



SESSION DESCRIPTIONS & CODES

1801 - Fit Games with Sgt Ken ®

Wake up with FIT GAMES and SGT Ken® - a collection of highly effective exercise events uniquely arranged as an athletic challenge to awaken the competitor in all of us. Utilizing some of the power and endurance exercises from the 1946 US Army Physical Fitness manual as well as several sporting events used by some of the best athletes in the world, this program can quickly create the next American Ninja warrior or CrossFit Games contender. Whether you are training adults or youth, don't miss your chance to thrive in the thrill of the FIT GAMES! Rated for all levels.

1802 - Let's Glow Group Cycling with Jane Kelly

Wake up with Group Cycling, as you glow in the dark - a beat driven ride that features high intensity cardio and strength training on a bike to the latest hip hop, EDM and dance tracks. Get ready to bounce it out and tap it back; your bike is your dance partner! To make this even more electrifying, this class will leave you GLOWING...literally! Featuring Glow Sport, a division of Glowing Entertainment Inc, also known as The Glow Entertainment Company.

1803 - Integrating Movement & Mobility Training with Fitness Training - Rick Boisvert.

For the majority of adults, movement & mobility have become restricted due to our modern lifestyle. These restrictions prevent people from acquiring proper positions and full range of motion in many of the movements used in fitness classes and other activities. As a result, the risk of pain and injury from repetitive movements in compromised positions increases. Movement & Mobility training addresses these issues by reeducating the body to move with greater range of motion and building control and strength in those newly acquired ranges. By reacquiring our movement potential we not only feel and move better, we can enjoy our activities with less pain and risk of injury.

This workshop will introduce you to Movement & Mobility training and provide you with ideas on how to integrate this work with other training methods, for both personal and group classes. Sponsored by Human 2.0.

1804 - Yoga Tune Up® Core and Pelvic Floor Training - Todd Lavictoire

This Yoga Tune Up® inspired workshop, aims to give the practitioner tools to better proprioceptive and activate core and pelvic floor muscles. We will also learn methods of training the core in ways that improve optimal spinal position. The rib cage to pelvis connection will be the main focus of the movement portion of the workshop, while the first section of the workshop will focus on awakening our connections to the different layers of the abdominals and the pelvic floor musculature.

1805 - The Ketogenic Diet and Optimal Athletic Performance - Dr Andrea Proulx

Dr. Andrea Proulx ND will explore the effects of carbs and fats on metabolism and discuss nutrient timing to maximize your workouts and athletic performance. Whether you're new to fitness or looking to take your athletic abilities to the next level, Dr. Proulx provides insight into new trends in leading edge nutritional and supplement programs along with practical tips you can use. In this talk, you'll learn practical knowledge for food shopping and meal planning for increased sport performance and the facts on fats as fuel vs. carb use. You'll gain a better understanding of how to use sports supplements and nutrient timing with a comprehensive note package that you can utilize to enhance your next workout. Sponsored by The Institute of Holistic Nutrition.

1806 - The Coaching Dynamics of Building a Clientele- Bobby Cappuccio

We may be paid for results, but contrary to what many people in our industry believe we do not change lives. As coaches, fitness professionals and trainers we do something far more powerful than that. We hold the space for people to transform their own lives when we possess a belief that is stronger than their doubt. By helping to inspire change rather than being the agents of change, we help our clients develop the confidence as well as the competence to transform their lives. We offer individuals the knowledge, tools and resources to allow them to be at their most resourceful in making the decisions that bring their future vision into their current reality. If we are committed to helping our clients have what they truly want then we need to help them discover why they do not have it already. What holds most people back is not a lack of discipline, motivation or commitment, but often a lack of decision. In this presentation we will explore how to create and keep a clientele by facilitating the initiation and perpetuation of decisions that lead our clients to the successful attainment of the goals that they set for themselves. In our industry the key to having what we want is developing the ability and commitment to help other people to have what they want.

By attending this session participants will be able to:

- Dispel common myths about building rapport

- Identify how to authentically as well as rapidly build trust and foster the level of safety that supports open conversation
- Define and use influence to facilitate the achievement of client goals
- Utilize coaching techniques that support client success
- Identify the basic needs of the individual and how to acquire a client by demonstrating your ability to understand, empathize with and support the fulfillment of these needs
- Build your clientele by employing the skillsets and mindset that drive stakeholder decisions

1807 - A SURGEON'S PERSPECTIVE ON INJURY PREVENTION: Practical Solutions For Preventing Common Musculoskeletal Problems - Dr Chris Raynor, MD

In this session, orthopaedic surgeon/sports medicine specialist Dr. Chris Raynor will review some of the more common musculoskeletal complaints that he sees as a physician. He will explain how he typically treats those problems, and he will review how one would go about preventing them from happening in the first place. From knee and back pain, to grinding of the hips and frozen shoulder, get a behind-the-scenes look at what goes on in the world of the orthopaedic surgeon, and learn some simple strategies for keeping oneself (or one's clients) mobile and healthy for as long as possible. Sponsored by Human 2.0

1808 - Squad Team Training - Helen Vanderburg

Experience a high energy interactive team training workout in Squad Team Training. Explore partner and teamwork workout designs to bring back to your small group and group training session. This workout builds cooperation, camaraderie and team spirit. Learn how to easily and quickly set up team training workouts to enhance client satisfaction and longevity at the same time giving them incredible results. This session is fun and effective!

1809 - Connect for Effect: Seven Superior Strategies to Speak Successfully -SGT Ken®

This highly interactive workshop identifies the essential skills all great presenters must possess in order to impact any audience. Developed by Army Master Fitness, Master Resilience Trainer and decorated combat veteran Ken Weichert (aka SGT Ken®), this workshop features seven superior strategies to speak successfully in every situation. You'll discover how to use your voice for maximum effectiveness, how to cultivate a climate of connection, rapport and relationship building. You will also be immersed in several powerful and playful improvisational drills designed to unleash imagination, build self-confidence, and spawn spontaneity in order to create stagecraft success.

1810 - 3D Movement Analysis and Performance System (3DMAPS lecture) Part 1 of 2 - Dr. Gary Gray

An introduction to the Gray Institute's highly-anticipated 3DMAPS. Applied Functional Science® provides the evidence-based truths and principles to develop strategies in designing and implementing an effective and efficient, purely functional movement screen for all individuals.

Learn six vital transformation zones for all functional activities, experience the Chain Reaction® mobility and stability analysis movements, and appreciate the resultant logical rehabilitation and training performance system.

Part 2 of 2 is the workshop portion of this session and is session 1812.

Sponsored by The Gray Institute.

1811 - Speed-Power-Strength-Endurance & Group Cycling - Gavin Featherstone

Creating a balanced class for participants to develop all facets of their fitness. Learning more coaching language that can engage all levels of participants. We learn to use the bike as a training tool instead of thinking of each class as an indoor ride.

Welcome and Keynote Presentation with Connie Beaulieu and Sgt Ken® Weichert This highly informative and inspirational presentation identifies the indispensable skills every person must possess to put passion into purpose, create connection, restore resilience and build relationships that will last a lifetime!

1812- 3D Movement Analysis and Performance System (3DMAPS workshop) Part 2 of 2 - Dr. Gary Gray

Experience and enjoy the exercises from the 3DMAPS rehabilitation and training system. Apply the power of Tweakology to build upon the six vital transformational zone movements.

Understand and utilize literally thousands of logical new exercises that will engage, empower and encourage your clients and patients.

Session 1810 is part 1 of 2, and the lecture portion of this workshop.

Sponsored by The Gray Institute.

1813 - Operation Take the HIIT - Sgt Ken®

Operation Take the HIIT with SGT Ken® utilizes highly effective interval training techniques practiced by the U.S. military. Military-style High Intensity Interval Training (MIHIIT) involves exercising at close to 100% of your maximum effort for 60 seconds, followed by 30 seconds of recovery. This cycle is repeated several times within a 60-minute period in order to burn the stored glycogen in your body and help you to continue to burn fat for the next 36 hours. It's a race against the clock as participants are challenged to perform their absolute best in one-minute intervals using body weight exercises uniquely arranged to generate muscle-fatigue like never before. Over one million Soldiers, Sailors, Airmen and Marines have used SGT Ken's program to prepare for combat and leadership schools! Time to take the HIIT to new heights! Rated for all levels.

1814 - Psychology and Mindset of a Client Transformation - Joe Arko

Transformations go way beyond following macros, detailed cardio protocols and hard intense training. It starts with a true understanding in knowing where your client is, not just physically, but mentally. In this talk, Joe will uncover the psychology and mindset of body transformation.

How to get your client to buy in to your programs on their terms, and how to get them to stay on your programs without sabotaging themselves.

1815 - Edu-Tainment - Helen Vanderburg

The fitness industry and the expectation of clients continue to evolve. With a new generation of fitness participants wanting engaging, entertaining and meaningful experiences in group fitness classes and small group training, learn how you can become the master of edu-tainment. This session is practical and will require you to step out of your comfort zone. Find the perfect balance between being a great educator and an amazing entertainer!

1817 - Fascial Stretch Therapy for Fitness Professionals - Kevin Darby

Fascial Stretch Therapy™ traction techniques and Core 4 on the Floor mobility techniques will be covered in this session. Attendees will learn how to integrate and layer these protocols as part of a warm-up, cool-down and for self-care. In this session you will observe and learn specific techniques that you can implement into your practice as soon as you walk out of this session.

1818 - LTS™ Low Impact Smart- Group Fitness for all - Marc Lebert and Shelly MacDonald

You've seen the Lebert Fitness team rock high-impact boot camp, but now is your chance to see Marc and Shelly dial it down, and deliver some new programming for your lower impact classes! This traditional group fitness class, highlights the Lebert EQualizer® making it possible, assisting and challenging everyone to get stronger, at their level! Fun, great energy and some new moves and stretches that will make you feel alive. Not beaten down. You will leave with a new perspective on how to use LTS equipment to deliver amazing results without negative stress on the body. Sponsored by Lebert Fitness.

1819 - Healthy Hormones, Happy Clients - Dr Nathalie Beauchamp

Are your clients getting the results they should with their fitness regimen or are they often facing these counter productive challenges?

- Adrenals are so exhausted that they are always tired?
- Thyroid is sluggish and sugar levels are all over the place keeping them from losing weight?
- Sex hormones are all out of whack and it's turning them into "aliens"?

Find out what you can do to help them balance their HPA axis, blood sugar and sex hormones!

1820 - Leadership: Creating a High Performance, Coaching Based Culture - Bobby Cappuccio

Leadership is one of those subjects that is frequently discussed, but seldom defined. In this session we will explore what leadership truly is and why its impact on your clientele and member culture may be more advantageous to brand growth, recognition and performance than anything else.

By attending this session participants will be able to:

- Facilitate the cooperative creation of a compelling vision
- Identify and avoid the barriers to effective leadership
- Define and use influence to support the success of all those you lead
- Utilize the 4 principles of leadership to elevate the performance of your group
- Define culture
- Create a culture that instills ownership and supports success

1821 - Recovery and Flexibility - Helen Vanderburg

With the popularity of HIIT Training, the importance of recovery is more and more critical in the overall success and health of your clients. Training is an interesting paradox, as the body needs to be stressed to stimulate physiological changes, which causes temporary weakening of the body. It is about finding a balance between hard effort and good recovery. In this workshop experience a full body stretch and release series of exercises to give clients a practical recovery techniques to incorporate into their overall training program.

1822 - Introduction to Animal Flow® - Kevin Darby

In this Introduction to Animal Flow® session , we'll introduce you to the benefits and applications of the various Animal Flow components. You will get to try out elements from each of the program's Six Components, and then we'll put them together in a flow at the end of the class. The elements learned in this class can be immediately applied to personal training, small group and/or large group classes. Wrist Mobilizations, Activations – Static Beast and Static Crab, Form Specific Stretches - Crab Reach, Traveling Forms - Beast, Switches and Transition (S&T) - Underswitch and Side Kickthroughs, Flow - Beast, Underswitch and Side Kickthrough

1823 - Taking You, Your Life and Your Clients to New Levels through the Power of Meditation - Angela Kontgen

Meditation is now being cited as the 21st Century Success Habit. Why? The research is indicating that meditation has a positive impact on everything from Focus, Creativity and Emotional Resilience, to new levels of health and healing. Meditation changes your mind and therefore positively impacts your life.

Come be inspired by the power and evidence behind this daily habit. Walk away with the confidence to step into it, and the tools, to begin right away, and also the inspiration and knowledge to bring this to your clients. They'll love you even more!

(NOTE:: purchase of Angela's "Everyday Meditation" audio download or CD is required for this session. This excellent tool can be used with your clients and for your own well being. The cost is only \$14.99 and a link will be sent to your email for the purchase after you register, or you can find it here <http://www.angelakontgen.com/store>)

1824 - Nutrient Timing for Optimal Performance - Patricia Lee

Nutrient timing means being mindful of when to eat, rather than just what to eat. Proper nutrient timing has many objectives: it can enhance performance, promotes recovery, and improve muscle mass/building. The thermic effect of food is higher in those eating at regular, short intervals when compared to subjects eating at irregular, longer intervals. Smaller, more frequent meals have been shown to reduce the insulin response to food, which can improve mental acuity and performance enhancing. Whether your client's goal is to lose weight or to support endurance and strength training, optimal nutrient timing pre and post exercise can assist them in achieving their goals! Patricia will also speak on the importance of proper hydration for peak performance. A handout of resources will be available after her presentation. Sponsored by The Institute of Holistic Nutrition.