

FNB
FITNESS
NEW BRUNSWICK



CPNB
CONDITIONNEMENT
PHYSIQUE N.-B.

Fitness!...For Fun!...For Life!...Forever!

25th Annual Personal Training & Fitness Leader Summit

“Your Maritime Connections”

“You Make a difference by Sharing Your Passion”

**November 1-2, 2019, Saint John, NB
Canada Games Aquatic Centre**



PROGRAM BROCHURE



Title Sponsor



Venue Sponsor

A message from the PRESIDENT



Welcome to Fitness NB's 25th annual Summit, always a time to learn new material for our practice and to have good discussions with fellow practitioners.

This year once again we are focusing on the so many talented, well trained and experienced fitness leaders in the Maritimes. Our keynote speaker for instance, Doris Ward, a multi trained fitness leader, will be speaking about how each of us as fitness leaders make a difference. This is a theme that will thread through the day with the closing workshop led by Maureen O'Hara, giving each of us an opportunity to share times when our practice has made a difference to an individual, a class or a community.

We always need to remind ourselves that the job we are doing helps people and communities become healthier.

So, we will have some good, inspiring time to move in cardio fusion", paddleboarding, cycling, retro step; gain more information about adapting movements for joint disorders; time to look at nutrition and social media. It will be a day filled with fun and learning experiences.

This year we have many sponsors who have helped make this Summit happen, but also have contributed so that we can use the break times to chat with our fellow fitness leaders and learn what is happening in various parts of New Brunswick and PEI. Take advantage of these breaks to share information and meet your fellow fitness practitioners. We send a heartfelt thanks to our 2019 summer student and now apprentice, Jamie McCain who was able to find these sponsors. Thank you as well to the organizing committee for putting together such a great day!

Finally, I would like to encourage all of you to consider how you can contribute to Fitness NB, either on the Management Board or by offering to work on committees or contributing to the Facebook page. The more active participation, the stronger the organization and the stronger the fitness movement in New Brunswick and PEI.

A handwritten signature in black ink that reads "Marianne Janowicz". The signature is written in a cursive, flowing style.

Marianne Janowicz (FNB President)

Fitness!... For Fun!... For Life!... Forever!

FNB Summit SUPPORT

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Nutrition Break



Social



Session Sponsors



Key Note



Énergie NB Power

Social Media: Friend or Foe?

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About US



Fitness New Brunswick (FNB) is a not-for-profit, volunteer driven organization dedicated to the development and promotion of fitness and active living in New Brunswick and Atlantic Canada.

FNB Group Fitness Leaders and Personal Trainers are certified exercise professionals who work in their communities to make a positive difference in the lives of their participants and clients.



Fitness NB is a Member of the National Fitness Leadership Association (NFLA) which 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 FNB certified, you will join over 10,000 leaders across Canada certified within provincial certification associations.

The NFLA is recognized by The International Confederation of Registers for Exercise Professionals (ICREPS). ICREPs members operate in 4 continents, over seven countries, and collectively register over 60,000 individual exercise professionals. ICREPS has also produced a matrix that maps each ICREPS member's registration levels against the others, which provides a clear pathway for exercise professionals considering moving countries. Our connection to ICREPS furthers our goals by providing international portability and recognition for Canadian exercise professionals and by allowing us to share best practices and information with international partners.



As a not-for-profit volunteer organization FNB receives funding from the Province of New Brunswick to partially support our work. FNB works is fortunate to be able to work together in partnership with a consultant from the Department of Tourism, Heritage and Culture to advocate healthy active living in NB.

Fitness NB acknowledges and thanks the Province of New Brunswick for their continued financial support and hope to develop further partnerships in the future.

Sessions at a GLANCE

| | | |
|---|--|---|
| FRIDAY November 1: 3:00 – 7:00 REGISTRATION | | |
| 4:00 – 7:00 | Pre - Conference CPR Level C/AED update | |
| BREAK OUT SESSIONS | | |
| 7:15 – 8:30 pm Master Classes | 1A Retro Step on the Vertical Lauren Rogers | 1B (Pool Session) What' SUP Stand up Paddleboard Jason Hadland |
| 8:45 – 10:00 | Social: Hilton Hospitality Room (TBA) Sponsored by Sleeman | |
| SATURDAY November 2: 7:00 – 7:50 am REGISTRATION | | |
| 8:00 - 8:45 am | Coffee/Tea Welcome - Keynote: You make a difference. Doris Ward Sponsored by Simply For Life Rothesay Avenue Saint John | |
| 8:55 -10:10 am Master Class | 1P Adaptations for common joint disorders Ken Salmon | |
| 10:15 - 10:35 am | NETWORKING and Nutrition Break Sponsored by Sobeys Saint John West | |
| BREAK OUT SESSIONS | | |
| 10:45 am - 12:00 pm Master Classes | 2A Cardio Fusion Katie Kohler | 2B Indoor Cycling Tap into your inner creative self Maureen O'Hara |
| 12:15 - 1:45 pm | LUNCH and FNB AGM – Vito's at 2 Peel Plaza Street | |
| BREAK OUT SESSIONS | | |
| 1:45 - 3:00 pm Educational Talks | 3A Social Media: Friend or Foe? Dr. Shelley Rinehart Sponsored by NB Power | 3B The Perfect Diet? Aisha Khedheri |
| 3:00 – 3:20 pm | NETWORKING | |
| 3:20 - 4:20 pm | SUMMIT FINALE Sharing Your Passion: Maureen O'Hara | |
| 4:20 – 4:30 pm | WRAP UP | |

Master Class : Combination of Educational information with hands on practical application
Educational Talk : Evidence based information delivered in a lecture format.

Bilingual CONTENT

Fitness NB is dedicated to providing bilingual content where possible. This year, we are pleased to offer French translation for the Key Note address, the Saturday am plenary session, and the AGM. Presentations will be in English, however; any bilingual presenter will be happy to answer any questions or clarifications in French.

Session DESCRIPTIONS

FRIDAY November 1

3:00 – 7:00 pm: Registration

4:00 – 7:00 pm: CPR UPDATE

7:15 – 8:30 pm: Master Classes

(1A) Retro Step on the Vertical (Lauren Rogers)

Go back in time with your favorite songs of the 80s and 90s in this 60 minute vertical step class. Using new and retro fly step moves, you will leave this class with choreography that you can use in your next class. We will use phrasing and the 32 count. Come dressed in your best 80s workout wear for extra fun and bring on your groove!

(1B) What'SUP - Stand up Paddleboard (Pool Session) (Jason Hadland)

Stand-up paddle boarding or SUP can offer a fun and challenging workout that all most anyone can do. Combine that with an effective functional fitness program designed to take place on the boards and you have an exciting and challenging new fitness routine. SUP-fit is a low impact exercise that is a combination of balance, strength, and endurance, which is challenged whether you are just balancing on your board or moving through a series of exercises. Not only an excellent core workout, this class will work everything from the tips of your toes through to the top of your head for a full body routine all while keeping the core active and engaged.

8:45 – 10:00 pm: Social (Hilton Hospitality Room TBA)

Sponsored by Sleeman

SATURDAY October 27

7:00 am Registration

8:00-8:45am Welcome & Key Note Address: You Make a Difference (Doris Ward)

Sponsored by Simply For Life Rothesay Avenue Saint John

Sharing our passion is how we make a positive difference with our clients, participants, community and our peers. Our role as fitness professionals have the potential to be pivotal in the lives of others and also to be known as trail blazers in the industry.

In this inspirational session, Doris will identify several key ways that we as fitness professionals can share our passion and how this impacts people to make positive healthy changes in their lives and the resulting outward reaching ripple effect on others. Real-life examples, quotes from clients and career experience will be shared during this presentation to highlight the various practices and ideas so we can all contribute more to this exciting industry to deliver our best to help others be their best.

(1P) 8:55 – 10:10 am Adaptations for common joint disorders. (Ken Salmon)

The presentation will give an overview of various orthopedic conditions such as joint replacements, spinal conditions and soft tissue pathologies. We will look at how these people cope with daily life and how they can benefit from improved exercise and fitness. There will be lots of practical take aways and bring your questions.

**10:15 – 10:35 am Networking/Nutrition Break:
Sponsored by Sobeys Saint John West Side**

BREAKOUT SESSIONS

10:45 – 12:00

(2A) Cardio Fusion (Katie Kohler)

Think you hate cardio? Think again! Join Katie for a high-energy, results-driven class designed to get people off the treadmill and onto the group-ex dance floor. Dance Fitness is one of the hottest trends in group exercise and this session will show you how to design an inclusive, efficient class for all fitness and dance abilities - whether that's J-Lo level skills or two left feet. Combining dance and athletic-based moves strategically choreographed to today's hottest beats, Katie will guide you through a series of tracks which gradually increase your heart rate until your blood is pumping and your body is grooving. Once peak performance is reached, the heart rate is slowly lowered as participants focus on toning movements for upper body, lower body, and core. A dancer's stretch rounds out the class that will have you sweating, smiling, and ready to lead a session of your own.

(2B) Indoor Cycling: Tap into your inner creative self. (Maureen O'Hara)

Join Maureen for an indoor cycling session in which she will lead you through her vision of matching your personal creative talents to provide your clients with a memorable workout, incorporating safe, effective cycling techniques with entertaining music, encouragement and interaction with participants to maximize the benefits of their time in the gym.

12:15 – 12:45 pm Fitness New Brunswick AGM (Vito's, 2 Peel Plaza Street)

BREAKOUT SESSIONS

1:45 – 3:00 pm

(3A) Social Media: Friend or Foe? (Dr. Shelley Rinehart)

Sponsored by NB Power

This session will take a strategic look at Social Media and the role that it can play in supporting business growth as well as client attraction and retention. Perhaps a bit unorthodox, this session will help you better understand the consumer decision-making process as a context for developing your Social Media Strategy. We will explore a variety of social media tools and platform and the opportunities and challenges associated with them. Paramount to our discussion will be the potential fit with your strategic objectives as well as the resource needs, controllability (or lack thereof) of messaging, and the mitigation of risk for your organization.

(3B) The Perfect Diet? (Aisha Khedheri)

There are so many diets to choose from! How do you know which ones really work? They all do, if the only goal is temporary weight loss. As fitness professionals, we need to support and motivate people to improve their eating habits instead of following the perfect diet. If your goal is to promote a lasting pattern of eating that promotes health and reduces risk of disease, then dietary perfection is not necessary and may be a sign of orthorexia nervosa. Following the strict and unfounded rules of many of these diets is unnecessary and could be more harmful than healthy. This session will provide you with a general overview of some of the most popular diets and potential long-term consequences. You will learn about what to look for to avoid being misled by the latest fad diet.

3:00 – 3:20 pm Networking

3:20 – 4:20 Summit Finale Sharing Your Passion (Maureen O'Hara)

The theme of this year's Fitness Summit is "Sharing Your Passions". Maureen has been Sharing her Passion for Wellness with her clients since embarking on a career in the wellness industry over 15 years ago.

In this interactive session, Maureen will work with you to help you identify your passions and understand how to tailor your practice and classes to help your clients achieve the success that they are looking for.

4:20 – 4:30 pm Wrap up

Presenter BIOGRAPHIES



Jason Hadland (Saint John, NB)

Jason is a graduate from the Faculty of Kinesiology (UNB, 2000), and a father of 2. Jason is currently the Fitness Specialist at the Canada Games Aquatic Centre (Saint John.) With over 20 years' experience in the industry, Jason has an extensive sports and fitness background, competing in highland games, and body building, and successes in sports such as rugby, basketball, volleyball and others. Certified in a variety of group fitness and training modalities including; PEFL, Spin, Bender Ball, TRX, Bosu, Yoga-Fit, Jason also has years of experience with one on one training, rehab, small group and team training, and sports based conditioning., and has recently added SUP (Stand Up Paddle Boarding) through Paddling Canada. Jason hopes to pursue more certifications in fitness and outdoor adventuring in the future.

Aisha Khedheri Med. RD. (Saint John, NB)

Aisha has worked as a dietitian with a focus on healthy eating and chronic disease prevention for over 25 years. She has also worked as an educator in nutrition and the field of health promotion. She instructs a variety of group fitness classes at the Canada Games Aquatic Centre and is avid marathon runner.



Katie Kohler (McLeod Hill, NB)

A lifelong believer in the power of healthy living, Katie has a passion for motivating people to get active and get moving. Working alongside some of the world's top health and fitness professionals at the California Health and Longevity Institute in Los Angeles, she learned cutting-edge techniques for integrating positive health changes into everyday life. Katie draws inspiration from this plus her background in dance and cheer to lead fun, high-energy cardio based fitness classes.





Maureen O'Hara (Saint John, NB)

Maureen has worked as a Wellness Coach, Personal Fitness Trainer, and Group Fitness Leader with a large corporation for the past 7 years. This is a corporate sponsored initiative that provides its employees with facilities and resources to encourage a healthier lifestyle both in and out of the workplace.

As a wellness coach, Maureen has had the opportunity to work with individuals and groups of employees and executives to help them set their wellness goals and continue to partner with them as they work to achieve these goals. In an effort to grow her wellness offerings, Maureen has undertaken professional coaching training with IPEC and has achieved the designations of CPC & ELI-MP. These certifications allow Maureen to offer a wide range of proven, effective coaching tools to her clients.

Maureen formed her own company "Priorities in Focus" in 2010 and believes that "it is important to establish our own selves as priorities in our lives and to take care of our own health and wellness in mind, body and spirit". She is a mother of four who enjoys sharing her wellness journey with others and is active in her community as a volunteer, coach and fundraiser as required.

Dr. Shelley Rinehart (Saint John, NB)

Shelley is a Professor of Marketing and MBA Director in the Faculty of Business at UNB Saint John. She also served as the Deputy Mayor of the City of Saint John after being elected with a record setting number of votes in the 2012 Municipal Election.

Dr. Rinehart teaches a variety of marketing courses at the undergraduate, graduate and executive education levels. Her favorite courses are Consumer Behaviour and Marketing Management where she is able to use a variety of activities, experiments and computer simulations as part of the course curriculum.

Dr. Rinehart also offers her support to students outside of the classroom. She is a volunteer coordinator of post-secondary education for the Saint John SeaDogs, the local QMJHL team and has coached student teams for a variety of academic competitions.



Lauren Rogers (Fredericton, NB)

Lauren is the Manager of Fitness & Wellness at the University of New Brunswick in Fredericton. She has an undergraduate degree in Physical Education and a Masters' degree in Sport, Recreation and Administration.

Teaching group fitness classes continues to be a favorite part of her job whereby she can connect with staff and members. Lauren trains new instructors in a variety of disciplines including choreography, step, aquatic fitness and older adults and is excited to be presenting this year in her home town.



Ken Salmon (Saint John, NB)

**PE, Sports Science UNB 1978, BSC, PT. Dalhousie University 1981
Member of the College of Physiotherapists of New Brunswick**

Ken has been practicing physiotherapy since 1981. He has worked in multiple areas including hospitals, private sector, industry, mental health, home visits and professional sport. He continues to be passionate in treating patients and enjoys problem solving the difficult cases.

Life learning is ongoing by professional course work, seeking evidence based literature and listening closely to patients and colleagues.

Outside of work, Ken is an avid outdoors person with hiking, sailing and skiing. He is known to be competitive and is always striving to keep up with his three sons, occasionally surpassing them. Ken believes that giving back to your community is important and he has volunteered and chaired a number of committees and associations. The one closest to his heart is judging gymnastics, which has been ongoing since his varsity days at UNB.

Doris Ward (Cornwall, PEI)

Doris Ward is an award-winning Personal Trainer and nationally recognized top health and fitness professional for her role in inspiring others in her community to get active and live healthier lives.

As a strong believer in the mind-body connection, she offers workshops on body acceptance, running and goal setting as well as specialized yoga classes for trauma and chronic pain management.

Doris has been certified in personal training, Pilates, Trauma-Informed Yoga, group fitness, indoor cycling and Mental Health First Aid. She has completed training in life coaching, body positivity, mindfulness, peer support group facilitation, and yoga for trauma. Doris also writes for the national women's wellness magazine *Optimyz* and hosts fundraisers for the PEI Humane Society as part of her ongoing efforts to pair her love of animals with her passion for fitness. She also participates in running events across PEI for local non-profits, as community involvement is a pillar of her core values. As a mental health advocate, she is certified in both SafeTalk Suicide Prevention and Mental Health First Aid and is a member of the Canadian Mental Health Association-PEI Division.



A passionate entrepreneur with almost two decades of industry experience, Doris is a sought-after fitness professional and speaker that leads the way for others to feel their best from the inside out. She guides and coaches both individuals and groups by providing tools, resources and education to support others to make choices to ultimately take steps to reach their goals and develop habits that lead to lifelong overall health and wellness.

Summit VENUE

Canada Games Aquatic Centre

50 Union St, Saint John, New Brunswick E2L 1A1, Canada

1 506-658-4715

[Website](#)



Located in the heart of Uptown Saint John, The Canada Games Aquatic Centre offers the city's only full-service fitness experience, in Aquatics, Fitness or Wellness Therapy.

Enjoy New Brunswick's only 50-meter competition pool, our leisure pool, tots pool, two hot tubs, sauna & steam room! Take advantage of our one-meter and three-meter diving boards, our five-meter dicing platform & our two slides.

Looking for a workout? We have a state of the art gym containing Matrix selectorized equipment, a Functional Fitness Studio, Spin area, Aerobics studio & stretching area.

PARKING

Parking is free in the evenings and on the weekends.

Travel and ACCOMMODATIONS

Hilton Saint John

1 Market Square
Saint John, NB E2L 4Z6

(506) 693-8484

www.hilton.com/Official_Site/Saint_John



FNB 2019 Summit - Room Reservations

Please make your room reservations early.

Rates

\$118.00 per night for 1-2 people

(Please note these rates may be subject to change, book early)

Please note: There is a charge for hotel parking

Summit REGISTRATION

Fitness NB 2019 Fitness & Personal Training Summit Registration

Please complete all Sections
1. Save to desktop. 2. Fill in form. 3. Email, Fax or print out for mail or in person.

| | | | |
|-------------------|-----------------------------|--|--|
| LAST NAME: | | FIRST NAME: | |
| FNB Member | Past FNB or CSEP Atlantic | *A CEC certificate will be emailed automatically | |
| Non Member | I require a CEC certificate | *If yes one will be emailed to you | |
| Student | (Institution): | Student #: | |
| Address:(Street) | | | |
| City: | Province: | Postal Code: | |
| Ph (h): | Ph (cell): | Ph (w): | |
| E-Mail: | | | |

Please indicate below any special dietary restrictions below.
We will try our best to accommodate your needs.

| Deadline Dates → | FEES (Includes HST) | | | | | | AFTER October 18 |
|-------------------------------------|--------------------------------------|------------|------------|------------|------------|------------|---|
| | EARLY BIRD – On or Before October 18 | | | | | | |
| Fee Categories → | Adult | | 60+ | | Student | | All categories Add to the early bird fees |
| | FNB Member | Non Member | FNB Member | Non Member | FNB Member | Non Member | |
| Descriptions ↓ | FNB Member | Non Member | FNB Member | Non Member | FNB Member | Non Member | |
| Pre-Summit: CPR C Update | \$ 35.00 | \$ 45.00 | \$ 30.00 | \$ 40.00 | \$ 30.00 | \$ 40.00 | Add \$10.00 |
| Full Summit | \$ 150.00 | \$ 170.00 | \$ 130.00 | \$ 150.00 | \$ 115.00 | \$ 135.00 | Add \$20.00 |
| Saturday | \$ 120.00 | \$ 140.00 | \$ 105.00 | \$ 135.00 | \$ 105.00 | \$ 115.00 | Add \$15.00 |
| Per Session (lunch not included) | \$ 40.00 | \$ 45.00 | \$ 35.00 | \$ 40.00 | \$ 25.00 | \$ 30.00 | Add \$ 5.00 |

FEES AND YOUR PAYMENT INFORMATION

| | |
|--|----|
| PRE SUMMIT: CPR Level C Re-cert (<i>AFTER October 18 Add \$10.00</i>) | \$ |
| SINGLE SESSIONS # @ \$ Total = | \$ |
| LUNCH (Saturday single session purchasers) # @ \$30.00 Total = | \$ |
| FRIDAY EVENING ONLY: (<i>AFTER October 18 Add \$10.00</i>) | \$ |
| SATURDAY ONLY (Includes Saturday Lunch): (<i>AFTER October 18 Add \$15.00</i>) | \$ |
| FULL SUMMIT (Includes Saturday Lunch): (<i>AFTER October 18 Add \$20.00</i>) | \$ |
| TOTAL PAYABLE | |

| | | | |
|--|--|--------|-------------|
| Payment (X) | e-transfer: membershipservices@fitnessnb.ca | Cheque | Money Order |
| | Cash (in person only) | CC | |
| Visa # | Master Card # | | |
| Expiry date: | 3 Digit Code on back: | | |
| Signature: | Date: | | |
| A \$60.00 FEE IS CHARGED IF CANCELLATION IS ON OR PRIOR TO OCTOBER 25, 2019 FULL COST IS CHARGED IF CANCELLATION IS AFTER OCTOBER 25, 2019. | | | |

YOUR BREAKOUT SESSION CHOICES - REGISTER EARLY!!!! (You may not get your first choice) Please indicate your first second and/or third choices using the numbers (1, 2, or 3) beside the session

| FRIDAY 7:15 pm - 8:30 pm | | SATURDAY 8:55 – 10:10 10:45 am – 12:00 | | | | SATURDAY 1:45 – 3:00 | |
|-----------------------------|----|--|----|----|----|-------------------------|--|
| 1A | 1B | P1 | 2A | 2B | 3A | 3B | |
| | | | | | | | |

Informed CONSENT

Fitness NB 2019 Fitness & Personal Training Summit Informed Consent

Participant Name:

Emergency contact:

Ph.

E-Mail:

The officers, staff and volunteers of Fitness New Brunswick Inc., 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 2019 Fitness New Brunswick Personal Training and Fitness Summit.

This document is a release of claims against any member, or representative 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.
3. Assume the risk of 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, understood, and as an inducement to Fitness New Brunswick to allow me to participate in the programs and activities, agree to the foregoing.

Signature:

Date:

Electronic Signature is acceptable.

Please forward your completed Registration form, Payment and Informed consent by:

Email: membershipservices@fitnessnb.ca

Fax: (506) 453-1099

Thank you for your support and participation!