



NATURAL WELLNESS ACADEMY

Established 2013

PLEASE NOTE: THIS IS A TEMPORARY SYLLABUS; THIS COURSE WILL BE LAUNCHED IN
SUMMER 2022



Healthy Aging and Longevity
Specialist

COURSE SYLLABUS: HEALTHY AGING &
LONGEVITY SPECIALIST

A MIND-BODY-SPIRIT APPROACH

COURSE DESCRIPTION

WISE & Healthy Aging

According to [acl.gov](https://www.acl.gov), people aged 65 + represented 16% of the population in 2019. According to [census.gov](https://www.census.gov), “The nation’s 65-and-older population has grown rapidly since 2010, driven by the aging of Baby Boomers born between 1946 and 1964. The 65-and-older population grew by over a third during the past decade, and by 3.2% from 2018 to 2019”.

These statistics show the need for coaches who can address the unique needs of the aging population. This course will teach coaches about these unique needs through learning about holistic prevention and intervention strategies, and how to help clients navigate this period in their lives, specifically with regard to their physical health, mental and emotional health, and spiritual health. The Healthy Aging/Longevity Specialist will be prepared to work with a full range of age groups to mitigate the aging process.

Students will learn about the unique needs of the aging population. Students will understand healthy aging prevention and longevity from mind, body and spirit perspectives, and how to help clients of any age to optimize their health in these areas.

Upon completion of this program, the coach will be able to:

- A. Describe the elements of aging and longevity from a holistic perspective
- B. Explore holistic approaches to healthy aging with clients
- C. Evaluate behavioral risk factors that affect the aging process
- D. Identify prevention and intervention strategies for aging clients
- E. Work with a variety of age groups to develop programs to help one create a preventative lifestyle that supports graceful and healthy aging

CEUS: 36

Synchronous: 16 CE
Asynchronous: 20 CE

Total for course:
Synchronous 16 CE
Asynchronous 20 CE

NWA

Synchronous hours include:

- Direct (online) classroom instruction
- One-on-one work with the candidate
- Supervised Practice Sessions
- Practice Sessions between Candidates
- Individual assessment sessions with mentor
- Specialty subject webinars
- Monthly Masterminds

NWA Asynchronous hours include:

- Recorded video/audio lessons
- Recorded webinars and masterminds
- Recorded supervised practice sessions

WELCOME TO THE NATURAL WELLNESS ACADEMY!

After registering for the class, you will receive an email with your log-in information. Go to the dashboard or log-in area in the main website: www.naturalwellnessacademy.org, you will have access to the following courses:

* HEALTHY AGING AND LONGEVITY SPECIALIST

* WEBINAR LIBRARY

Once you are near completion, you will also have access to the powerful Mind Module (to help you clients create positive life-affirming habits through the power of the subconscious mind) AND the practice-building course we have created:

INTRODUCTION TO MIND DYNAMICS
(2 ASSIGNMENTS)

ESSENTIAL EFFECTIVE COACHING
(MORE INFO ON THIS BELOW)

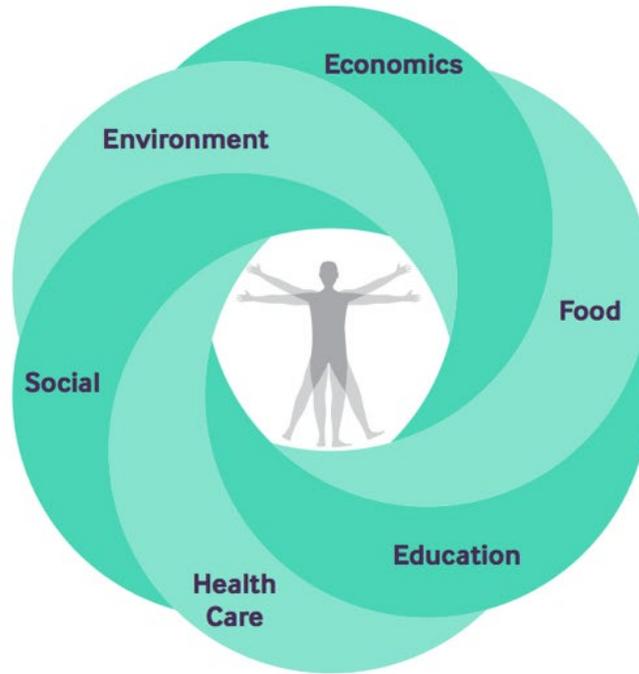


OBJECTIVES OF THE HEALTHY AGING & LONGEVITY SPECIALIST



- Understand the process of aging and theories of aging and longevity
- Learn and acquire a variety of evidence-based strategies for preventing diseases related to aging
- Gain understanding of, as well as how to apply, holistic interventions related to aging and increasing longevity
- Understand how aging affects the physical body systems, including the brain
- Learn about aging-related diseases, such as dementia and Alzheimer's, as well as evidence-based prevention and intervention methods
- Promote prevention measures to any demographic who seeks to age gracefully
- Practice a variety of mental and emotional health interventions for the aging population
- Gain knowledge of the spiritual aspect of aging and how to address it in coaching
- Learn about lifestyle choices and tasks related to aging and how to support clients in these areas

TOPICS COVERED IN THIS CERTIFICATION



NEJM Catalyst (catalyst.nejm.org) © Massachusetts Medical Society

- Aging Through the Decades (history of aging)
 - Aging Process of the Major Organs, Joints and Extremities
 - Current Medical Breakthroughs and Developments
 - Food as Medicine, including Gut Health and Inflammation
 - Environmental Factors and Household Items
 - Activity and Movement
 - Western and Eastern Approaches to Aging, as well as Alternative Treatments
- 
- Preventative measures for younger generations to Age with Grace
 - Supplements
 - Surgical Interventions
 - Sexuality and Aging
 - Societal Attitudes and Expectations related to Aging
- Neuroplasticity and Brain Health

- Socialization and Community and Impacts on Mental and Emotional Health
- Stress Management
- Diseases of the Brain: Alzheimers, Dementia and Memory Loss
- Finding Meaning and Purpose in Aging
- Meditation and Mindfulness
- Life Review/Connecting with Your Legacy
- Looking Ahead/Growth Mindset/Vision Board
- Lifestyle Choices Planning for the Future, Legacy, Will and Final Wishes

THE PROGRAM

MODULE 1: INTRODUCTION TO AGING & LONGEVITY



Students will learn about historical approaches to aging, how the aging process works, the Blue Zones, aging of the major organs, joints and extremities, and the pros and cons of the multi-million-dollar anti-aging industry

MODULE 2: BODY – LIFESTYLE



Students will learn how lifestyle choices affect the aging process, including a food as medicine approach, gut health, inflammation, hydration, hormones, environmental impact including household and body care products, activity and movement, and sleep and rest.

MODULE 3: BODY – PREVENTION AND INTERVENTION



Students will learn about how lifestyle choices are preventative, as well as other prevention methods. Also covered: supplements, traditional interventions in Western medicine, including stem cells and surgical interventions, hormone replacement therapy as well as a Traditional Chinese Medicine approach and other Eastern medicine

approaches.

MODULE 4: AGING & THE MIND



Students will learn about societal expectations related to aging and the brain, attitudes, habits and expectations and how they hinder or promote longevity, strategies for brain agility and neuroplasticity, avoiding deterioration and plaque build-up, stress management, understanding neurotransmitters, and brain diseases related to aging such as

Alzheimer's, Dementia and general memory loss. Students will also learn about how to help clients stay active in their communities and social outlets, and how this affects mental and emotional health

MODULE 5: CUTTING-EDGE THERAPIES



In this module students will learn about current medical breakthroughs and developments to healthy aging and longevity, gene therapy and stem cell replacements. We will also review the studies being done with different cannabinoids and terpenes to promote neurogenesis.

MODULE 6: SPIRITUAL ASPECTS OF AGING



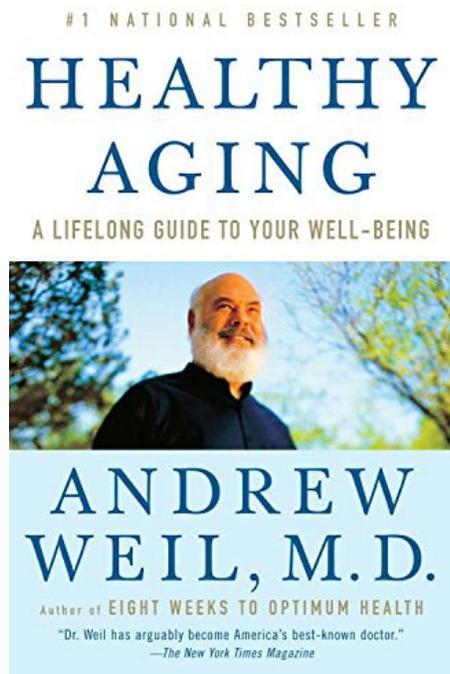
Students will learn about how clients can find meaning and purpose throughout the aging process and will explore approaches such as meditation and mindfulness. This module will also focus on helping the client find one's purpose and solidifying relationships, exploring creativity, special interests and latent talents.

MODULE 7: LEAVING YOUR LEGACY



Students will learn about helping clients leave a lasting and meaningful legacy, including doing a life review, releasing the past, and looking ahead by exploring the idea of a growth mindset, and creating a vision board. This module will also explore pragmatic topics such as planning for future incapacity, housing options, determining final wishes and creating a will.

COURSE TEXTBOOK AND RESOURCES



[Healthy Aging,](#)
[Andrew Weil, MD](#)

This book will be sent to you as part of your course in either hardcover or Kindle edition according to your

preference (you can download the free app to your computer, phone or tablet; this box contains a link.)

Along with the textbook, everything you need is provided right in the dashboard, including study guides, colorful infographics, meditation scripts, recorded guided meditations, music for meditative use, webinars, teleconferences, and downloadable forms for your future business.

THIS CONCLUDES THE HEALTHY AGING AND LONGEVITY SPECIALIST PORTION OF THE CERTIFICATION PROCESS

BONUS STEP: BUILDING YOUR BUSINESS VIA ESSENTIAL EFFECTIVE COACHING

All students of the Natural Wellness Academy are invited to take our cutting-edge **business-building module** that will help you:

- define your niche and your avatar (ideal client)
- build your business plan
- design your marketing
- learn how to attract clients

If it is not open yet on your dashboard and you are nearing the end of your Spiritual Wellness Specialist modules, request from the Admin that Essential Effective Coaching be opened for you. you be added to that course.

ESSENTIAL EFFECTIVE COACHING



Essential Effective Coaching is an extra module that will be opened for you as you near completion of your SJF modules. This course is designed to help you launch your coaching practice and will give you practical information about starting your own business, social media marketing, finding your niche/specialization, and how to work with your clients. We provide loads of downloadable

resources, including forms and documents that you can use in your practice.

There are assignments in EEC but these are entirely optional and are not turned in for review.

STUDENT AND ALUMNI FORUMS

We also have an active Facebook student forum only open to NWA candidates, grads and mentors so that you have a sense of belonging and interacting at our “virtual campus” and a separate one for the SWS students where they can exchange ideas about spirituality and divinatory tools.

It is in the forums that we announce our upcoming events. If you have not already joined, go to and request to join (no need to answer the questions).

MAIN FORUM

<https://www.facebook.com/groups/177711222415128>