

# Exercise Leadership Wellness Summit 2020

## “Celebrating our Atlantic Connections”

**FNB**  
FITNESS  
NEW BRUNSWICK



**CPNB**  
CONDITIONNEMENT  
PHYSIQUE N.-B.

### Our PRESENTORS



#### **Julianne Acker-Verney**

Julianne Acker-Verney embraces her life as a woman with disabilities, sharing the adventure with her partner Tim in Halifax, Nova Scotia. Her commitment to physical fitness remains uninterrupted since childhood with activities including cycling, running, strength and flexibility training. Julianne began paradressage training in December, 2018 with plans to enter her first competition later this year.

#### **Stephanie Calhoun RMT, E-RYT 1000**

Stephanie has been working within health and wellness for 23 years. She is a Registered Massage Therapist, an Ayurvedic Practitioner a Yoga Teacher Trainer and a Nutrition Coach. Stephanie also teaches Yoga and Pilates, is a Fitness Instructor and a Personal Trainer. She has been an instructor in Remedial Exercise & Biomechanics for the Atlantic College of Therapeutic Massage as well as a guest instructor and speaker for UNB's Faculty of Kinesiology, Nursing and The Independent Programming on Trauma Resilience. Stephanie owns and operates Satori Yoga Teacher Training and runs a successful business guiding people through dietary and lifestyle habits to support and empower them to be in charge of making changes for themselves.





### **Jason Davis**

Jason is President at Blended Athletics and is responsible for helping develop and execute the overall business strategy for the company. In his time at Blended Jason has helped lead the team to a 40% growth in revenue and through two major expansions. Before his role at Blended Jason was an entrepreneur turned consultant, helping business owners across Canada grow their fitness businesses. Today Jason still acts as counsel to many established as well as up and coming entrepreneurs. When Jason isn't working you can find him spending time with his wife and daughter, reading or exploring the outdoors of our beautiful east coast.

### **Jessica Goreham-Penney, GEL**

Back by popular demand, Jessica is a long-time NSFA member and former board Member At Large.

She is the first instructor in Nova Scotia to become certified in the Bellyfit Flow® format, and will be sharing it with you in this Master Class.



### **Matthew Amos Hurst B.Sc. Kin.**

Matt has worked with recreation for over 8 years, his career started at Mohawk College as a Gym Supervisor and Student. He graduated from the health and wellness diploma program and began to work as a strength coach throughout southern Ontario. To further his knowledge of health and the human body Matt moved to Fredericton and completed the UNB Kinesiology Program. During his time at UNB Matt took part in an internship with the Barbados Olympic association, where his primary project developing multi-sport coaches in the country. Once graduated from UNB Matthew took a role with the 2019 Canada Winter Games where he and his team planned and executed 19 different sport tournaments over two Weeks.

Currently Matthew operates a business that develops lesson plans and curriculum for martial arts clubs around the world, while he also completes a masters in Kinesiology with University of British Columbia.

### **Doreen MacLean RD**

Doreen MacLean is a Registered Dietitian with the NSDA. She uses a behaviour-focused approach to help clients change what and how they eat to reach their health, fitness, and performance goals. Doreen focuses on helping clients rebuild their relationships with their bodies and with food, so that any and all foods can be enjoyed for how they taste and how they make the body feel.



### **Robin Niderost B.P.E., B. Sc. Athletic Therapy, CSCS, NSCA**

Robin has 30 years in the Sport and Fitness Industry in Canada and Europe as a Hockey Conditioning Coach, an FNB certified Group Exercise Leader and Personal Trainer. Robin has always been a leader in offering exercises that are challenging for adults of all ages and abilities. She has been living in Germany for many years with her husband; however, she still calls New Brunswick home and visits each year to spend time with her family and friends.

### **Toby-Lea Peardon: CSEP-CPT**

Toby is an early childhood educator turned personal trainer/fitness leader.

She raised 3 daughters while moving across Canada from Pei to BC and back again over a 15 year period, With a Passion for mind, body and soul fitness Toby returned to college full time in 2009 enrolling in the 2 year sport and leisure program at UPEI.

Toby is a CSEP certified Personal Trainer (CSEP CPT), a Golf Fitness Professional, a Pilates RAB Instructor and, a RAB 1, 2, & 3 instructor with a speciality in Older Active Adults.

She became a true believer in the philosophy that "Exercise is Medicine" by using exercise as her only medicine to stay strong and healthy after being diagnosed with osteoporosis in her forties.





**Jason Rudy: BSc.Kin, CSEP-CEP, NSCA-CSCS**

Jason has been in the exercise and fitness industry for over 15 years and has a great deal to offer from his wide range of services and involvement with all ages of clients including high caliber athletes and special populations. Jason is employed with UNB URec, trains clients at Synergy and is also an FNB Course Conductor for Exercise Theory, Resistance Training Leadership and Personal Fitness Trainer.

**Greg Simmons: Performance Coach, Management Consultant, Personal Trainer**

Over the past 25 years, Greg has developed an extensive knowledge of effective business and fitness facility management. His approach is deeply rooted in the desire to understand the needs of the consumer and his passion to deliver exceptional customer experiences. Greg's creativity, knowledge, communication style, and ability to assess situations has been a successful formula when providing big picture planning, solving issues and accomplishing objectives for his clients.



**Shelley Swift**

Shelley is an FNB certified instructor and course conductor and has been CSEP-CPT certified since 2002. Over the last 18 years she has lead classes, developed programs, trained leaders and created and planed conferences and wellness events. Shelley has worked with various organizations promoting her passion for wellness and fitness leadership and continues teach fitness classes for seniors in the Fredericton area. Shelley's interests keep her involved in her community as she continues to promote fitness and wellness throughout her career and volunteer work. Shelley is a Certified Relocation and Transition Specialist, and proud owner of Gentle Pace Transitions.