



2021 CEC CHART

(The following information is for your Virtual ACTIVATE FitCon 2021 CECs)

Session	canfitpro*			YMCA	NSCA	CSEP
	PTS	FIS	HWL	Internal & External pre-approved	L1295-E0421 pre-approved	PDC pre-approved
Kick Off Keynote Presentation				2	0.2	1 PDC per contact hour
2001 – Thriving in a Post Pandemic Boom				1.25	0.15	
2002 – Think Yourself® COACH				1.25	0.15	
2003 – Embracing Hybrid Opportunity				1.25	0	
2004 – How to Rebuild				1.25	0.15	
2005 – 3 Tools to Transform Your Passion				1.25	0	
2006 – The Virtual Presentation Playbook				1.25	0	
2007 – Social Media Essentials				1.25	0	
2008 – Leadership and Motivation				1.25	0.15	
2009 – Virtual Strategies for the PT				1.25	0	
2010 – Managing Menopause				1.25	0.15	
2011 – Micro Workouts				1.25	0.15	
2012 – Bodyweight Training				1.25	0.15	
2013 – What’s STRESS got to do with it?				1.25	0.15	
2014 – Flexibility vs Mobility				1.25	0.15	
2015 – Body Weight Blitz				1.25	0.15	
2016 – Nutrition				1.25	0.15	
2017 – Running a Successful Outdoor Fitness Business				1.25	0.15	
2018 – Perfectly Purposeful Postnatal Programming				1.25	0.15	
2019 – The Ultimate Training Equation				1.25	0.15	
2020 – Pandemic Pain and Program Design				1.25	0.15	
2021 – Cultivating Yin				1.25	0.15	

*Must be submitted after event. 2 contact hours = 1CEC up to 4 CECs per event.

NOTE: Proof of attendance must accompany this chart. An official certificate will be sent to you within 14 days following the event. Other organizations may recognize the CEC's from ACTIVATE FITCON 2021. *It is the participant's responsibility to apply for accreditation and pay any associated fee, unless pre-approved. Note: 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. This event fulfills your full YMCA 14 Internal and External CEC requirement. NSCA 1.1CEUs category A, approved code L1295-E0421. CSEP 1 PDC per contact hour.