing Advisor. He holds a Level 1 coach's certification in Olympic style weight lifting from the USA Weight Lifting Federation.

## Leigh Brandon CP4, CHEK HLC 3, CHEK Golf Performance Specialist



Leigh has been working in the field of health and fitness since 1996. In 2004, Leigh formed his practice, BodyCHEK in London where he still works today. He is an author of three fitness books and teaches a number of courses and workshops. Some of Leigh's clients have included British and European champions and record holders and Olympic athletes. Leigh's mission is to help as many people as possible to reach their health and performance potential, 'so they can live more productive, fulfilling and happier lives'.

## Josh Rubin Regis./Lic. Occupational Therapist, CP4, HLC 3, CHEK Golf Performance Specialist, NMT, MTA-Advanced



Josh Rubin is the owner and founder of East West Healing and Performance, author, speaker, and consultant. For the past 9 years, Josh has been coaching clients using many cutting edge corrective exercise/rehabilitation techniques, holistic nutrition and lifestyle coaching, as well as the incorporation of functional lab testing. Being very passionate about his legacy, Josh has treated and educated hundreds of clients lives, as well as students.

## Karen Redmond Master C.H.E.K Practitioner, CHEK Golf Performance Specialist



Karen received a Masters Degree of Science in Health and Fitness Promotion from Marymount University. She is a Master C.H.E.K Practitioner and president of North Shore Smart Bodies, a clinic specializing in corrective exercise in the Chicago area. Her specialties include: orthopedic injuries, spinal injuries, pre/post natal training, sport specific training and golf.

## Our Money Back Guarantee!

If within 60 days of completing the CHEK Exercise Coach Program (provided you apply the knowledge that you learn) you don't find vast improvement in the way that you work with your clients, or if you do not achieve results in the clients with whom you work, we will give you your money back. That's how confident we are in this course!

## Refund Policy

Refunds are issued on a sliding scale with no refunds granted within 60 days of the C.H.E.K Institute course start date. Tuition (minus 15%) may be credited to a student account when transferred out of a program. Credits may be used for future C.H.E.K Institute events or product within a 24-month period. For more information on the C.H.E.K Institute Refund and Transfer Policy please visit our website or contact us by phone.

# OTHER C.H.E.K INSTITUTE PROGRAMS

At the C.H.E.K Institute we offer three additional advanced training programs: C.H.E.K (Corrective High-performance Exercise Kinesiology) Practitioner Program; CHEK Golf Biomechanic Intensive; and CHEK Holistic Lifestyle Coach Program.

## C.H.E.K Practitioner Program



The Corrective High-performance Exercise Kinesiology Practitioner Program is designed to produce the finest and most highly trained exercise practitioners and strength and conditioning specialists in the world. Unlike any other program for exercise professionals, the C.H.E.K Practitioner Program is completed in four blocks of intensive modules, taught in a small group forum. Once you complete the CHEK Exercise Coach Program and pass the exam, you will have completed one of the prerequisites for the C.H.E.K Practitioner Level 1.

### CHEK Exercise Coach

(prerequisites: Program Design course; Scientific Core Conditioning course; Scientific Back Training course; How to Eat, Move and Be Healthy; Movement that Matters)



### C.H.E.K Practitioner Level 1 (CP1)

(prerequisites: CHEK Exercise Coach; Flatten Your Abs Forever DVD; Advanced Program Design course; Equal, But Not the Same course)



### C.H.E.K Practitioner Level 2 (CP2)

(prerequisites: C.H.E.K Practitioner Level 1; Dynamic Medicine Ball Training course; Swiss Ball Training course; Advanced Swiss Ball Training for Rehabilitation course)



### C.H.E.K Practitioner Level 3 (CP3)

(prerequisites: C.H.E.K Practitioner Level 2; 2-10 Case Histories plus suggested reading materials)



### C.H.E.K Practitioner Level 4 (CP4)

(prerequisites: C.H.E.K Practitioner Level 3; 2-10 Case Histories plus suggested reading materials)



### Master C.H.E.K Practitioner

(Exams, thesis, presentation)

The Corrective Holistic Exercise Kinesiology Institute is an elite educational facility based in California. The C.H.E.K Institute specializes in advanced-level education for fitness and health-care professionals.

The company's approach to exercise and wellness stems from the training and clinical experience of the Institute's founder, Paul Chek. His multi disciplinary background is reflected in the philosophy of the C.H.E.K Institute - a person should function at optimal health and performance and be able to meet the demands of their environment, whether sitting in an office or engaged in professional sports. The C.H.E.K approach emphasizes assessments followed by personalized programs to ensure success at all levels.



---

**C.H.E.K Institute**  
Sycamore Business Center  
2105 Industrial Court  
Vista, CA 92081 USA  
800.552.8789  
760.477.2620  
info@chekinstitute.com  
Fax: 760.477.2630  
www.chekinstitute.com