

**Fitness**  
New Brunswick



**Conditionnement  
Physique**  
Nouveau-Brunswick

## 21<sup>st</sup> Annual Personal Training & Fitness Summit

### Session DESCRIPTIONS



***"ENERGIZE AND INSPIRE"***

**OCTOBER 16 & 17, 2015**

**Saint John, NB**

**Sponsored  
in part by:**



**Fitness!...For Fun!...For Life!...Forever!**

## Bilingual CONTENT

Fitness NB is dedicated to providing as much bilingual content where possible. This year we are pleased to offer French translation for the entire lecture series, the Key Note address, the AGM and the Summit Finale.

Please note: Bilingual presenters are indicated with a “**B**” on the sessions at a glance and beside the session descriptions. The presentations will be in English; however, the presenter will be happy to answer any questions or clarifications in French.

### Friday, October 16<sup>h</sup> 2015

**12:00 – 12:45 pm:** *Registration for CPR Pre-Conference participants - Belleisle*

**1:00 – 5:00 pm:** **Pre-Conference CPR-C AED Re-Certification**

**4:00:** **Conference Registration – Welcome Centre**

**4:30 – 5:30 pm:** **Networking & Trade Show**

**5:30 – 7:15 pm:** **CSEP CPT/CEP PATH Update (Charles Babineau)**

This workshop is offered exclusively to CSEP-CPT's and CEPs in order to update them on the changes that have been made to the CSPAFLA.

The CSEP-Physical Activity Training for Health (CSEP-PATH) is the result of a comprehensive overhaul and update of the 2003 Canadian Physical Activity, Fitness and Lifestyle Approach (CPAFLA). With a new title, new process and a wealth of new content, the CSEP-PATH delivers comprehensive, evidence-based information to support the training and work of CSEP Certified Personal Trainers (CSEP-CPTs), CSEP Certified Exercise Physiologists (CSEP-CEPs), and other qualified exercise professionals in Canada.

**N.B.** The CSEP-PATH Resource Manual sets the benchmark for client-centred physical activity coaching in Canada and is an integral part of the update. It is highly recommended that all participants purchase and review this manual ahead of time. Please contact the CSEP office to obtain your manual.

**5:30 – 5:45 pm:** **WELCOME**

**6:00 – 7:15 pm**

**(1A) Freestyle Step (Paul Ward)**

Join Paul as he pushes your cardio edge into high gear and attacks those legs while strengthen the heart, improving coordination and toning the lower body with every step. Paul will coach you through the workout, playing invigorating, hit music and injecting a whole lot of fun and personality. Not to worry, there are lots of options to get you through the workout safely. You'll leave the session buzzing with NRG.

## Friday, October 16<sup>h</sup> 2015 (Continued)

6:00 – 7:15 pm

### **(1B) Sugar: Sweet or Sinister... (Lorraine Peters)**

Sugar has long been associated with harmless fun and childhood reward & celebration. Because our emotions and experiences are so personal when it comes to sugar we often fail to see it for the dangerous element that it really is. The latest research on the widespread and harmful effects of sugar is staggering, and encompasses many disease conditions that we previously would not have associated with sugar consumption. After this session you will see sugar in a whole new way.

### **(1C) Boomer Boot Camp (Louise Malone)**

Baby Boomers are currently the most influential segment of the fitness market pie, and are responsible for driving most of today's trends in exercise and wellness. Boomers do not respond enthusiastically to traditional marketing and programs for "older adults". As one sociologist remarked, "never tell a baby Boomer that they're too old to do something..." The purpose of this workshop is to look at the different aspects of fitness programming for the Baby Boomer generation, and to create class workouts that cater to this very unique cohort. This workshop will address challenges and solutions, provide modifications for exercises and class design, and provide useful information that is supported by current research.

7:15 – 7:45 pm **Networking & Trade Show**

7:45 – 9:00 pm

### **(2A) Aqua Stretch (Amanda Christie) *N.B. This session begins at 8:00 pm***

Experience a different form physical conditioning done in warm water with an emphasis on stretching and muscle toning to retain or improve range of motion. This is a perfect choice for anyone and especially useful for people with joint issues as buoyancy is utilized to reduce the effect of weight and gravity. During this class you will learn stretching and release techniques to help your fitness class participants or clients meet their goals.

### **(2B) Are You Ready for Wellness Coaching? (Lorraine Peters)**

Coaching is the next frontier for fitness professionals to deliver a whole-life impact, and focus on the psychological dimensions which drive change that lasts. Personal training is exercise for your body • Coaching is exercise for your brain. Both can work together in harmony to help people achieve their goals. Well-trained and educated fitness professionals help millions of clients learn to exercise safely, discover fitness activities they love, and reach their best ever body composition and fitness. However there is plenty of room for improvement in helping clients adopt a health-giving lifestyle that they sustain. Lorraine will teach you how to measure a client's readiness to change as well as how to use various questioning and interviewing styles to co-construct a plan for change. We will discuss the world leader in health coach training and their plans to roll out international credentialing for professional health coaches.

### **(2C) Therapeutic Movement for the Masses (Louise Malone & Mitchell Herman)**

The old saying that "one is only as strong as their weakest link" describes how movement can be affected by muscular weaknesses and imbalances. These imbalances affect alignment, range of motion and stability, which in turn affect the quality of functional movement patterns. This workshop will provide you with a basic repertoire of mobilization and activation exercises that address common muscular imbalances, and can be incorporated in many parts of any group fitness class or personal training session.

## Saturday, October 17<sup>th</sup> 2015

**7:00: am Registration – Welcome Centre**

**8:15 – 9:15 am Welcome & Key Note Address (Louise Malone)**

***“Fitness Professional: The first line of defense and greatest impact”***

The ever-changing role of the fitness professional? We often forget that we potentially have the greatest impact on our participants' well-being, more so than any other health care professional. It's nice to be reminded that we are the “first-line” in terms of wellness and disease prevention, and that our roles and scope of practice are growing.

**9:30 – 10:45 am**

**(3A) Primal Yoga (Wendy Solange Hamelin)**

Primal Yoga is an all-inclusive movement class incorporating techniques from athletics, yoga, and pilates. Expect to gain greater body awareness, strength and flexibility that will enhance not only your participants' traditional yoga practice, but the rest of their lives off the mat.

**(3B) Power Training for Older Adults (Alina Cress)**

In this workshop style session, learn to challenge your older adult exerciser within the realm of power training. Concepts of adding speed to strength work will be explored and research supporting the benefit of power training in older populations will be presented. This workshop aims to help the exercise professional to create a safe, effective, and evidence-based exercise program for the older adult.

**(3C) Metabolic Mania (Louise Malone & Mitchell Herman)**

Metabolic conditioning is characterized by high-intensity intervals that tap into all energy systems of the body, and is considered to be the most effective way to burn calories. More caloric expenditure? More significant results! This workshop will show you how to design and execute safe, effective and motivating workouts that will take your participants to higher levels.

**10:45 – 11:15 am Networking & Trade Show - Great Hall**

**11:15 am – 12:30**

**(4A) Group Active (Rick Fralic & Dayna Sinclair)**

Group Active is a simple and athletic program that gives you all the fitness training you need – cardio on or off the step, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. *ACTIVATE YOUR LIFE!*

**(4B) Trust Me Baby, It's Science: Tools to critically examine the strength and validity of scientific research and product claims (Eric Porcellato)**

The purpose of this presentation is to give you the tools to critically examine the validity and credibility of statements made in both the media and on products related to the health and wellness industry. As fitness professionals we need these skills to stay abreast on current trends in our industry and to offer our clients informed and sound guidance on their fitness journey. This session scientifically proven to help you lose weight and get stronger!

## Saturday, October 17<sup>th</sup> 2015 (Continued)

11:15 am – 12:30

### (4C) Core Operate – From the Floor to Standing (Alina Cress)

In this active session, we will start with three basic core stabilizing exercises and then add exciting varieties taking each exercise from the mat into standing. The focus will be placed on identifying the “core” and applying a strong foundation of proper muscle recruitment to the world of vertical and balance work. This session will help you to create endless possibilities of effective, challenging and fun core training...in standing! Perfect for anyone looking for new ideas within a group fitness class or a personal training session.

### (4D) It Ain't no Aerobic Class on a Bike (Louise Malone & Mitchell Herman)

Many cycling class participants are enthusiastic about *cycling*, and not just group fitness, and even those who do not cycle outdoors have chosen to exercise on bikes and should be taught as *cyclists*. The traditional group fitness model may not be the best way to teach the specific skills needed for training on a bike. This workshop will provide you with cycle-specific skills, drills and guidelines to develop effective and fun cycling workouts. Your students will not only become more fit, but also become *better cyclists*.

12:45 am – 1:45 pm **Fitness New Brunswick AGM**

2:00 – 3:15 pm

### (5A) Balance Games (Alina Cress)

Balance is an integral component of functionality and independent living, particularly as we age. For those working with populations in need of balance training (let's be honest, we could all use some help!), learn how to integrate the concept of gaming and having fun into balance work. It's not just about standing on one leg! All the toys come out in this workshop and a playful, slightly competitive attitude is encouraged!

### (5B) “Active Living – Aging Well” (Louise Malone)

The Active Living-Aging Well” initiative is a long-term program to implement ways of keeping adult participants of all ages engaged and active at our facility, in particular our Baby Boomer clientele. Baby Boomers drive the fitness industry, and don't like being called “old” or “seniors”..... our big focus over the last several months has been to create appropriate programming and activities to keep them here.

This presentation will provide specific examples of programming to address the various needs of ALL aging adults, including:

- ✓ ideas & models for new group classes ( Strength Training for Dummies, Bone Builders, Mobilization for the Weekend Athlete, Boomer Boot Camp, Therapeutic Movement, etc...)
- ✓ how to “tweak” existing classes to address needs of demographic more effectively
- ✓ building low-cost/no-cost programming to complement exercise component – examples include create a monthly Speaker Series on relevant topics (nutrition, stress management, exercise for cancer survivors, etc... )
- ✓ developing profitable programs including small group personal training, specialized supervised training for medically-referred clients, etc...

## **Saturday, October 17<sup>th</sup> 2015 (continued)**

**2:00 – 3:15 pm**

### **(5C) BYOG - Be Your Own Gym (Wendy Hamelin)**

BYOG is a high intensity, interval based class that combines body weight training with cardio bursts designed to make you breathless and test your limits. Who needs fancy equipment to workout? In this workshop you will experience ways to enhance the fitness limits of your participants in a safe and challenging environment.

**3:15 - 3:45 pm: Networking & Trade Show**

### **3:45 – 5:00 pm Summit Finale and Wrap Up (Louise Malone)**

#### **Integrate your mind body and spirit**

This end-of-the-day session will blend a variety of techniques borrowed from Yoga, Pilates, Feldenkreis and fascial stretching. Gentle breathing and relaxation exercises will restore and renew your energy to complete your Summit experience.