

Exercise Leadership Wellness Summit 2020

“Celebrating our Atlantic Connections”



Sessions at a Glance



TIMES	OCTOBER 24	OCTOBER 25
8:00 – 8:15	Welcome and Introductions	Welcome and Introductions
8:15-9:00	1: The Bare Bones of Movement Stephanie Calhoun (WS)	7: Fitness Grows Online Greg Simmons (ET)
9:00-9:15	Q&A/Session Feedback Survey	Q&A/Session Feedback Survey
9:15-9:30	Break	Break
9:30-10:15	2: Creating a Sophisticated Model for Improved Lower Body Function Jason Rudy (WS)	8: Get Up and Move with Robin! Robin Niderost (WS)
10:15-10:30	Q&A/Session Feedback Survey	Q&A/Session Feedback Survey
10:30-10:45	Break	Break
10:45-11:30	3: The Web We Weave Stephanie Calhoun (Yoga-MC)	9: The Future of Fitness Jason Davis (ET)
11:30-11:45	Q&A/Session Feedback Survey	Q&A/Session Feedback Survey
11:45-12:00	Break	Break
12:00-1:00	FNB AGM	LUNCH BREAK
1:00-1:15	Welcome and Introductions	Welcome and Introductions
1:15-2:00	4: What's New With Canada's Food Guide Doreen MacLean (ET)	10: Living Pain Free by Building Safe Movement Patterns. Matt Hurst (WS)
2:00-2:15	Q&A/Session Feedback Survey	Q&A/Session Feedback Survey
2:15-2:30	Break	Break
2:30-3:15	5: Move-Play-Learn Shelley Swift (Mobility Challenged-MC)	11: BellyfitFLOW® Jessica Goreham-Penney (MC)
3:15-3:30	Q&A/Session Feedback Survey	Q&A/Session Feedback Survey
3:30-3:45	Break	Break
3:45-4:30	6: Seniors Staying Strong Toby Lea Peardon (MC)	12: Inclusion in Fitness. What Does It Mean and How Can We Support It? Julianne Acker-Verney (WS)
4:30-4:45	Q&A/Session Feedback Survey	Q&A/Session Feedback Survey
4:45-5:00	Wrap up	Wrap up

Master Class (MC)
Workshop (WS)
Educational Talk (ET)

Exercise Class with teaching tips
Combination of oral presentation and practical skills learning
Speaker centered with take away applications