

# Exercise Leadership Wellness Summit 2020

## “Celebrating our Atlantic Connections”



### Sessions at a Glance



| TIMES       | OCTOBER 24   | OCTOBER 25  |
|-------------|--|---|
| 8:00 – 8:15 | <b>Welcome and Introductions</b>   | <b>Welcome and Introductions</b>  |
| 8:15-9:00   | <b>1:</b> The Bare Bones of Movement<br>Stephanie Calhoun (WS)                               | <b>7:</b> Fitness Grows Online<br>Greg Simmons (ET)   |
| 9:00-9:15   | Q&A/Session Feedback Survey  | Q&A/Session Feedback Survey   |
| 9:15-9:30   | <b>Break</b>   | <b>Break</b>  |
| 9:30-10:15  | <b>2:</b> Creating a Sophisticated Model for Improved Lower Body Function<br>Jason Rudy (WS) | <b>8:</b> Get Up and Move with Robin!<br>Robin Niderost (WS)  |
| 10:15-10:30 | Q&A/Session Feedback Survey  | Q&A/Session Feedback Survey   |
| 10:30-10:45 | <b>Break</b>   | <b>Break</b>  |
| 10:45-11:30 | <b>3:</b> The Web We Weave<br>Stephanie Calhoun (Yoga-MC)                                    | <b>9:</b> The Future of Fitness<br>Jason Davis (ET)   |
| 11:30-11:45 | Q&A/Session Feedback Survey  | Q&A/Session Feedback Survey   |
| 11:45-12:00 | <b>Break</b>   | <b>Break</b>  |
| 12:00-1:00  | <b>FNB AGM</b>   | <b>LUNCH BREAK</b>  |
| 1:00-1:15   | <b>Welcome and Introductions</b>   | <b>Welcome and Introductions</b>  |
| 1:15-2:00   | <b>4:</b> What's New With Canada's Food Guide<br>Doreen Maclean (ET)                         | <b>10:</b> Living Pain Free by Building Safe Movement Patterns.<br>Matt Hurst (WS)                          |
| 2:00-2:15   | Q&A/Session Feedback Survey  | Q&A/Session Feedback Survey   |
| 2:15-2:30   | <b>Break</b>   | <b>Break</b>  |
| 2:30-3:15   | <b>5:</b> Move-Play-Learn<br>Shelley Swift (Mobility Challenged-MC)                          | <b>11:</b> Bellyfit FLOW®<br>Jessica Goreham-Penney (MC)  |
| 3:15-3:30   | Q&A/Session Feedback Survey  | Q&A/Session Feedback Survey   |
| 3:30-3:45   | <b>Break</b>   | <b>Break</b>  |
| 3:45-4:30   | <b>6:</b> Seniors Staying Strong<br>Toby Lea Peardon (MC)                                    | <b>12:</b> Inclusion in Fitness. What Does It Mean and How Can We Support It?<br>Julianne Acker-Verney (WS) |
| 4:30-4:45   | Q&A/Session Feedback Survey  | Q&A/Session Feedback Survey   |
| 4:45-5:00   | <b>Wrap up</b>   | <b>Wrap up</b>  |

Master Class (MC)  
Workshop (WS)  
Educational Talk (ET)

Exercise Class with teaching tips  
Combination of oral presentation and practical skills learning  
Speaker centered with take away applications