



# Total Fitness Training, Inc.

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## Speaking Topics

**Dennis K. Flood, M.S.**

*Masters Degree in Exercise Physiology*

*30 Years of Experience in Physical Rehabilitation, Cardiology, Body Mechanics and Nutrition*

- Why Pilots must remain physically fit and healthy and how to do it
- Osteoporosis. How to strengthen the bones of the upper body and the lower body
- Posture and balance
- Taking care of your digestive system, bladder- Diverticulitis, listen to the signal
- Heart Disease and how to prevent heart attacks and heart disease
- The progression of a heart attack: how individual heart cells die in the process
- How your heart works: Stroke volume, cardiac output...all very interesting
- Parkinson 's disease: How to avoid the “freezing” & shuffling and key to better posture
- How to use the Spirometer... the breathing machine you received when in the hospital
- How and why a **man** must take charge of his own level of health and physical fitness
- How and why a **woman** must take charge of her own level of health and physical fitness
- We don't automatically stay healthy and physically fit. We must be pro-active!
- Strokes...types of rehabilitation...and how to prevent a stroke
- Congestive Heart Failure...what it is, how to avoid it and how to recover and get better
- Lung disease and how to avoid it and how to get better
- How to stay physically fit and how fitness is directly related to your over-all health
- How to talk with your doctor...what questions to ask.
- The Basics of Diabetes including how insulin helps glucose get into the cells
- Functions of muscle...a muscle has many, many functions in addition to movement
- Fall prevention: How to remain steady on your feet and how to get up if you do fall
- Crossing your legs...pros and cons
- What is angina & how to use your nitro pills and how to eliminate the pills & how nitroglycerin (nitro) is related to chewing tobacco
- Heredity and environmental influences and how it is related to your health and well being
- Blood pressure. What is BP and how it relates to your health.
- How to avoid becoming incontinent ( #1 and #2! ). Listen to the signal!
- Why we swallow
- How our blood pressure works when we stand up from a seated position
- The best ways to stay fit and healthy
- Healing properties of fitness
- Quality of life...what is it and how to maintain a good Quality Of Life
- Life-style...what is it and how to manage it so you can stay healthy
- Your fitness and your health are the most important aspects of your life!
- Glycogen...what is it, how it gives us energy and how it provides strength for our immune system

**Please call for more information and to arrange speaking presentations to your group: 941-366-8500**