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

25th Annual Personal Training & Fitness Summit

“Your Maritime Connections”

“You Make a difference by Sharing Your Passion”

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



YOUR PRESENTERS



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Presenter BIOGRAPHIES



Jason Hadland (Saint John, NB)

Jason is a graduate from the Faculty of Kinesiology (UNB, 2000), and a father of two. 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 and 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 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 favourite 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.

She 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 womens 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.

