



Pre-approved CEC CHART

(The following organizations have awarded the following CECs for ACTIVATE FitCon 2019)

Session	canfitpro*			YMCA	NSCA	CPTN	IONC
	PTS	FIS	HWL				
1900 – Wake up with Intention	1	1	1	Application in progress	Approved for 0.6 CEUs	1.5	CEC Approved
1901 – Shoulder Girdle Mastery	1	1	0				
1902 – Exercise Considerations for the Post-Partum Athlete	1	1	0				
1903 – The Biomechanics of Function	1	1	0				
1904 - Using Fascial Stretch Therapy to Improve Mobility	1	1	0				
1905 - What Really is The “CORE”?	1	1	0				
1906 - The Vertical Diet for Peak Performance	1	1	1				
1907 - JOGA®	1	1	0				
1908 - Exercise for Injury Prevention – A Surgeon’s PRACTICAL Application	1	1	0				
1909 - SHIFT Happens! Effective Coaching Behaviour Change	1	1	1				
1910 - ‘Stop Pulling My Leg’ A Theoretical and Practical Workshop on Hamstring Injury Prevention	1	1	0				
1911 - Beyond Kegels...Exploring Abdominal & Core Function	1	1	0				
1912 - The Prioritization Method	1	1	1				

NOTE: Proof of attendance must accompany this chart. An official CEC certificate will be sent to you within 14days following the event. Other organizations may recognize the CEC's from ACTIVATE FITCON 2019. It is the participant's responsibility to apply for accreditation and pay any associated fees for any other organization not listed in the chart. *a maximum of 4 CECs can be reported to canfitpro for each certification held PTS, HWL, FIS (this is their annual requirement). CECs are not reported automatically. You must submit at time of your renewal.