

Exercise Leadership Wellness Summit 2020

“Celebrating our Atlantic Connections”

FNB
FITNESS
NEW BRUNSWICK



CPNB
CONDITIONNEMENT
PHYSIQUE N.-B.

Our SESSIONS



Saturday October 24, 2020

8:00-8:15 am Welcome and Introductions

Sessions

Master Class (MC): Exercise Class with teaching tips

Workshop (WS): Combination of oral presentation and practical skills learning

Educational Talk (ET): Speaker centered with take away applications

1) 8:15-9:15 (WS)

The Bare Bones of Movement: Stephanie Calhoun

From the outside you'd think it's obvious that all of us are unique; we look different, sound different and yes we even move different. So why do we assume that everyone should use the same technique and form when they squat, run, lift or stretch? It comes down to your bones, your structure and how you are held together by the Fascial web. You can't change your bones, but you can transform how you look at the human form, and manipulate what I refer to as the plastic and elastic tissues of the body. Learn to appreciate the unique nature of the human body, how to communicate clearly with your clients, and determine the safest and most functional movement patterns for all types of fitness.

2) 9:30-10:30 (WS)

Creating a Sophisticated Model for Improved Lower Body Function: Jason Rudy

In this workshop we will investigate an applicable model that will help your clients improve the function of the hips/spine. We will explore commonalities of assessments, clear up some anatomy misconceptions, and provide a game plan that revolves around scaling exercises based on the ability level of the client.

3) 10:45-11:45 (Yoga-MC)

The Web We Weave: Stephanie Calhoun

Explore the concepts of plastic and elastic as you discover a variety of yoga forms to determine the best patterns for you and your perfectly unique body. We will navigate our way through the Fascial web through my specialized approach of sensation based alignment, and find ultimate freedom in form, in health and in life.

*you will need a mat or surface to physically practice in, a blanket, a block, and a couple of throw cushions.

12:00-1:00 FNB AGM

Saturday October 24, 2020 (continued)

1:00-1:15 Welcome and Introductions

Sessions

4) 1:15-2:15 (ET)

What's New With Canada's Food Guide: Doreen MacLean

The 2019 Canada's Food Guide ditches the portions and the rainbows and focuses on the types and proportions of the foods we eat. Take a deeper dive into the new food guide and learn how we can use this tool to help Nova Scotians incorporate these healthy eating messages into their lives.

5) 2:30-3:30 (Mobility Challenged – MC)

Move-Play-Learn: Shelley Swift

Come "play" with Shelley and learn tools that benefit the body and brain. These easy to learn seated exercises emphasize different anti-aging techniques such as joint mobility, spinal flexibility, right-left brain coordination, kinesthetic learning, cognitive function, systemic health, balance, self-esteem, confidence and playfulness. For fun Shelley will throw in a little neuroplasticity training as well. Once you are warmed up there will be some exercises to help those who need a gentler approach.

6) 3:45-4:45 (MC)

Seniors Staying Strong: Toby Peardon

This class is designed for seniors that want to increase their strength, stability and mobility.

Toby will lead you in a class for seniors that will give you new ideas on how to keep your participants engaged and having fun while they increase their fitness level and reach their goals. The exercises will be designed for the beginner to the more experienced participant.

Have fun while you work out and keep smilin'!

4:45-5:00 Wrap Up

Sunday October 25, 2020

8:00-8:15 am Welcome and Introductions

Sessions

7) 8:15-9:15 (ET)

Fitness Grows Online: Greg Simmons

The March 2020 shutdown forced many fitness pros to deliver services online, the pivot was so quick there was no time to consider a longer-term plan. Now that we are back face-to-face, online services remain very relevant. So at this point -Are you simply hosting workouts online or are you running an online business? Join Greg to explore how to take the next steps in developing a long-term strategy for a sustainable online business. We will touch on topics around selling, scaling, community building, marketing, branding, and growing revenue all online.

Greg would like to hear your online business success stories, things you have learned through trial & error, tips, hacks and things to avoid also, any questions that you might have that he can cover during the session. Please submit to greg.thisfits@gmail.com by Sept.15 2020

8) 9:30-10:30 (WS)

Get up and Move with Robin!: Robin Niderost

Has anyone ever told you Body Weight is not hard enough??!! Robin will lead you through a workout that is fun, function, intense and full of surprises. She will take you through a challenging HIIT with progressions and regressions for all fitness levels! Don't miss the chance to Move with Robin!!

*All you need is a Mat and a BOSU for this session.

9) 10:45-11:45 ((ET)

The Future of Fitness: Jason Davis

Jason will show you the future of the fitness industry looks like and how to use it to attract more class participants and personal training clients!

12:00-1:00 LUNCH BREAK

Sunday October 25, 2020 (continued)

1:00-1:15 Welcome and Introductions

Sessions

10) 1:15-2:15 (WS)

Living Pain Free by Building Safe Movement Patterns: Matt Hurst

Whether you are planning to take an eight hour road trip with the family or you are a world champion athlete, pain is something that everyone wants to avoid. Matt will show you how you can use safe movements, with a strategic plan to create strong joints and proactively avoid pain. At the end of this session you will have a clearly laid out four week plan to make ***Every Day Pain Free!***

11) 2:30-3:30 (MC)

Bellyfit FLOW® Master Class: Jessica Goreham-Penney

From the creators of Bellyfit® comes the much anticipated Bellyfit Flow® The Slow Burn. Designed for the Yogini in you, this mat based class is for all women looking for a more flowing, feminine, Yogic experience that is delivered from a solid, fitness based foundation. Expect all the signature elements that Bellyfit® offers, now on the mat and with a focus on strength and flexibility rather than cardiovascular endurance and coordination. Add an incredible soundtrack and an inspiring narrative and you've got a completely unique practice designed to uplift and energize on all levels.

**Note* A Master Class means you'll participate in the class as it is designed to be presented to the public. This is not a certification to teach this format.*

NB: Bellyfit® is a women-only program, however as this is a conference session for exercise professionals men are also welcome to attend.

12) 3:45-4:45 (WS)

Inclusion in Fitness. What Does It Mean and How Can We Support It?:

Julianne Acker-Verney

Julianne will draw on her experiences as a woman with disabilities, an entrepreneur, community based researcher and program developer to offer a session that will be interactive and conversational in style. Attendees will explore important aspects of planning and providing fitness-related programs and services that are inclusive of diversity, focusing on persons with disabilities in particular. Participants will be encouraged to ask questions and share experiences. Practical tools will be made available to attendees for future reference.

4:45-5:00 Wrap Up