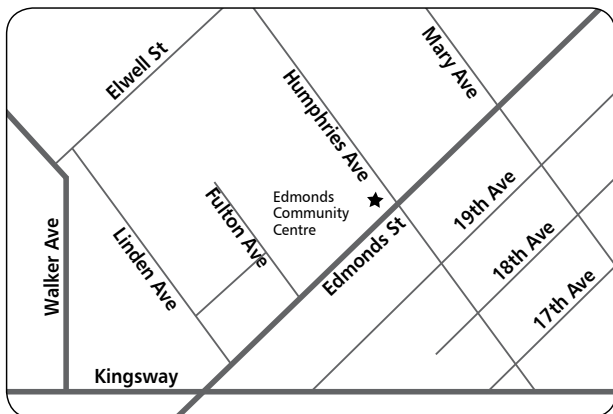


Location

Edmonds Community Centre

7433 Edmonds Street
Burnaby, BC V3N 1B1
Phone: 604-297-4838



Sponsors & Prizes

Fabulous prizes have been donated
by our generous sponsors:

City of Burnaby
Sapadilla

Tania Marshall, The Shiatsu Massage Company
Power Music

Presenters

Daniela Tempesta BCRPA TFL & RPT, BGS (App Sc), Fitness Tall Champion, Actor, Dancer

Daniela has been in the fitness industry for over 15 years in areas including: personal training, course conducting, presenting, article writing and most passionately, group classes. She is a BCABBA Fitness Tall Champion competitor and now focuses on instructor development through workshops, evaluations and mentoring.



Andrea Perrino, PhD

Andrea complements her PhD in Psychology and position as a professor at the University of British Columbia with over 25 enthusiastic years of experience in the fitness field as Personal Trainer, and Fitness Leader. She is also the owner of *Go to Health Fitness Studio Inc.*, located in North Vancouver. In each of her roles, she attempts to foster the connection between mind and body in the journey to optimal health. She "practices what she preaches" as a sponsored athlete taking on triathlons and cycling events locally and internationally.



Teri Lee Sampson BPE, BCRPA TFL ReZultZ Fitness

Yoga Instructor (Yoga Alliance), BCRPA Trainer of Fitness Leaders (Fitness Theory, Group Fitness), Pelvic Floor Fitness Specialty (Bellies Inc, Pfilates), and Master Trainer (Bender Ball, Human Trainer). Teri has been in the fitness industry for over 25 years. Her career has spanned over many fitness trends and training techniques, but what is consistent with Teri is her ability to relate to people. She is known for her positive energy, creativity and mentoring of fitness instructors and uses her knowledge and experience to help people reach their full potential. As a programmer, business owner and mom of a 13 year old boy, Teri strongly believes that if you are laughing you are working your abs!



Debbie Jessen BCRPA SFL – GF/Osteofit, PT/WT

Debbie has been a certified group fitness instructor for 30+ years. She is a BCRPA Supervisor of Fitness Leaders / Osteofit and has Third Age and Weight Training modules, Zumba™ Basic 1 and 2, Zumba™ Toning, Core and Zumba™ Step. She has published articles in *Fitness Business Canada* magazine focusing on exercise and cancer as well as for Fit Life BC. A popular presenter at BCRPA conferences, she was the Group Fitness Leader of the Year in 2005. She has completed 3 half marathons and plays competitive hockey. Debbie is married and has two teenage boys.



Fitness Blitz 32

Edmonds Community Centre

Sunday, May 31, 2015
8:30am-4:30pm

3-6 BCRPA Renewal Credits



burnaby.ca/active



Welcome!

The staff of Burnaby Parks, Recreation and Cultural Services invites you to join us at Fitness Blitz 32! We are excited to host #32 at Edmonds Community Centre located in east Burnaby. Join us at the jewel of Burnaby and earn your BCRPA renewal credits. Earn up to 6 BCRPA renewal credits in our all day event. Come early and tour the new centre and network with other industry professionals. Hope to see you there!

Schedule of Events

Sunday, May 31

8:30am-1:15pm	Check in & package pick up
9:30-11am	Psychology of Nutrition
11-11:15am	Break
11:15am-12:45pm	HIIT Hype
12:45-1:15pm	Break
1:15-2:45pm	Aspire to Inspire
2:45-3pm	Break
3-4:30pm	So much more than the Core
4:30-4:45pm	Wrap up, evaluations & prizes

Healthy snacks served during the long break. For those with hearty appetites, it is advisable to bring a bag lunch. Please see the map for exact location.

Fees (Fees listed include tax)

Early Bird (Register by May 18)

Session 1 + 2
\$42.00 (Burnaby staff \$28.35) Barcode 367991

Session 3 + 4
\$42.00 (Burnaby staff \$28.35) Barcode 367992

All Day Event
\$68.25 (Burnaby staff \$47.25) Barcode 367993

Regular (Register after May 18)

Session 1 + 2
\$57.75 (Burnaby staff \$42.00) Barcode 367991

Session 3 + 4
\$57.75 (Burnaby staff \$42.00) Barcode 367992

All Day event
\$89.25 (Burnaby staff \$68.25) Barcode 367993

Workshops

Session 1

What's Eating You? The Psychology of Nutrition

Presented by Andrea Perrino | 9:30-11am

Find yourself munching at midnight? Eating more when you are with friends? Feeling overfed during the holidays? Forgetting to eat? We may understand the principles regarding healthy eating, but why do some of us continue to have faulty patterns? Truly, it is all in your head! Discussed are the psychological underpinnings for why we eat what we do, the methods to recognize when change is required, and the concrete ways in which to easily alter eating habits.

Session 2

HIIT Hype

Presented by Daniela Tempesta | 11:15am-12:45pm

Many buzz words permeate the industry today and HIIT Training certainly tops the charts. Though it's made a resurgence in recent years, High Intensity Interval Training is not new. With a focus on safety, this workshop will introduce you to the basics and then take it one step further to give you the tools to create multiple programs for class or one-on-one training, simply by manipulating the work/rest intervals.

Session 3

Aspire to Inspire

Presented by Debbie Jessen | 1:15-2:45pm

Do you want to help inspire your participants to stick with a fitness routine and meet their personal goals? Then let Debbie help you take your teaching skills to the next level of professionalism. A certified Group Fitness Instructor for over 30 years, she will share her experiences and her passion for fitness with tips on everything from cueing and choreography to marketing yourself and your classes. Aspire to be the best that you can be at what you love to do!

Session 4

So Much More than the Core

Presented by Teri Lee Sampson | 3-4:30pm

Did you know that your pelvic floor is part of your core? Did you know that you should be activating your core with each exercise you do?

Did you know that an optimally functioning pelvic floor provides support to your internal organs, maintains continence, provides support during childbirth and is integral to a healthy sex life?

Learn how you can enhance your workouts from the inside out. The information in this workshop is appropriate for men and women of all ages. Educate yourself with functional knowledge followed by practical application.

Registration

Registration is easy, here's how!

WebReg	burnaby.ca/webreg
Phone	Call Edmonds Community Centre at 604-297-4838 Monday-Friday, 9am-9pm
In Person	Drop by Cameron, Bonsor, Eileen Dailly or Edmonds Community Centre and register in person.

(Please note: Payment must be made using a credit card when registering by phone or over the internet.)

For more information, please call Rhonda Jackson at 604-297-4839.

