



Fitness New Brunswick

Personal Training and Fitness Summit 2009

November 13th & 14th, 2009

**Crowne Plaza Hotel
Moncton, New Brunswick**

President's Message



Welcome to the Fitness New Brunswick 2009 Personal Training and Fitness Summit! For our 15th annual event, the conference committee has worked hard to provide our delegates with a diverse mix of sessions and tremendous presenters from across Canada.



A special thank you to the conference organizing committee. This event would not be possible without the hard work of the many volunteers.

We will be holding the Annual General Meeting early Saturday morning and encourage all members to attend. We need your comments and suggestions to help us grow and serve you better. The new Board of Directors will also be appointed during the AGM. Please remember we are always looking for input and welcome nominations of individuals from the floor for available Board positions.

We hope you will enjoy all the events that have been organized for the weekend and of course the company of your fellow delegates. But most of all, we hope you will enjoy meeting new people, learn new ideas and take home some wonderful memories of a weekend filled with fun, education and fitness.



Enjoy the conference!

Lauren Rogers

Lauren Rogers
President



Keynote Speaker

Living Relaxed: Re-Psyching “Your” Mental Thinking with Tracey Cipryk

In a world of chaos finding a sense of calm can be challenging. This inspirational talk will give you some tools to finding the calm in chaos. Learn ways to manage your day-to-day stress, tips on being good to yourself and strategies to organize your time and life more effectively.



Tracey Cipryk www.tracycipryk.com

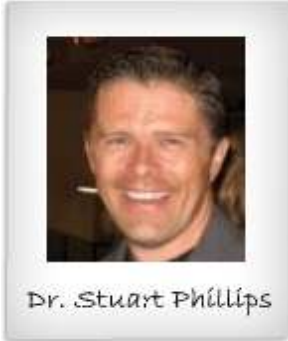
Tracey has spent the last 25 years working as a fitness entrepreneur creating, developing and presenting a wide variety of topics in health, fitness and wellness. She has owned a fitness franchise; is a business partner with Nubody's Fitness Centre and represents the Canadian Fitness Professionals Organization as a PRO Trainer course conductor, CEC provider and presenter. Tracy is well known for blending her fitness expertise, dance experience and yoga training into unique programs and presentations that are mindful, physically challenging and soul freeing for fitness professionals and enthusiasts. Tracy is a master trainer and presenter for Resist-a-Ball; co-organizer for the Yoga Atlantic Conference and creator of the "Living Life Series", a series of keynote addresses on living life mindfully, spiritually and physically. She is known for her ability to present with humour and passion that inspire people to take action of their own destinies. Tracy is certified and affiliated with many fitness and wellness organizations including the American College of Sports Medicine (ACSM), American Council on Exercise (ACE), National Strength and Conditioning Association (NSCA), Stott Pilates and the Kripalu Yoga Centre.

Shop for educational materials, fitness equipment, clothing and a variety of other products and services at the Summit 2009 Trade Show.



Featured Presenter

Dr. Stuart Phillips



Stuart Phillips graduated with a PhD from the University of Waterloo in Human Physiology. For two and half years he was a postdoctoral fellow in Dr. Robert Wolfe's laboratory at the University of Texas Medical Branch in Galveston, Texas. Returning to McMaster University he accepted a position in the Department of Kinesiology where he is now a full Professor. He has received both Graduate Student and New Investigator Awards from the Canadian Society for Exercise Physiology (CSEP) and is a fellow of the American College of Sports Medicine (ACSM) and the American College of Nutrition (ACN). His research is focussed on the impact of nutrition and exercise on human skeletal muscle protein turnover. As well, he is keenly interested in diet and exercise-induced changes in body composition. Finally, a large part of his research is aimed at application of novel nutrition and exercise paradigms in modulating body composition to achieve optimal health in a variety of states including aging and

cancer treatment. His research is funded by the Canadian Institutes for Health Research, the National Science and Engineering Council of Canada, and the Canadian Foundation for Innovation. Dr. Phillips is a New Investigator award recipient from the Canadian Institutes for Health Research and also a recipient of the Ontario Premier's Research Excellence Award. An enthusiastic and energetic group of graduate students are the true heart of Dr. Phillips' more than 140 publications and continuing enthusiasm for science and research.



In North America, the three principal professional associations offering certifications are: the *Canadian Society for Exercise Physiology (CSEP)*, the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA). All three of these associations have a research branch and an affiliated fitness practitioner branch.

The certifications provided by these professional associations meet stringent requirements in each of the following areas:

- post-secondary accredited academic prerequisites area of physical activity and exercise sciences;
- training opportunities;
- performance competencies to be met;
- certification specific scope of practice ;
- certification specific theory plus practical examinations;
- ongoing professional development requirements.

Fitness New Brunswick (FNB) administers the CSEP Health & Fitness Programs in all four Atlantic Provinces. Certifications include:

- Certified Exercise Physiologist (CEP)
- Certified Personal Trainer (CPT)

Contact FNB today for more information on CSEP certifications!!

Sessions at a Glance

Friday, November 13th, 2009

Time	Group Fitness	Strength & Conditioning	Holistic Health & Active Living	Other
4:45-6:00 pm	Frances Michaelson (1A) BYOB	Kevin Roy (1B) High Volume Training in FSHD	Dr. Stuart Phillips (1C) Maximizing the Effects of Exercise on Body Composition	Nicola MacNaughton (1D) Fitness Made Fun for Kids
6:15-7:00 pm	Keynote Address with Tracy Cipryk Living Relaxed: Re-Psyching "Your" Mental Thinking			
7:15-8:30 pm	Diane Bellefontaine (2A) Body Blast	Valerie Dalrymple (2B) Functional Exercise	Lorraine Peters (2C) Women in Transition	Tracy Cipryk (2D) Yoga Free Flow

Saturday, November 14th, 2009

Time	Group Fitness	Strength & Conditioning	Holistic Health & Active Living	Other
7:15-8:00 am	FNB Annual General Meeting			
8:15-9:30 am	Diane Bellefontaine (3A) Spicy Step	Frances Michaelson (3B) The Magic Sponge Ball	Natasha McLaughlin (3C) Replenish, Refuel, Repair!	Cindy Dickie and Chantal Deschênes-Jean (3D) Moving New Brunswickers to be "in motion"
9:45-11:00 am	Marilynn Georgas, Shannon Myers, Trudy Pond, Pam Jones Clark (4A) Discover New Heights with Group Step	Stewart Munroe (4B) Knee Pain in Runners	Jackie Victor (4C) Benefits of Alternative Medicine	Tracy Cipryk (4D) Pilates Ball Workout
11:15-12:15 pm	Sheila Rafferty and Wendy-Lee Hamilton (5A) The New 70	Daniel Doiron (5B) First Impressions	Graham Black (5C) Building Athletes	Lise Bourgeois (5D) Yoga Boot Camp
12:15-1:15 pm	Lunch			
1:15-2:30 pm	Tracy Cipryk (6A) Dance Your Pants Off	Diane Bellefontaine (6B) Total Gliding Workout	Marilynn Georgas (6C) Cosmic Freedom Qigong	Pam Stilwell-Boon (6D) Cycling: Beginner to Advanced
2:45-4:00 pm	Lisa Paulin (7A) Introduction to ZUMBA ©	Kevin Roy (7B) The Squat: Our Misunderstood Friend	Daneka Lee (7C) Reiki	Pam Stilwell-Boon (7D) Core Cycling
4:15-5:15 pm	Diane Bellefontaine (8A) All in One with the Ball	Daniel Doiron (8B) Human Movement	Daneka Lee (8C) Mythbusting Meditation	Daniel Farris (8D) Kettlebell Training

Session Descriptions

Friday, November 13th, 2009

4:45-6:00 pm

(1A) BYOB: Bring Your Own BODY with Frances Michaelson

Although props such as medicine balls, stability balls, and wobble boards can be fun and challenging, they can often be misused, overused and most importantly abused! This session will provide exercises with only your body that can accommodate the beginner, intermediate and advanced student and show how gravity and tempo changes can easily replace any prop! Walk away with a new training program for your Monday morning client!

(1B) High Volume Training in Fascioscapulohumeral Dystrophy: A Case Study with Kevin Roy

Strength training in special populations is typically characterised as low intensity, low volume intervention. This is particularly true of subjects who experience neuromuscular deficiencies, such as FSHD. In the past it was believed that additional physical exertion could potentially increase the progression of this disease. Recent studies have shown that is not the case and that moderate resistance training can increase muscle strength and mass. This study was designed to examine the effects of a moderate to high intensity training intervention on functional movement. The subject was tested, pre and post intervention, performing a gait task and a sit to stand task. Other finite data was collected, including 10RM, for squat, and 1RM for single leg press. This talk will discuss the various outcomes of this study.

(1C) Maximizing the Effects of Exercise on Body Composition for Health (and Esthetics) with Dr. Stuart Phillips

Skeletal muscle is the most abundant, and arguably one of the most important, tissues in the body. The role of muscle in locomotion is undisputed, but its role in metabolic health has been vastly underappreciated. Athletes have long appreciated what keeping their muscles in shape meant for performance, but what about the rest of us? Many of us know that a nice shape or 'tone' to our figure means keeping the muscle we have or perhaps gaining some more, but how do we do that and more specifically how do we do that while we're trying to lose a little fat? In my presentation we'll look at the mechanistic underpinning of how skeletal muscle mass is regulated and how it can be maximized in terms of hanging onto what you have or gaining a little more. The main focus will be on dietary strategies, but some recent data on exercise will also be discussed.

(1D) Fitness Made Fun for Kids with Nicola MacNaughton

6 weeks old and attending a fitness class...you have to be kidding? Not at all. It is never too early to introduce components of sensory awareness, natural movement and social development. This presentation will discuss the systems approach to children's fitness that has been developed over the past 25 years at MY GYM Children's Fitness Centre.

6:15-7:00 pm

Keynote Address - Living Relaxed: Re-Psyching "Your" Mental Thinking with Tracy Cipryk

In a world of chaos finding a sense of calm can be challenging. This inspirational talk will give you some tools to finding the calm in chaos. Learn ways to manage your day-to-day stress, tips on being good to yourself and strategies to organize your time and life more effectively.

7:15-8:30 pm

(2A) Body Blast with Diane Bellefontaine

This workshop will show you a variety of muscular conditioning exercises to challenge your participants while using the step, gliders, body bars and/or weights and your own body weight. Come and experience this total body workout!

(2B) Functional Exercise with Valerie Dalrymple

This session will highlight the importance of functional exercise in the recovery process of an individual with a work related injury or illness. Valerie will discuss the physical and psychosocial benefits of functional exercise and its impact on the chronic pain coping process. Participants will be introduced to the components of a multi-disciplinary functional restoration program delivered at a private rehabilitation clinic in South-East New Brunswick.

(2C) Women in Transition with Lorraine Peters

Peri-Menopause and Menopause symptoms begin at approximately age 43 and for many women it continues through our fifties before reaching it's conclusion. For many women this transition time can be a negative experience marked by excessive fatigue, unwanted weight gain and emotional upset. Learn how to naturally and effectively manage this transition with nutrition, supplementation, exercise, intuition and relaxation techniques. Peri-Menopause and Menopause can be the transition into the second best half of a Woman's life.

(2D) Yoga Free Flow with Tracy Cipryk

This workshop is designed to integrate the postures of yoga with flow of modern dance. You will experience safe transitions of postures, effective and appropriate use of music and the creation of balance, flow and grace throughout the yoga practice.



Did You Know...

Fitness New Brunswick is a Member of the NFLA!

The National Fitness Leadership Alliance (NFLA) is a Canadian partnership of provincial not-for-profit organizations dedicated to developing, promoting and implementing national standards for training and certification of fitness leaders in Canada.

By becoming Fitness NB certified, you will join over 10,000 leaders across Canada certified with provincial certification associations! Certification with Fitness NB means you have joined an elite group of individuals who are confident in knowing they have met national standards for exercise leadership. Your certification is NATIONAL in scope. It extends across Canada – from coast to coast, and your certification is transferable from one provincial certification organization to the next. If you move your certification moves with you!

As part of a fast growing group of organizations, NFLA members include:

- British Columbia/Yukon - British Columbia Recreation and Parks Association
- Alberta/North West Territories - Alberta Fitness Leadership Certification Association
- Saskatchewan - Saskatchewan Parks and Recreation Association
- Manitoba/Nunavut - Manitoba Fitness Council
- Ontario - Ontario Fitness Council
- New Brunswick - Fitness New Brunswick
- Prince Edward Island - Island Fitness Council
- Nova Scotia - Nova Scotia Fitness Association
- Newfoundland and Labrador - Fitness New Brunswick

Session Descriptions

Saturday, November 14th, 2009

7:15-8:00 am

Fitness New Brunswick - Annual General Meeting
All FNB Members Are Welcome!

8:15-9:30 am



(3A) Spicy Step with Diane Bellefontaine

Learn how to spice up your basic step moves to "wow" your participants. You don't want to miss this workshop!

(3B) The Magic Sponge-Ball with Frances Michaelson

Have you tried the magic sponge yet? It definitely works like magic...and so does this MUSCLEUP sponge ball. A truly effective abdominal locator (for those who just can't seem to find those deep abdominals) it takes any floor exercise to the next level! Participants will also learn how to support the spine in flexion, lateral flexion or extension through the use of this great tool!

(3C) Replenish, Refuel, Repair! with Natasha McLaughlin

This session focuses on the needs of all athletes (fun to serious!) and how peak performance can be influenced by the nutritional choices we make. From pre-activity nutritional choices to feel your best during activity, the best fuel for your muscles to post-activity choices and boosting recovery, we will discuss how to get the most benefit.

(3D) Moving New Brunswickers to be "in motion" with Cindy Dickie and Chantal Deschênes-Jean

In motion is the vision of a collective action of community partners to create opportunities for physical activity for all citizens. Community based physical activity promotion is successful when using four key factors: Partnerships, Building awareness of the holistic benefits of physical activity, Targeting strategic audiences, and Research. The Healthy Eating Physical Activity Coalition of New Brunswick (HEPAC) has been using a phased in approach to provide in motion to NB communities. This session will provide information on: HEPAC's work with community wellness works, the in motion strategy, learnings from NB communities, and the future of in motion and wellness in our province.

9:45-11:00 am

(4A) Discover New Heights with Group Step with Marilynn Georgas, Shannon Myers, Trudy Pond, Pam Jones Clark
Group Step in a BodyTraining Systems program that gives 60 minutes of cardio that strengthens and shapes the lower body. The step is utilized as an effective training tool throughout the sessions starting with a fun warm-up, followed by eight songs each with a specific training objective and ending with a well earned stretch.

(4B) Knee Pain in Runners with Stewart Munroe

Knee pain in the runner is a common injury seen in many clinics. Numerous factors influence a runner’s likelihood of developing knee pain. Muscle imbalances, faulty foot mechanics and road conditions can all be factors. We will examine the knee, show you specific tests that you can do to evaluate for muscle imbalances and show corrective exercises to try and help re-balance the knee musculature.



(4C) Benefits of Alternative Medicine with Jackie Victor

This session will focus on introducing some alternatives to traditional medicine, both for prevention and healing. The battle between alternative healing and traditional medicine continues as both present benefits with their approaches. In the final analysis, what matters most is the restoration of good health. We will discuss how acupuncture has proven very successful in dealing with modern health issues, the benefits of craniosacral therapy and how it enhances the body’s healing abilities and finally healing touch and Reiki as forms of energy medicine and hands-on techniques.

(4D) Pilates Ball Workout with Tracy Cipryk

This session will take the essentials of Pilates and move them onto the ball for a challenging core stability workout.

11:15-12:15 pm

(5A) The “New” 70 with Sheila Rafferty & Wendy-Lee Hamilton

This session will provide practical, usable information to those who instruct older adults from 60-95 years of age. Normal changes of aging, participant screening, falls and injury prevention, safety considerations and the interactive tips for modifying classes to accommodate adults with limited abilities will be covered in this comprehensive presentation.

(5B) First Impressions with Daniel Doiron

In order to know the specific needs of your clients, we sometimes need information that they do not even know about themselves! In this session, we will cover various types of ways to gather information in order to better inform us about our client’s personal and unique needs. Subjects will cover health screening / questionnaires, postural evaluation, movement screening, muscular imbalances and past experiences. Bring your ideas, questions and your personal tool kits for great information exchange and feedback.

(5C) Building Athletes with Graham Black

Do you work with athletes on a regular basis? Have you ever wanted to know what it takes to bring an athlete to an elite level? This session will address those questions and more! “Building Athletes” will discuss the physical and mental approaches to maximizing an athlete’s potential in any sport.

(5D) Yoga Boot Camp with Lise Bourgeois

An all level induction into Power Flow Yoga, this session is design to explore your potential by harnessing the mind, body and breath. Lise’s intent is to share her knowledge of this ancient discipline, allow fitness gurus to sweat it out while toning all muscle, balancing the whole body and increasing flexibility. Yoga is about balance; in this session expect to be challenged but also to experience a sense of deep relaxation.

12:15-1:15 pm

Lunch Break - Included With Your Conference Registration

1:15-2:30 pm

(6A) Dance Your Pants Off! with Tracy Cipryk

This is sizzling hot. You get the moves and then get to show off your style and flare. Go free, be creative and let it all hang out. Experience flow choreography, freestyle and improvisation to get your juices flowing!

(6B) Total Gliding Workout with Diane Bellefontaine

Work your core, legs, glutes and upper body in a whole new way. The gliders are a powerful tool that can take your favourite workout to the next level of fun and effectiveness!

(6C) The Hexagram Dance: CFQ Meridian Healing with Marilyn Georgas

Cosmic Freedom Qigong (CFQ) is a path toward transformation to a state of comfort and relaxation and being in a transparent consciousness. The practice of CFQ is a letting go to unload emotional and disease problems. CFQ healing emphasizes true relaxation and activating one's self healing to do away with certain problems. The Hexagram Dance is one sequence of CFQ healing that includes 7 simple movements designed to flush stale tension energy downward and outward through the limbs. The body replaces this stale energy with pure cosmic energy.

(6D) Cycling: Beginner to Advanced with Pam Stilwell-Boon

In the typical cycling class, the participants are often at different levels of experience. In order to construct a class that caters to all of your participants, there are many factors to consider. This session will give cycling leaders the tools they need to make sure everyone in the class is appropriately challenged.

2:45-4:00 pm

(7A) Introduction to ZUMBA® with Lisa Paulin

Lets face it, working out can be healthy, rewarding, beneficial working out can be lots of things, but it's never been known to be much fun...until now! Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Experience an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavour and international zest into the mix and you've got Zumba®!

(7B) The Squat: My (and your) Misunderstood Friend with Kevin Roy

I often get questions about the squat, to do or not to do, proper technique, how it works, why it works, and why nobody seems to agree. In this talk we will dissect the squat, from its geometry to its execution; How to evaluate, use, teach, and perform the proper squat.

(7C) Reiki: The Relaxation Technique that Heals! with Daneka Lee

In this session you will learn about a hands-on Japanese relaxation Technique that promotes health on all levels: physical, emotional, mental & spiritual. Also find out how Reiki can enhance a person's natural healing abilities to help heal others or oneself.

(7D) Core Cycling with Pam Stilwell-Boon

This session will focus on the importance of abdominals and the low back in cycling. Key positions covered will include speed drills, hill climbs, hover, run step and more, plus Pam will demonstrate how to use abs and low back in cycling and the importance of these muscles in improving cycling performance. This session is a must for anyone interested in cycling!

4:15-5:15 pm

(8A) All in One with the Ball with Diane Bellefontaine

This session will focus on aerobic moves to get your heart pumping, along with some great strength exercises, followed by core training, and relaxation on the ball. Lots of great ideas for all of your stability ball classes!

(8B) Human Movement with Daniel Doiron

Human Movement is about movement patterns that make up the core of our mechanics. They comprise of movements that would be needed for lifting logs, clearing boulders and carrying a successful hunt. These are the movements that are essential to a functional human, be it an elderly, a youth or an athlete. We will be addressing both slow and powerful movements within the following families: squat, lift, overhead, press, pull and jump.

(8C) Mythbusting Meditation with Daneka Lee

Have you been having a hard time incorporating a regular meditation practice in your life? Maybe it is because you have been taught and believe certain common myths around meditation. Come join us to find out and practice some really simple meditation techniques that are easy to incorporate into your life starting today!

(8D) Kettlebell Training with Daniel Farris

This workshop will show you the benefits of Kettlebell Training, how it works, and how you can get a full body workout with great results. Learn the essential exercises for improving your heart, flexibility, endurance and, of course, strength. Learn how combining body weight movements with kettlebell can skyrocket your fitness level. Work all the Four components in one workout!



Notice of Annual General Meeting

Fitness New Brunswick is holding its Annual General Meeting (AGM) on Saturday, November 14th, 2008 at 7:15 am in conjunction with the 2009 Personal Training and Fitness Summit at the Crowne Plaza Hotel, Moncton, New Brunswick. The AGM is open to Fitness NB members and all are encouraged to attend the meeting. The election of board members will take place as well as voting on proposed changes to the Fitness NB constitution.

The Fitness NB Personal Training and Fitness Summit, the premiere fitness professional development conference in Atlantic Canada, runs from November 13th- 14th and features many local presenters as well as guest presenter Dr. Stuart Phillips.

For further information regarding the AGM, contact the Fitness New Brunswick office at (506) 672-1993 or executivedirector@fitnessnb.ca.

Presenter Biographies

Diane Bellefontaine

Diane has been a fitness studio owner, a fitness facility director, an executive director of a provincial fitness association, and a die hard fitness instructor. She has been actively involved in the fitness industry since 1979. She has received certifications with Aerobic Fitness Association of America, International Dance Exercise Association, Canadian Aquatics Leadership Association and she holds various certifications with the Nova Scotia Fitness Association and is a certified FIS with Can Fit Pro. Diane presents at various conferences, workshops, and in-services, teaches a variety of fitness classes, sells Dynamix music and is a Xocai Healthy Chocolate Distributor. She strongly believes that "Success has nothing to do with what you gain in life or accomplish for yourself; it's what you do for others."

Graham Black

Graham is an Athletic Therapist and Co-owner of the Max Health Institute in Moncton. He graduated from Concordia University in 1998 with a Bachelor degree in Science with a specialization in Athletic Therapy and Sports Medicine. That year, he was certified with the Canadian Athletic Therapy Association and the National Strength and Conditioning Association. From 2001-2006, he was the Head Therapist and Conditioning Specialist for the Moncton Wildcats and was the Head Strength and Conditioning Specialist for the New York Islanders in 2006 and 2007. Graham is originally from Montreal, Quebec. He has been living in Moncton for the past 9 years with his wife Valerie, daughters Keely and Lindsay and son Austin.

Lise Bourgeois

Lise first encountered yoga over ten years ago. Since dedicating herself to her passion, her personal yoga journey has evolved over the years. She now has her 200 hour Hatha Vinyasa Yoga Teacher Training Certification, a Prenatal and Postnatal Yoga Teacher Training, and the Foundations YogaKids® Facilitator Training and Certification Program. Lise has been teaching yoga in the Greater Moncton Area for over two years in local studios and fitness facilities, and is leading yoga programs for children and corporate clients.

Valerie Dalrymple

Valerie joined the Occupational Concepts team in early 2009. She is a registered Occupational Therapist working primarily with the Multi-Disciplinary Active Functional Rehabilitation team. Valerie is a graduate of the University of Ottawa. She also has an undergraduate degree in Human Kinetics.

Chantal Deschênes-Jean

Chantal is a Consultant with the Department of Wellness, Culture and Sport in NB. Her past experience includes Producer and Host of TVNB's fitness show *Cardio Energy*, Owner and Manager of *Cardio Énergie Aerobic Studio and Aspiration Santé Personal Training and Lifestyle Coaching Services* as well as instructor for the Fitness, Recreation and Lifestyle Management Course at CompuCollege. She is currently a Group Fitness and Resistance Training Instructor and Evaluator for Fitness NB as well as past-President and Board Member. Chantal has a Bachelor's degree in Physical Education.

Cindy Dickie

Cindy Dickie is a Wellness consultant for the Department of Wellness, Culture and Sport in NB. She holds a Bachelor of Education from the University of Saskatchewan and a Masters of Education from Acadia University. She has extensive experience in education, health and physical activity programming for a range of populations in several different provinces. In her role with the province of New Brunswick she is responsible for developing and supporting initiatives that will help New Brunswickers enhance their wellness through healthy, active living. She is currently the government co-chair of HEPAC.

Presenter Biographies

Daniel Doiron

Daniel holds a degree in Science of Kinesiology in 2000 from Université de Moncton. He has been the Therapeutic and Conditioning Specialist at the Moncton YMCA and Coordinator and Head Kinesiologist for the Conditioning Facilities and Athletic Department at the Université de Moncton. Daniel specializes in rehabilitation and sport conditioning and has been a Certified Strength Conditioning Specialist and Certified Kinesiologist. Currently, Daniel is certified a CSEP-Certified Exercise Physiologist.

Daniel Farris

Daniel Farris has been in the fitness field for 10 years, growing up playing sports such as baseball, volleyball, basketball and track and field. Always striving to become more fit, Daniel pursued a post secondary education in Health/Wellness and Recreation Management. He is currently certified in Pilates, Agatsu, Kettlebell, Personal Training through Can-Fit-Pro and certified in Nutrition. Daniel thrives on Clients on becoming more fit and healthy and spreading that message on to their families as well. He believes that you can always improve on yourself and you can never be too fit.

Marilynn Georgas

Marilynn is a certified instructor in Meridian Healing movements and has been practising CFQ Cosmic Freedom Qigong for 4 years. As the Director of Fitness Health and Wellness for the Fredericton YMCA, Marilynn has been able to apply a variety of her certifications and skills ranging from applied physiology testing to teaching group fitness classes. This has allowed her to include spirit, mind and body techniques—growing the whole person mentally emotionally and physically.

Wendy-Lee Hamilton

Wendy is a physiotherapist with a special interest in seniors health issues. Her mission is to keep people physically fit within their own health limitations and has been leading community based older adult exercise classes since 1999. Her certifications include the NSFA's Older Adult Fitness Leader and the Canadian Centre for Activity & Aging's "Get Fit for Active Living" training and is also facilitator for the new Canadian Falls Prevention Curriculum. Wendy is presently employed by Annapolis Valley Health's Seniors LINCS Team, whose mandate is to keep seniors living independently and safely within their community. Wendy is married with 3 children and living in Port Williams, NS. Enjoys tap dancing, ice dancing, kick boxing and off road cycling. Wendy, "has made all the common mistakes and would be pleased if you could avoid making the same ones!"

Pamela Jones-Clark

Pamela has a Bachelor of Arts and Education and is currently completing a Master's of Arts of Recreation and Sports Studies at UNB Fredericton. She currently teaches Group Step and Group Cenergy at the Fredericton YMCA. Pam is also pursuing the Personal Training Specialist certification with Can Fit Pro.

Daneka Lee

Daneka, a Reiki Master since 1999, owns & runs her own business, Soul Perspectives, based in Shediac. She studied & received her B.A. in Translation, but has since chosen the path of holistic health and has been helping others through her intuitive readings, Reiki treatments and classes.

Nicola MacNaughton

Nicola MacNaughton is a certified Occupational Therapist and part owner of MY GYM Children's Fitness Center. Nicola spends the majority of her time working with individuals who have suffered work related injury or illness at her privately owned rehab facility, although her husband recently purchased the MY GYM franchise and now she has a nice balance hanging out with the kids at the Gym.

Presenter Biographies

Frances Michaelson

Frances Michaelson is the owner of MuscleUp Personal Training centre and MuscleUp exercise product distribution company with headquarters in the west island of Montréal. Having a strong passion for always being on the cutting edge of training protocols, she recently started hosting her own events in Montréal for furthering the growth of personal trainers and lifestyle coaches. Frances is presently in her second year of naturopathy and encourages everyone to follow the organic and green path as much as possible.

Natasha McLaughlin

Natasha McLaughlin is a Registered Dietician at Healthier for Life who has a great deal of experience giving workshops and presentations. She has travelled throughout the province giving interactive workshops. Natasha has recently completed a Bachelor of Nutrition degree from the Université de Moncton.

Stewart Munroe

Stewart graduated from Acadia University in 1995 with a Bachelor of Science. He then went on to Sheridan College to study Athletic Therapy, graduating with honours in 1999. He spent 3 years as the Rehab Consultant for the Saint John Flames and was an Athletic Therapist for the team during their Calder Cup victory. In 2001, Stewart opened his own clinic, Ken-Val Rehab and Sports Injury Centre in Rothesay, NB. Currently, Stewart is the Rehab Consultant for the Saint John Seadogs.

Shannon Myers

Shannon began her group fitness leadership career in Fredericton at Goodlife Fitness Clubs in 2004. She came to teach at the Fredericton YMCA in 2005 with a wide range of certifications that included Can-Fit-Pro, FIS, PTS and NWS. Since 2005 she has added YMCA Group Fitness Leadership and a variety of Body Training Systems programs such as Group Power, Ride and Step. Shannon also leads Cardio Kickbox and Boot camp. On her off days from work at the Department of Public Safety and teaching fitness classes at the YMCA you will find her playing soccer which is a sport she has been involved with avidly for over 20 years. Shannon's favourite quote and one she lives by is "Ideas without action are worthless".

Lisa Paulin

Lisa grew up in Fredericton and was not always interested in fitness but encountered some life altering changes. Two years later, she had walked off (with some healthy eating habits also) 62 lbs and came to the realization that maybe she would "join a gym". At that time she joined the Goodlife Fitness Club in Fredericton and met a couple of very motivating instructors who felt that she would make a great transition into an instructor. She came to realize that fitness and being fit are not about being "skinny or thin" but rather about lifestyle choices, feeling great and being happy at any size or age. Her goals are many but most of all she hopes to set a good example for all the people that mean the most to her by continuing to promote a healthy and active lifestyle.

Lorraine Peters

Lorraine is a resident of Saint John where she lives with her husband and 3 children. She has been involved in the fitness industry for 16 years as a fitness instructor, Certified Fitness Consultant (CFC) and more recently as a Certified Personal Trainer (CPT). Lorraine has a background in natural medicine and is a trained Herbalist & Therapeutic Touch practitioner, a form of energy healing. She operates her own new business, Advanced Living, specializing in fitness training, natural nutrition, ancient healing therapies and wellness workshops. For personal enjoyment, Lorraine is also a competitive amateur bodybuilder.

Presenter Biographies

Trudy Pond

Trudy is a fitness instructor from Oromocto, New Brunswick. She currently teaches at the YMCA Fredericton for the past year and a half and loves every minute of it. Trudy specializes in group Step and aerobics, but is also looking to pick up more certifications in the coming year. Trudy has been married for almost 11 years and is the mother of two children: Allison, 9, and Nicholas, 5.

Sheila Rafferty

Sheila Rafferty works at the NSCC Sport & Wellness Centre as the Strength & Conditioning Programs Supervisor. Sheila has developed strength and conditioning programs and instructed both land and aqua classes for older adults throughout the past 20+ years. A Trainer for the Canadian Centre for Activity and Aging, the Nova Scotia Fitness Association and the Canadian Falls Prevention Curriculum, Sheila embraces the concept of quality of life through appropriate exercise and a healthy lifestyle filled with fun, fitness and friendship.

Kevin Roy

Kevin Roy is a CSEP-Certified Exercise Physiologist and is a Sport and Fitness Performance Consultant with UNB Campus Recreation and is an instructor for the Faculty of Kinesiology. Kevin has worked with numerous teams as a Strength and Conditioning Coach and Athletic Therapist. Under his supervision, 2 UNB Varsity wrestlers qualified, and won, Olympic trials in 2007. He has also trained the UNB Ironmen Rugby team; since his affiliation in 2002, the team has won 3 Maritime Championships. Kevin currently manages the Fitness Assessment Centre at UNB and is a Sport Scientist for the Canadian Sport Centre Atlantic.

Pam Stilwell-Boon

Pam has been in the health and fitness field for over 15 years. Her background consists of an undergraduate degree with honours in both Psychology and Kinesiology at the University of Moncton. She is a Registered Massage Therapist and has many certifications which include: Personal Trainer and Aerobic Instructor with Can Fit Pro, Personal Trainer with ACE, Personal Trainer and Group Fitness Leader with Fitness New Brunswick, Cycling Instructor with Reebok as well as being a Course Conductor and Evaluator for Fitness NB. Even though her full time job consists of being a Pharmaceutical Representative for Procter and Gamble, she is also the evaluator and mentor for all the Nubody's fitness centres in Greater Moncton and has had her own health and fitness company since 1997.

Jackie Victor

Jackie Victor holds a BSc in Biochemistry and Psychology. She is a clinical science Specialist with a Biotech company and owner of Healthier for Life. She has completed Alternative studies in Acupuncture, Craniosacral Therapy, Healing Touch and is also a Reiki Master/Teacher. Having worked in the traditional medical field for 21 years and having a passion for Alternative medicine, Jackie is an expert at finding the synergy in both, their full fitness potential brings satisfaction and fulfillment into her life.

How To Register

Registration Deadline

Registrations will be accepted in the Fitness NB office until Friday, November 6th. After this date, you may register on-site at the Conference Registration Desk. Visa, MasterCard, Personal Cheques and EXACT Cash will be accepted at the Registration Desk. Please allow 20 minutes for registration.

By Mail

Mail the enclosed registration form and informed consent form along with payment to: Fitness New Brunswick, 1216 Sand Cove Road, Unit 2, Saint John, NB, E2M 5V8. Payment MUST be included with registration form. Visa, MasterCard, Personal Cheque, Money Order and Cash accepted.

By Phone

Call toll free 1-888-790-1411 or (506) 672-1993. Our office is open Monday-Friday 8:30 am-5:00 pm. Only Visa and MasterCard payments are accepted via phone. Please have your credit card number ready.

By Fax

You can fax your registration form and informed consent form 24 hours a day to (506) 672-8762. Only Visa and MasterCard payments are accepted via fax. Please include credit card number, expiry date and 3-digit security code. If you would like confirmation of receipt of your fax, please indicate this on your fax cover sheet.

By E-mail

You can e-mail your registration form and informed consent form to membershipservices@fitnessnb.ca. Only Visa and MasterCard payments are accepted via e-mail. Please include credit card number, expiry date and 3-digit security code.

Cancellation Policy

All cancellations must be received in the Fitness NB office prior to November 6th. A refund will be issued minus a cancellation fee of \$25.00. For conference no-shows and cancellations received after November 6th, NO REFUNDS will be issued.

Confirmation of Registration

Since many of our sessions have maximum numbers, you will receive confirmation of your registration via mail or e-mail within one week of the Fitness NB office receiving your registration. Please note that registrations received after November 6th will NOT receive a confirmation notice.

Tax Deduction

Your conference registration fees may be tax deductible. You will receive an official receipt via e-mail from Fitness NB. Consult a tax advisor for more information.

Why not become a Fitness NB member?

If you are already certified by another organization, consider becoming a member of Fitness NB. Membership includes: Affiliation with a National organization (National Fitness Leadership Alliance), E-mail updates with job postings, articles, recipes, membership reminders and more; discounts to Fitness NB events; and discounts from various companies across Canada. Contact the Fitness NB office for more information.

Don't Forget to Register Early!
Some Sessions Have Maximum Numbers and Fill Up Quickly.

Registration Form

Name: _____

Full Mailing Address (including postal code): _____

Phone: _____

Fax: _____

E-mail: _____

Membership #: _____

G MasterCard #: _____

Exp: _____

G Visa #: _____

Exp: _____

G 3-Digit Credit Card Security # (Found on Back of Card): _____

G Cheque

G Money Order

Signature: _____

The Workshops

When choosing your workshop(s) be sure to indicate your first and second choices.

Note: Some sessions have maximum numbers. Admittance will be based on pre-registration.

Fri. 4:45 pm 1A_____ 1B_____ 1C_____ 1D_____	Fri. 7:15 pm 2A_____ 2B_____ 2C_____ 2D_____	Sat. 8:15 am 3A_____ 3B_____ 3C_____ 3D_____	Sat. 9:45 am 4A_____ 4B_____ 4C_____ 4D_____
Sat. 11:15 am 5A_____ 5B_____ 5C_____ 5D_____	Sat. 1:15 pm 6A_____ 6B_____ 6C_____ 6D_____	Sat. 2:45 pm 7A_____ 7B_____ 7C_____ 7D_____	Sat. 4:15 pm 8A_____ 8B_____ 8C_____ 8D_____

	Early Fees (Before Oct. 16 th)	Late Fees (After Oct. 16 th)
Full Conference Fee (FNB Members)	\$ 145 + HST	\$ 165 + HST
Full Conference Fee (Non-Members)	\$ 175 + HST	\$ 195 + HST
Saturday Fee (FNB Members)	\$ 125 + HST	\$ 145 + HST
Saturday Fee (Non Members)	\$ 155 + HST	\$ 175 + HST
Per Session Fee (FNB Members)	\$ 50 + HST	\$ 55 + HST
Per Session Fee (Non-Members)	\$ 55 + HST	\$ 60 + HST

Seniors (60+) and Full-time College or University Students receive a 10% discount.

However, member and non-members rates still apply.

Students: Provide the name of your school and your student ID#:

Cancellation Policy: Prior to November 6th, there will be a cancellation fee of \$25. After November 6th, NO REFUNDS will be issued.

Please Note: Island Fitness Council and Nova Scotia Fitness Association members can register at the Fitness NB Member Price.

Mail: Fitness New Brunswick, 1216 Sand Cove Road, Unit 2, Saint John, NB, E2M 5V8

Phone: (506) 672-1993 Toll Free: 1-888-790-1411

Fax: (506) 672-8762 E-mail: membershipservices@fitnessnb.ca

Informed Consent

The following form must be completed and forwarded with your registration to the Fitness NB office.

Name: _____

Address: _____

Family Doctor: _____ Tel: _____

The officers, staff and volunteers of Fitness New Brunswick, advise that if you are currently taking medications, have any physical ailment or you are otherwise not in physical condition suitable for activity, it could be injurious to you. You should seek medical advice regarding these matters before participating in the programs and activities at the Fitness New Brunswick Personal Training and Fitness Summit.

This document is a release of claims against any member, or representatives of Fitness New Brunswick and by signing it you:

1. Acknowledge that when performing exercise routines or engaging in similarly strenuous activity, you may suffer injury.
2. Represent to Fitness New Brunswick that you are in good health and physical condition and are not disabled, taking medication or suffering from a condition that would prevent you from engaging in such activities or make it potentially dangerous or harmful for you to engage in such activities.
3. Assume the risk of and release and hold Fitness New Brunswick harmless from any liability for any physical or other injury of harm suffered by you during or performing such routines or engaging in such other strenuous physical activity, and agree that Fitness New Brunswick shall not have any liability or responsibility for any such injury of harm.

I have carefully read, understand, and as an inducement to FITNESS NEW BRUNSWICK to allow me to participate in the programs and activities, agree to the foregoing.

Signature: _____

Date: _____

Travel and Accommodations



Host Hotel

Crowne Plaza Moncton
1005, rue Main Street
Moncton, NB E1C 1G9

www.cpmoncton.com
reservations@cpmoncton.com

Reservation Code: FIT
Phone: (506) 854-6340
Fax: (506) 382-8923
Toll-free Reservations: 1-866-854-4656

Room Rates

When booking your room, please tell the agent that you are registering for the Fitness NB Conference to receive the conference rate. Conference rate is \$119.00 + HST—Single or Double. Check in is 3:00 pm. Check out is 11:00 am.

Please make your room reservations on or before
Wednesday, October 13th, 2009.

Availability of rooms and rate cannot be guaranteed after this date.

Traveling from Fredericton or Saint John

If traveling east bound (from Fredericton/ Saint John) on the Trans Canada Highway #2, take exit 450 (Magnetic Hill Exit) and at the lights, turn right on to Mountain Road. Travel straight on Mountain Road until you reach Highfield Street and then turn right. Proceed down Highfield Street until you reach the hotel. The outdoor parking area and entrances to the parking garage and the hotel will be on the left.

Traveling from Nova Scotia, PEI

If traveling west bound (from Nova Scotia) on the Trans Canada Highway (#2), take exit 467A for Moncton City Center/ Riverview to access highway #15. Travel on highway 15, take the City Center / Main Street lane as you go thru the traffic circle to the lights. At the lights, turn right on to Main Street. Proceed up Main Street until you reach Highfield Street and turn right. The hotel is on the corner of Main and Highfield Street (across the street from the Bay).

Welcome to Moncton

City of Moncton www.moncton.ca
Tourism Moncton <http://tourism.moncton.ca>
Crowne Plaza Hotel www.cpmoncton.ca



About Fitness NB



Top professionals are certified with Fitness New Brunswick for the following reasons:

1. Fitness NB is a not-for-profit organization recognized as *THE* provincial certifying agency for fitness professionals in New Brunswick.
2. As a not-for-profit organization, Fitness NB is an unbiased source of fitness education and certification.
3. A Fitness NB certification is recognized Nationally and transferable to any province/territory in Canada.
4. A Fitness NB certification elevates the credibility and marketability of the fitness professional since the consumer is reassured that minimal national standards (NFLA) have been met.
5. Fitness NB promotes professionalism in the fitness industry.
6. Fitness NB certifications reduce liability risk for the leader and facility.
7. Fitness NB training provides standardization and consistency of leadership.
8. Fitness NB creates public awareness and recognition of safe and effective practices for fitness professionals.

Fitness New Brunswick
1216 Sand Cove Road, Unit 2
Saint John, NB
E2M 5V8
(506) 672-1993
www.fitnessnb.ca



Register Soon!
Early Bird Registration Prices Are in Effect Until October 16th, 2009!