



## SESSION DESCRIPTIONS & CODES

### 1900 - Wake Up with Intention! - Jean Luc Boissonneault

Mindfulness. Presence. Set your daily intentions.

Before your day, before your workout, it's important to ignite the mind and quiet the brain. Kick off your conference experience with this incredible 30 minute session, led by Jean-Luc Boissonneault. Owner of "The Peace Room", a former certified personal trainer and hard working entrepreneur, Jean-Luc knows the importance of integrating this important habit into your routine, and will guide you to get more out of your day and life. (w/s)

### 1901 - Shoulder Girdle Mastery - Brendan Fox, sponsored by Exercise Therapy Association

In this session, you will "learn by doing", and have the opportunity to assess and be assessed on the most critical aspects of shoulder girdle posture and function. We will cover what works in the real world, as various attendees will have the opportunity to come up and stage, and go through a live assessment and corrective sequence for their unique shoulder concerns. You will learn how to assess the shoulder in minimal time, with minimal equipment. You'll learn how to find problems that most assessments don't even check for. And you'll learn some of the most powerful secret tips for restoring shoulder movement and function.

If you have shoulder concerns, or know someone who does - this session is for you! (w/s)

### 1902 - Exercise Considerations for the PostPartum Athlete/Client - Sarah Zahab

Your client just had a baby, now what? Most options for new moms include boot camps, circuit training and jumping right in where they left off. Often times this can lead to pain, injury, diastasis recti, pelvic floor dysfunction and more. Understand the importance of testing for weaknesses and improving overall stability first. Walk away with exercises to help new mom progress appropriately, increase stability and perfect alignment, posture and breathing mechanics. Learn how to progress from childbirth to super

athlete, safely, effectively and functionally. (w/s)

### 1903 - The Biomechanics of Function - JC Santana

Academic anatomy and biomechanics is a far cry from the applied functional biomechanics of the human body, in daily activities as well as athletic endeavors. In this presentation JC will use video analysis and a lot of common sense to shed some light on many misconceptions previously held. The attendees will leave with an enhanced understanding on what functional biomechanics is and how to better analyze human movement, which can help any veteran or new trainer, coach, instructor, athlete or general enthusiast. JC Santana is a pioneer in the evolution of “functional training”, and is a master in integrating function, overall mobility and traditional lifting into a workout, for true hybrid training that provides optimal performance and results. (L)

### KEYNOTE Presentation - Carole Woodstock

Have you ever experienced a life changing event that altered your route? What if you were knocked off your path? How do you overcome pain, in order to regain your passion? Meet Carole Woodstock:

I spent the first 50 years of my life as a very happy, motivated, and optimistic person. My world and career was full of people and exercise, with an abundance of music, energy, and endorphins. This all changed in 2015 while training for a triathlon, where a bike accident left me with a serious and life-changing concussion. You often hear about athletes with concussions who have to sit out a game or two, get some rest and recovery and then bounce back. I thought that was going to be my story. But it wasn't. My concussion was particularly severe, and as the weeks turned into months and eventually years, I realized something had gone terribly wrong during my accident. My once positive and bouncy life was now filled with chronic pain, visual disruption that required special corrective glasses, and auditory and sensory disturbances that made it difficult to tolerate loud sounds or keep my balance while walking. I was longer able to work, read, watch TV, listen to music, or engage in conversations. I now found myself trapped in my own empty and solitary world, spending days alone with my thoughts and the persistent pain, wondering how and why everything had changed. The darkness led to hopelessness, depression, anxiety, panic attacks, and ultimately thoughts of suicide. (Through time and healing)

I learned to accept my situation, to love who I was, to forgive, to be gentle with myself, to let go of the life that was and instead to embrace the new life that lay ahead.

Join Carole on April 13th, as she shares her journey, her recovery, her tips and her inspiration with you.

⚠ This keynote presentation is exclusive to all registered ACTIVATE FitCon 2019 delegates!

**1904 - Using Fascial Stretch Therapy to Improve Mobility - Kevin Darby**  
Fascial Stretch Therapy™, traction and soft tissue mobilization techniques will be covered in this session. Attendees will be provided with an update on some of the latest research on lymphatic drainage and role of hyaluronic acid in soft tissue restriction that will give you some insights and guidance with regards to the importance of integrating fascia focused techniques with your personal and group-based clients. This will be followed with a practical session, focused on teaching these techniques. Please join Kevin Darby for this interactive session. We promise you will be energized, educated and empowered. (w/s)

**Learning Outcome:**

Upon completion of this session the learner will know 2-3 fascial mobilization techniques.

**Session Details:**

- Stretch to Win – Fascial Stretch Therapy™ explanation and demonstration.
- Stretch to Win – FST stretching explanation and techniques.
- Joint traction/distraction explanation and techniques.

**1905 - What *Really* is the CORE? - Mathieu Boule**

What *really* is the “CORE”: for the most part of the last 20 years, we have been advised that the core is ever so important and that it is a top priority to address in terms of assisting our clients in reaching their goals. But how important is the core, really? Is the core the most important feature to focus on for stability and mobility? Or is it something else? Truth is, is the core... even the core? (w/s)

#### 1906 - The Vertical Diet & Peak Performance - Stan Efferding

The Vertical Diet & Peak Performance Seminar details the benefits of Stan Efferding's nutrition program used by over 50,000 customers worldwide including many of the worlds greatest athletes and fitness enthusiasts such as: Calum VonMoger - Actor, Fitness Celebrity, Hafthor Bjornsson - World's Strongest Man, Brian Shaw - 4x Worlds Strongest Man, Camille LeBlanc - Crossfit National Champion, Ben Smith - Crossfit National Champion, Becca Voight - Crossfit National Champion, Eddie Coan - Greatest Powerlifter of all Time, Flex Wheeler - IFBB Hall of Fame, Stephanie Sanzo - Top Fitness professional.

Joining us from Las Vegas, NV, Stan is currently the World's Strongest BodyBuilder. Find out what his nutrition secrets are, and walk away with some incredible strategies! (L)

#### 1907 - JOGA® - Jana Webb

A bridge between strength training and traditional yoga, JOGA® has the benefits of yoga combined with the biomechanics of sport, created specifically for an athletes body, and an athletes mindset. JOGA enhances athletic performance, improves concentration, decreases recovery time and ultimately, transforms an athletes game. Used by over 35 PRO Sports teams worldwide, such as - the NFL, NBA, NHL, MLB, CFL and more. Join, inventor, Jana Webb, as she will teach you (w/s):

- An athletic style of yoga that hybrids breathing and relaxation benefits of yoga with the science and biomechanics of sport movement
- How to transform imbalances and asymmetries into structural realignment - resulting in efficient movement patterns
- Breathing tools to improve performance and manage stress
- How to integrate into existing athletic strength and conditioning protocols during on and off season

#### 1908 - Exercise for Injury Prevention - A Surgeon's PRACTICAL Application - Dr.Chris Raynor, sponsored by Human 2.0

Orthopaedic surgeon/sports medicine specialist Dr. Chris Raynor is usually on the receiving end of injury. He sees people *after* they've been hurt and knows how it happens. Conversely, he also knows what people can do to *prevent* those same mishaps. As such, he believes that intention is the first step to exercising effectively and safely, and he believes that there are key

training strategies (and reasons behind those strategies) that every person needs to know and understand in order to take action. Understanding the reason why is the first step to empowerment, and in today's society – where medical care isn't the easiest (or fastest) thing to get – it should be a priority. (w/s)

#### 1909 - Shift Happens! Effectively Coaching Behaviour Change - Heather Harrison

A growing body of evidence suggests the skillful application of specific Coaching Techniques can support even the most 'stuck' or resistant client to seek change.

This dynamic session will focus in on William Glasser's Choice Theory Model of human behaviour and its application to daily fitness coaching interactions. (L)

#### **Participants can expect to engage with the following concepts:**

- Building and maintaining a change-based coach / client relationship
- Leveraging the psychological needs that drive human behaviour
- Bridging the gap between intention and behaviour
- Using gentle confrontation techniques to effectively address discrepancies between client goals and on-going behaviours
  - Asking the sequence of questions that lead to self-evaluation

#### **Shifting just one thing can change everything!**

#### 1910 - 'Stop Pulling My Leg': A Theoretical and Practical Workshop on Hamstring Injury Prevention - Jethro Constant, sponsored by Human 2.0

Your hamstrings help stabilize the knee joint, affect your back health and have many more important roles in everyday life. Their health and mobility are crucial for daily activity. This theoretical and practical workshop on hamstring injury prevention and overall health, is educational for personal trainers, fitness instructors, coaches, or those entering offseason training, recreational sports enthusiasts or an other running/sprinting based athletes. In this workshop, you will (w/s):

- learn about the anatomy involved with hamstring injuries
- the risk factors and causes of hamstring injuries
- the mechanism of injury of hamstring injuries

- hamstring health concepts (quick assessment, proper warmup, mobility, maintenance/flexibility)...this is the more active active portion

#### 1911 - Beyond Kegels...Exploring Abdominal & Core Function - Kerri Morrison-McCabe

KEGELS AND TRADITIONAL CORE doesn't cut it anymore!

- ✓ Have you ever had a client suddenly fall off the face of the earth and never book another training session with you again?
- ✓ Have you instructed a group session where some members refuse to skip, jump or do any exercise with impact?
- ✓ Do you have clients who have children and express pain, discomfort or incontinence when they sneeze, exercise or do chores around the house? Do you know how to REALLY help them? This 90 minute workshop is for you. Learn the modern way to assist clients and patients in the weight room, in your therapy clinic and in your class. Kerri, from recore.systems, will lead you down the path of core training, as it has existed in the past, present and where it needs to go. Trainers, manual therapists, Chiropractors, physios, yoga and fitness instructors welcome. (w/s)

#### 1912 - The Prioritization Method - Erin Thompson

Join the Royal Military College of Canada's Physical Educator and Trainer, Erin Thompson, for a dynamic and comprehensive investigation into why it can be so difficult to motivate ourselves and others to make big lifestyle changes, why it can be so difficult for us to dedicate ourselves and others to exercise, and how to get remarkable results for any behaviour change using a step by step approach and a few simple tools. During this session, Erin will introduce you to her screening and assessment approach, *The Prioritization Method*, and leave you feeling empowered to inspire positive change in self and in others. (L)

#### 1913 - Unwind with Yoga - Diane Lanthier, sponsored by Beyond Yoga

This featured session will lead you through 50 minutes of Yin Yoga to end your day. Yin classes are getting busier and busier in studios and fitness centres. Yin (quiet) is the other half of Yang (energetic). They complement each other, maximizing physical, mental and emotional health benefits. Yin Yoga targets our deep tissues including connective tissues, deep fascia, ligaments, cartilage, joints and bones. This practice allows you the time to notice and feel different physical and emotional sensations, while also adding a meditative aspect to your practice.

Join us for this unique style of yoga and experience the benefits of a Yin Yoga practice. (w/o)

1914 - Unwind your Mind and Body - Shelley Murdock, sponsored by Beyond Yoga

This featured session will lead you through 50 minutes of recovery and relaxation to end your day. This class is specifically designed to help with athletic recovery. A week of workouts helps to build a strong healthy body and increase our energy, but can also leave us happily fatigued, stiff and sore. The key to maximizing your training time is to take the time to rest, restore and recover. This practice is a great way to recover from your training by targeting our deep tissues, fascia, ligaments, cartilage, joints and bones. Tune in to your body and experience release both physically and mentally.

(w/o)

1915 - Unwind with Meditation - Kimberly Mantas, sponsored by Beyond Yoga

This featured session will lead you through 50 minutes of mindfulness and meditation to end your day. The mind is often a whirling mass of competing information. Meditation practice helps us to manage and thrive despite the pace of our busy lives.

Join us for this simple and direct practice that will provide you with a comfortable space to explore relaxation, breathing and meditation techniques to restore that place of calm and peace within you. You will be guided through different meditation and visualization techniques where you will be able to cultivate stillness in mind and body.(w/s)

- w/o = workout
  - w/s = workshop
  - L = lecture
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