

Welcome from the PRESIDENT



Welcome to the Fitness NB 27th annual Summit. It is our second year offering this in a virtual format.

Our theme continues to be; "Your Maritime Connections" as we will again share the talent and expertise that is available to us across our Atlantic communities.

This year for efficiency and your convenience, it was decided hold a one-day event. Please tell us what you think when you fill out the general survey so we can make adjustments for next year.

As always, this Summit is our chance to hold our AGM. Everyone is encouraged to take part in the meeting. This is a chance to understand what has been happening with FNB over the past year, to provide some feedback for improvements and if you are so inclined offer yourself and expertise as a board member.

I invite you to participate with your fellow exercise enthusiasts in this special learning opportunity and look forward to "seeing" you in October.

A handwritten signature in black ink, which appears to read "Maureen O'Hara". The signature is fluid and cursive.

Maureen O'Hara (FNB President)

About US and OUR PARTNERS



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 four 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

Fitness NB, 27 th Annual Fitness Leadership Wellness Summit "Your Maritime Connections" - October 23, 2021 Sessions at a Glance	
TIMES	DESCRIPTIONS
8:00-8:15	WELCOME AND HOUSEKEEPING
8:15 – 9:00	1: Ease into your day with Monique (Senior Focus) Monique Smith
9:00-9:15	Q & A
<i>9:15 -9:30</i>	BREAK
9:30 – 10:15	2: All about the Hips (Technique) Stephanie Knickle
10:15 – 10:30	Q & A
<i>10:30 – 10:45</i>	BREAK
10:45 – 11:30	3: Separating fact from fiction: How to remove uncertainty about nutrition (Nutrition) Holly Heartz
11:30 11:45	Q & A
<i>11:45 – 12:00</i>	BREAK
12:00 – 1:00	FNB – AGM
<i>1:00 – 1:15</i>	BREAK
1:15 – 2:00	4: Fitness apps and Healthy Lifestyle (Technology) Marianne Perreault
2:00 – 2:15	Q & A
<i>2:15 – 2:30</i>	BREAK
2:30 – 3:15	5: Music Mapping: Design your class one song at a time (Master class) Lauren Rogers
3:15 –3:30	Q & BREAK A
<i>3:30 - 3:45</i>	BREAK
3:45 – 4:30	6: Conquering the Overwhelming: Restoring strength and resilience in trying times (Self- Care) Kimberley Arseneault
4:30 – 4:45	Q&A
4:45-5:00	WRAP UP & THANK YOU

Session SCHEDULE and DESCRIPTIONS

SATURDAY October 23

8:00-8:15 pm: **Welcome and Housekeeping**

8:15-9:15 pm: **1: Ease Into Your Day with Monique. (Monique Smith)**

This master class is designed for those age 50+. Monique will have you exercising in and out of a chair to help increase your strength, flexibility and balance. The purpose of this class is to help reduce stress and increase mobility through a series of muscular conditioning exercises, static and dynamic balance movements and gentle stretches.

Optional Equipment: Sturdy chair, small ball and a resistance band.

9:15-9:30 pm: **BREAK**

9:30-10:30 pm: **2: All About the HIPS. (Stephanie Knickle)**

The hip joint is the most important joint in the body! Everything travels through it. The hip joints bear the body's weight and the force of the strong muscles of the hip and leg. The structure of the hip joint enables the large range of motion needed for all daily activities; including walking, jumping, climbing stairs and running...Where would you be without strong and mobile hip joints?

This session will take you through pilates-inspired hip strengthening exercises focusing on the adductors and abductors as well as the internal and external rotators. We will finish with a series of hip stretches to give you some creative ideas on how you can help clients maintain strong and flexible hip joints!

10:30-10:45 pm: **BREAK**

10:45-11:45 pm: **3: Separating Fact from Fiction: How to remove uncertainty about nutrition. (Holly Hertz)**

"Carbs make you fat. Fat makes you fat. To lose weight don't eat gluten or do intermittent fasting." Your participant/clients hear so much nutrition advice that sends mixed messages about what to eat, what not to eat, when to eat and when not to eat that they have no idea what is based on valid research and what is conjecture. The information highway is so full of different material about not only weight management but for general health as well and this can become very confusing for people to ultimately decide what is best for their own well being. In this session Holly, will talk about some of the current nutrition advice, what is credible and sound, what is not and what you can do to help your participants/client make wise choices.

11:45-12:00 pm: **BREAK**

12:00-1:00 pm: **FNB AGM**

1:00-1:15 pm: **BREAK**

1:15-2:15 pm:

4: Fitness apps and healthy lifestyle. (Marianne Perreault)

During the last decade, a new lifestyle has been emerging; almost everything can be accomplished remotely in the comfort of your home. Because of the pandemic and the sanitary restrictions, this way of living has become more common and more people are working, shopping, and doing many of their activities virtually. More people are taking this opportunity to start physical training and change their habits on their own. With the new technologies, there is access to so much more information about fitness and healthy habits on our computers and phones. Marianne will present you the variety of fitness apps and websites you can use, how to choose them wisely, how to avoid misinformation and how to focus on making healthy life choices.

2:15-2:30 pm:

BREAK

2:30-3:30 pm:

5: Music Mapping: Design your class one song at a time. (Lauren Rogers)

In this session, you will learn how to blend music with your personally designed group fitness classes to provide an exceptional experience. This simple strategy will add variety to any style of class you teach from step/low impact cardio, strength, core, and cool down.

3:30-3:45 pm:

BREAK

3:45-4:45 pm:

6: Conquering the Overwhelming: Restoring strength and resilience in trying times. (Kimberley Arseneault)

Whether you are facing a global or personal crisis or a mix of both, building on your resilience and strength can help you cope with stress, overcome adversity and enjoy the better days to come.

In this session Kimberley will share some practical strategies that you can use to restore your strength and resilience.

4:45-5:00 pm:

WRAP-UP

Your PRESENTERS



Kimberley Arseneault: (Halifax, NS)

Kim has been an entrepreneur for over 30 years. She became a Naturopathic Therapist in 2009 and opened The Chrysalis Wellness Center. She is a certified Reflexologist and Reiki Master Teacher.

Kim recently became a Certified Life Coach with Coach Training Alliance (CTA) and is in the process of receiving certification from the International Coaching Federation (ICF).

Kim's fearless upbeat positive approach to life is both refreshing and empowering. She uses her direct honest approach to help you clear the clutter and highlight what is important for you and your well-being. Kim is a lover of life & a teacher of Love, her passion is helping her clients experience that aha moment that refuels their fire and passion for living their best life.



Holly Hartz, MESS, RD, CSSD (Fredericton, NB)

Holly is a sports dietitian in Fredericton, NB. She has been a registered dietitian (RD) for over 20 years and is New Brunswick's only board certified specialist in sports dietetics (CSSD). She holds degrees in biology from UNB and foods/nutrition from the University of Western ON. Holly has also earned the IOC diploma in sports nutrition and a Masters Degree in exercise and sport science.

A strong medical background allows her to incorporate medical nutrition therapy into nutrition education and fueling programs. She has supported and counselled youth, recreational, varsity, provincial, national, masters, and Olympic athletes. Holly has taught nutrition and sports nutrition to undergraduate kinesiology students at UNB and has written course content for a university graduate sports nutrition program in Europe.

Holly has operates her own nutrition consulting business, Hartz Nutrition and offers a variety of services to individuals, organizations, and businesses. You can follow her at @hartz_nutrition on IG or view

<https://heartznutrition.wixsite.com/sportsnutrition> for more information.



Stephanie Knickle (Charlottetown, PE)

With an honour's degree in social psychology, a bachelor of education, 30+ years of group fitness/pilates instructional experience, and dozens of certifications to her name, Stephanie Knickle is recognized as a fitness powerhouse.

Current and past certifications include: YMCA of Canada Certified Group Fitness Leader Island Fitness Council/Fitness New Brunswick Group Fitness Leader & Resistance and Strength Leader IFC/Fitness NB Group Fitness and Resistance Training Course Conductor Canadian Physical, Activity, Fitness and Lifestyle Appraiser Certified STOTT PILATESTM Matwork in Essential, Intermediate and Advanced levels Certified STOTT PILATESTM Reformer in Essential, Intermediate and Advanced levels Certified Pre- and Post-Natal Fitness Specialist (Can-Fit-Pro) Certified Group TRXTM Suspension Trainer Completed training – Personal Fitness Trainer – 2015 (Fitness NB) STRONG by Zumba certified (2018).

Stephanie owns and operates Imotion fitness MIND BODY CORE which includes a physical studio in Charlottetown as well as online fitness and Pilates programs for all levels at www.imotionfitness.ca.



Marianne Perreault (Oromocto, NB)

Marianne is an undergraduate student in kinesiology at UNB. She is from Québec and has been living in the Fredericton area since August 2020. Marianne studied nursing at Université Laval in Québec and decided to switch to kinesiology when she moved to Fredericton. She has a passion for health and physical activity and would someday like to work for a non-profit organization that supports wellness and healthy active living.



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 hometown.



Monique Smith; B.E.D (Fredericton, NB)

After having been in the teaching profession for 26 years, Monique decided it was time for a career change. In the Fall of 2003, she began courses through Fitness NB to become a certified fitness leader. In 2004, she became certified as an Active Older Adult leader, and began teaching classes at U.N.B. Monique has also lead classes at the YMCA, Kingswood and Evelyn Grove Manner. Her certifications include YMCA Aqua Fit and Aqua Stretch; Fitness NB Group Fitness, Yoga Fitness and Active Older Adult. Monique also presented an Aqua Yoga Stretch master class at the FNB Summit in Fredericton in 2017.

Currently, Monique leads classes at the YMCA and teaches 2 groups of participants in the ever-growing program titled, Zoomers On the Go / Zoomers En Mouvement.

Monique has found this career change for her has been a wise move. She continues to find the fitness industry to be challenging, ever-changing, but always fun!!

Summit REGISTRATION

2021 Fitness NB Fitness & Personal Training Summit Registration Form					
Please complete all Sections (save to desktop, fill in, (use X beside all that apply), email or print out for mail or in person.					
LAST NAME:			FIRST NAME:		
FNB Member	Yes →		I will be attending the AGM YES →		CEC certificate will be emailed automatically
Non Member	Yes →		I require a CEC certificate YES →		If yes one will be emailed to you
Address:(Street)					
City:		Province:		Postal Code:	
Ph (h):		Ph (cell):		Ph (w):	
E-Mail:					

Costs per Session (Includes HST)

By October 12

After October 12

FNB members/affiliates

\$25.00

\$30.00

Non Members

\$30.00

\$40.00

Register for all 6 sessions for a great deal!

FNB members/affiliates

\$120.00

\$150.00

Non Members

\$150.00

\$210.00

Don't miss out! Register (early bird) before October 12th!

CEC's: 1 per session, 2 for the AGM (FNB members only)

REGISTRATION and FEES									
FNB MEMBERS AND AFFILIATES		FEES	CHECK ALL THAT APPLY						TOTAL
Single sessions	By October 12	\$25.00 each	1	2	3	4	5	6	\$
	After October 12	\$30.00 each	1	2	3	4	5	6	\$
All Day	By October 12	\$120.00							\$
	After October 12	\$150.00							\$
NON MEMBERS		FEES	CHECK ALL THAT APPLY						TOTAL
Single sessions	By October 12	\$30.00 each	1	2	3	4	5	6	\$
	After October 12	\$40.00 each	1	2	3	4	5	6	\$
All Day	By October 12	\$150.00							\$
	After October 12	\$210.00							\$

CANCELLATION POLICY:

50% of your cost will be refunded for cancellations received on or prior to October 12.
No refunds after October 12.

METHOD OF PAYMENT			
<input type="checkbox"/>	Cheque	<input type="checkbox"/>	Money Order
<input type="checkbox"/>	<input type="checkbox"/>		Cash (do not send in mail)
E-transfer: Send to membershipservices@fitnessnb.ca			
NB: <i>Send security question answer to same address in separate email</i>			
Credit cards: Visa or MasterCard only: No prepaid cards or debit accepted.			
Name of Cardholder:			
Card Number			
Expiry	mm:	yy:	3 digit code:
Signature			

Informed CONSENT

Fitness NB 2021 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 2021 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

Mail: A112A Lady Beaverbrook Gym, 2 Peter Kelly Drive
University of New Brunswick, PO BOX 4400, E3B 5A3

Thank you for your support and participation!