

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**



SESSION DESCRIPTIONS



Title Sponsor



Venue Sponsor

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 are challenged whether you are just balancing on your board or moving through a series of exercises. Not only is it 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 – 8:45 am 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 to be known as trailblazers 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. This 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 a practical take and bring your questions.

10:15 – 10:35 am Networking/Nutrition Break:

Sponsored by Sobeyes 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 will 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 and effective cycling techniques with entertaining music, encouragement, and interaction with participants will 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 platforms 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), 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