



Fall 2016

OCT 14-16 2016

2016 Fitness Forum

Nelson & District Community Complex



NDCC
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Register By Telephone
Call 250-354-4FUN.



Meet our keynote speaker: Daniela Tempesta
BCRPA TFL & RPT | BGS (App Sc) | Fitness Educator

Dani has established herself as an industry leader through her focus and commitment to education and finding the joy in the process. For over 15 years, she has been involved in areas including: personal training, course conducting, presenting, article writing and most passionately, group classes. She is a BCABBA Fitness Tall champion competitor and international presenter (IDEA World Convention, AFAA Taiwan). She is also a Group Fitness Manager for Steve Nash Fitness Clubs and her focus is on instructor development through workshops, evaluations and mentoring. You can contact her at followdani@gmail.com or visit: www.danielatempesta.com ~ she'd love to connect with ya!

SCHEDULE OF EVENTS

Time	Friday		Time	Saturday			Time	Sunday
5 - 9pm	The Missing Link	Training Toolbox	8 - 9:30am	Avoiding Burnout			8:30am - 1pm	Assessment to Program Design: Our Why's
			10 - 11:30am	Suspension Design	Walk the Line... The Benefits of Balance Training	Deskbound? Stand up to a Sitting World!	9am - 3:30pm	Spin Workshop
			11:45am - 1:15pm		Step Up Your Game	Improving Body Image and Mental Health in the Exercise Environment		
			1:15 - 2:15pm	Lunch				
			2:15 - 3:45pm	Choreography in the Water	Walk the Line... The Benefits of Balance Training	Improving Body Image and Mental Health in the Exercise Environment		
			4 - 5:30pm	Muscular Endurance in the Water	Entering the Kettlebell: Keys for Safe, Efficient Practice.	Prepare, Prevent, Perform		

Fitness Forum Fees: Sessions are PRICED INDIVIDUALLY

REGISTER FOR ALL 5 Sessions on SATURDAY and receive:

- 1. A welcome package and entry into the door prize draw.**
- 2. \$10 discount off each session including Pre and Post Conference sessions.**
- 3. LUNCH and healthy snacks to keep you fueled for the day**



PRE CONFERENCE WORKSHOPS

Training Toolbox

Daniela Tempesta

BCRPA TFL & RPT | BGS (App Sc) | Fitness Educator

NDCC Fitness Studio

This session will explore physiology-based class design. Too much equipment can overshadow the workout, however utilizing basic principles of weight training and applying that to various equipment in a class setting can help you sort through the madness and finish strong with a well-rounded, play-oriented program. Discover creative ways to use dumbbells, resistance tubing, step boards, BOSUs and more. Leave this session with ideas ready to be implemented on Monday morning!

Fr 5pm - 9pm Oct 14 36775 \$89 + tax

The Missing Link

Cate Baio

B.Phe, ACC, CFES Educator, BCRPA SFL

NDCC Multi Purpose Room

As fitness professionals, we are given the incredible opportunity of supporting change in people's lives. If we look back to the basics, we were taught about mind, body and spirit and how wellness incorporates all of these dimensions. In this session, we will courageously look at mindfulness and spirit and what they mean to us as individuals. We will then discover how we can bring these aspects into our work in order to create a more meaningful work environment for ourselves and more success for our clients.

Fr 5pm - 9pm Oct 14 36774 \$89 + tax

CONFERENCE WORKSHOPS

Keynote address: Avoiding Burnout

Daniela Tempesta

BCRPA TFL & RPT | BGS (App Sc) | Fitness Educator

Prestige Lakeside Resort

When you are in the fitness industry, an industry that focuses on service and making others happy, it's easy to over-accept responsibilities and put the needs of others above yours. The truth is, though, your focus, your motivation, and your health can easily decline and overshadow your passion if you're not careful. Finding a balance between what you love to do and what you know is right for your health can be challenging; recognizing areas of focus to protect both your business and your health will create longevity in this industry and free you to continue passionately serving the masses.

Sa 8am – 9:30am Oct 15 36776 \$44 + tax

Suspension Design

Daniela Tempesta

BCRPA TFL & RPT | BGS (App Sc) | Fitness Educator

NDCC Arena Concourse

Suspension training is a great tool to work the body in a quick and easy way using just the body's weight and the suspension system. Delve into the mechanics of exercises, program design and principles of regression/progression to confidently serve your clients/participants. Make suspension training safe and playful and keep 'em coming back for more!

Sa 10am – 11:30am Oct 15 36777 \$44 + tax

Walk The Line...The Benefits of Balance Training

Cathy Potkins

BHK, MPAS, ACSM Ex Sp

NDCC Fitness Studio

This course will review the key components of balance and mobility. What causes falls? How do we screen for deficits in balance? How can you set up a balance program in your facility? How do you build it into your existing programs? Practical examples of balance exercises will be provided.

Sa 10am – 11:30am Oct 15 36778 \$44 + tax

Sa 2:15pm – 3:45pm Oct 15 36784 \$44 + tax

Deskbound? Stand up to a sitting world!

Maria Morley

Registered Physiotherapist

NDCC Multi Purpose Room

This workshop is a primer for better health for humans of all ages, by debunking the myth that we are meant to sit. Combat the epidemic of the sedentary lifestyle by teaching your clients not only the consequences of poor posture but what they can do to change it by performing regular self-maintenance.

Sa 10am – 11:30am Oct 15 36779 \$44 + tax



Step Up Your Game

Daniela Tempesta

BCRPA TFL & RPT | BGS (App Sc) | Fitness Educator

NDCC Fitness Studio

Popularized in the 80s and strong in the 90s, Step classes are making a resurgence and Step instructors are in demand! Come to this session if you want to learn or refresh your choreography ideas, discover tapless stepping techniques, and get creative in using the Step board as a tool for interval training. Master choreography break down and leave this session with ready-to-use combos.

Sa 11:45am – 1:15pm Oct 15
36780 \$44 + tax

Improving Body Image and Mental Health in the Exercise Environment

Dr. Heather Strong

Ph.D. specializing in Health and Exercise Psychology.

NDCC Multipurpose Room

Sadly, body dissatisfaction has become normalized within our culture. Those who struggle with a negative body image tend to also struggle with depression, anxiety, and low self-esteem. Using a combination of research and practical life experiences, Dr. Strong will begin an important conversation about body image and mental health in the exercise context. The goals of this workshop will be to 1) provide practical tools on how to discuss mental health concerns with clients, 2) discuss how to incorporate positive body image and mental health messages in the exercise environment and 3) discover what exercise prescription is most effective for improving body image and mental health.

Sa 11:45am – 1:15pm Oct 15 36781 \$44 + tax
Sa 2:15pm – 3:45pm Oct 15 36783 \$44 + tax

Choreography in the Water

Melissa Gresley-Jones

BEd./CFES Educator

NDCC Pool

Need more ideas for your aquatic class? Join us to learn a number of new, simple, pre-choreographed songs for deep and shallow water. Spend some time learning a number of series that will balance the workload on the body and challenge your participants. Get experience on land and in the water so you are ready to teach these series in your next aquatic fitness class.

Sa 2:15pm – 3:45pm Oct 15 36785 \$44 + tax