

Angela Wright, BSc, CNP, RNCP – Holistic Nutritional Consultant

Angela is the owner of Align Nutrition, which provides whole food and lifestyle recommendations to those who are ready to take responsibility and make change to create a lifestyle that provides them with a healthy, happy, symptom-free, and balanced life. Ange works with athletes to seniors to families; and with persons with cardiovascular disease to mal-digestion to stress and anxiety, so each person is looked at as an individual with their individual goals and comfort levels. Angela is also the creator of the MindBody FX Nutrition Plan of The Complete MindBody FX Lifestyle Program, and volunteers for the Karis Society by teaching women in transition healthy nutritional habits. Angela also has a degree in Environmental Science along with her diploma in Applied Holistic Nutrition.

Whole Foods

Food choices and eating habits play a vital role in fuelling activity and providing the raw materials required to make a healthy, happy body. It takes more than protein to reach fitness goals: learn why carbohydrates, proteins, and fats are all required at each meal to keep blood sugars constant and supply all the material required for the body to function optimally. This is best (and easily) done through whole foods nutrition – foods eaten in their naturally grown state come complete with everything our body needs for optimal digestion, assimilation, and use. Learn another way of looking at the food choices available and determining which is the best options for your goals – without counting calories and grams. Make sure what you eat is of benefit and not of burden to your goals and that of your clients.

Kim Froom

"If you don't take care of your body, where are you going to live?"

With that as her guiding belief, Kim Froom has been passionately involved in the fitness business for over 25 years.

From group fitness to personal training, Kim brings this passion to everyone she interacts with. Awarded the BCRPA program director award in 2006, Kim seeks to ensure equal access to all who choose to begin their own journey of health & fitness. She is currently Manager & Lead Trainer at iQuest Medical Fitness Centre here in Kelowna and, with the help of her medical team, oversees program development for individuals with a myriad of medical conditions. With running as her primary passion, Kim has accomplished 17 marathons (including Boston 2002) and 3 Ironman Triathlons. She has represented Canada at the World Long Course Triathlon Championships in Australia and has taught clinics to hundreds of individuals launching their own personal fitness journey.

Spinning

This specialty workshop introduces leaders to the knowledge and skills necessary to lead a safe, successful, challenging and invigorating spin class. Learn the brief history of group cycling and gain an understanding of leadership, bike set up, class formats, drills and music as it applies to cycling and post exercise stretching. A cycling manual is included and GF or PT certification is required.

Running

Ever wanted to train your clients to run or run better? Ever wanted to introduce your class participants to the sport of running? Ever had a client complain about being 'stuck' in their personal journey of fitness?

Let Kim guide you and learn how to introduce the sport of running into your clients' routine, progress almost any client in their personal fitness program as well as how you can introduce running to your fitness class participants.

From running schedules to goal setting, you can utilize these tips to improve the fitness level of the people you interact with...even yourself! (Be prepared to move)

Marlene Weller

Marlene Weller, a local resident of Kelowna, and certified BCRPA Yoga Instructor, has had a lifelong interest in health, nutrition and fitness. She began teaching aerobics 19 years ago and has since found her niche in Yoga. Marlene brings her experience with personal growth and development to her passion for Yoga. Her class focus is on the mind, body and spirit connection. She applies her experience on her mat to her every day life. "I have learned that how I do one thing is how I do everything".

Breathing life into your Yoga practice

The breath is considered the "heart" of your yoga practice. Controlling your breath allows you to enhance the energy that makes you alive. Your breath is as important to your yoga practice as it is to your life. Experience the significance of the relationship between the breath (pranayama) and the poses (asanas). Marlene will focus on creating strength and endurance in your practice through your breath. Practicing with intention and acknowledging the understanding of the connection between the physical sensations and the emotions that reside within the body. The word yoga translates to mean "union" ... the union of your mind, body and spirit. Come and learn to breathe life into your practice!

Cory Tout

Cory Tout graduated from the University of Western Ontario with a Honors Bachelor of Physical Education degree in 1983. In 1984 she received her certification as a Certified Fitness Appraiser (CFA) from the Canadian Society of Exercise Physiology. In addition she is a BCRPA "Trainer of Trainers". In 2002 Cory fulfilled her longtime goal of becoming a teacher and graduated with a Bachelor of Education.

Cory has worked in a variety of capacities in the fitness industry. These include Fitness Director, Aerobics and Cycling Instructor, Course Conductor, and Personal Trainer specializing in Post-Rehabilitation exercise programs for clients with varying degrees of orthopedic, soft tissue and brain injuries, as well as Personal Training "healthy" clients. She has owned and operated, "Peak Fitness Consulting" since 1995. Cory's objective is to provide participants with cutting edge information, in a fun, interactive environment. Cory goes beyond teaching the course "just to pass the exam", but rather she focuses on providing participants with information that will allow them to become leading fitness professionals.

Fitness Assessment

Learn the fundamentals of Fitness Assessment in this hands-on workshop. Cover health screening, resting blood pressure, body composition analysis, including the accurate use of skin fold callipers and calculation of percentage body fat. Learn quick & accurate tests for determining muscular strength & endurance as well as safe, easy to administer sub maximal cardiovascular testing to estimate VO2 max. Please note this is not a certification workshop and the BCRPA recommends Fitness Appraiser Certification before you administer tests to clients.

Dean Smith

I have a varied background and knowledge base that I bring to my lecturing and teaching. I was a professional modern dancer, a fitness leader, a student and teacher of yoga an international presenter and a physical therapist. I attempt to draw on all my resources to help to educate, excite and energize those I touch in my workshops.

Dean Smith is a physiotherapist working in a busy orthopedic practice in Kitsilano. In addition to his work as a physio, Dean has been involved in the fitness industry as an on-floor fitness leader, international presenter and yoga instructor for many years. When not working, Dean can be found with his friends and dog climbing or skiing in the coast mountains.

Dean Smith, a practicing physiotherapist, has been active as an instructor and lecturer in the fitness industry for over 15 years. In addition, Dean has been studying and teaching yoga for many years.

Back, Backs, Backs

Acute low back pain is the fifth most common reason for a physician visit. In the US, approximately 90 percent of the adult population experiences back pain at some time in life. Canada is likely similar. As professionals in the fitness industry, the more you know, the more likely you are to understand and be helpful with your clients. In this workshop, we will review the anatomy of the back and discuss some of the common issues relating to back pain. Then we will examine how to develop an exercise program with respect to certain concerns in the lumbar region.

Putting Yoga into your Class

More and more we see yoga classes in our fitness facilities. Typically however yoga is separate from our group fitness classes. How can we take yoga poses and principles and incorporate them into group fitness? In this seminar we will look at yoga poses and sequences that you can use in a warm-up, cool-down and in the stretching part of your fitness class.

Strength Training: Hard to "Resist" for Older Exercisers

When asked most people would agree that remaining physically active is necessary for maintaining health and independence, but less than 25% of older adults are active enough to achieve the benefits of exercise. In this seminar we will examine function strength training geared specifically for the growing market of older exercisers.

Hands On Stretching

Knowing how to assist your client with a stretching program is a must for personal trainers. In this seminar we will explore some of the best hands on techniques to stabilize and mobilize your clients' key muscle groups for optimal flexibility results.

Chad Benson

Chad Benson MSc, BSc, BPE, CSCS, Practicing Kinesiologist, PTS: Educated at the University of Victoria and Memorial University of NL, Benson is the President and Owner of ARC Performance Training Systems Ltd www.arctraining.ca. In addition to his current consultant roles with 2010 Olympians (B2Ten) & the Surrey Eagles, Coach Benson has been sub-contracted as a conditioning coach for Pacific Sport, the Vancouver Canucks, BC Lions, & Vancouver Ravens. Chad has been a competitive multi sport athlete and has conditioned athletes in 11 Collegiate, Pro or Olympic Sports. Benson also has expertise with myofascial release, trigger point therapy, functional movement testing, & sport rehabilitation. Benson continues to be a sport conditioning author and (or) lecturer for fitness and performance organizations including the NSCA, AOSSM, BCRPA, CATA, CFP, CSEP, IDEA Benson's recent educational endeavours include the ARC ACTivated DVD Set & P'repair to Perform educational series.

P'repair' to Perform: functional anatomy

The 'P'repair to Perform Series represents a theoretical remodelling of traditional elite and weekend warrior athlete development. Our understanding of exercise selection has changed from muscle isolation to muscle integration, but our knowledge of anatomy remains superficial and isolated. Functional, fullbody, multijoint & sports-specific training methods are here to stay. Why follow the trends and learn new exercises when you can create them yourself. The foundation to all exercise prescription is anatomy, physiology and biomechanics. This session will help you properly prescribe functional or sports specific training via illustrated familiarization of kinetic chain and myofascial core sling anatomy.

No Equipment No Problem - Athletic Bodyweight & Partner Training

Why pack massive hockey bags full of large, heavy equipment. Gravity and a partner is all you need to create one of the most innovative strength and conditioning programs your clients will ever experience. Partner exercises create the challenge, competition & comradary guaranteed to increase focus and accelerate any participants gains. Stay cutting edge, while safely integrating FAST (Functional Athletic Strength Training) and SAQ (Speed, Agility & Quickness) drills into your PT, group exercise or bootcamp formats. Progressions & regressions for each pattern will be demonstrated and practiced.

Sareena Nickoli

Sareena Nickoli, a fitness instructor for over 10 years teaching various classes such as Boxercise, Spin, Bootcamp, Hip Hop Aerobics, Group Power and Group Kick. Her dance background in ballet, jazz, hip hop and salsa have made ZUMBA her latest and favorite fitness craze.

A taste of Zumba!!

Exhilarating! Calorie Burning! Body Energizing! Awe-Inspiring Movements....that's ZUMBA! A latin-based fitness class that blends rhythms and dance styles such as salsa, cha cha, merengue, samba, reggaeton, belly dance, bollywood, african, mambo and more. Come and experience fitness in a way that you will never forget! Sareena invites you to this energizing, feel good, dance party that will make you shake and sweat like never before! ZUMBA..."Ditch the Workout, Join the Party!"

Fabian Olmos-Reyes

Fabian has been dancing professionally for over 8 years. He has danced around North America in Las Vegas style shows while working at resorts in Puerto Vallarta and Cancun. He has also toured as a backup dancer with Alejandra Guzman a popular Latin American artist, and been in several music videos.

He is trained in hip hop, jazz, contemporary, ballet and Latin rhythms. He enjoys bringing these styles to different venues, and sharing with beginners as well as advanced students. Fabian has participated in many workshops over the years to refine his skills, as of late he has taken workshops with So You Think You Can Dance and Zumba Fitness.

Dance Inspiration

Hip hop, jazz, contemporary, ballet and Latin rhythms.....how about adding some of that to your repertoire? Let yourself be inspired by Fabian, a professional dancer that has been dancing his way around North America and been in several music videos. Come prepared to workout and have fun!

Laura Thurnheer, B.Comm., MBA

Laura is currently a College Professor at the Okanagan School of Business at Okanagan College. In this role Laura instructs in the Bachelor of Business Administration Program in the areas of Strategic Management, Human Resources Management and Tourism.

As an active member of her local business community she is very aware of the challenges facing businesses today and strives to help new and existing businesses develop and expand. Laura is a founding member of the Kelowna Exceptional Service Under the Sun Committee, a Senator with Junior Chamber International and a founding member of the Okanagan Youth Entrepreneurship Advisory Committee. Laura is a Past President of the Kelowna Chamber of Commerce, a Board Director for Kelowna Community Resources and also sits on the Allocations Committee for the United Way.

One of her favourite hobbies is effective speaking coaching and Laura is fortunate to work with many young people in this area. Laura is married with two children and is happy to be part of an active family life in the Okanagan.

True Colors

Would you like to get along better with bosses, co-workers, friends and even your family? Join us for a fun-filled session exploring your True Color. You will determine your own personality temperament, celebrate your particular style and learn how to better 'stretch out' to those around you. Your end result will be improved communications and more fulfilling relationships. Be prepared to come to work and share in this four hour session. More importantly it is a fun and enjoyable afternoon providing you a break from your everyday.

TWIST Conditioning

Advanced Small Group Training Techniques

Blast through plateaus and expand your training repertoire to include exercises that integrate high tempo movement, dynamic balance and whole body strength. Packaged as an exceptional small group training program or dissected into powerful individual exercises, skills and drills, this workshop takes your game to the next level. You get it all – the recipe, the ingredients and the excitement of a ready to implement training plan that is proven to deliver results.

Sport Conditioning Toolbox: Essentials of Athleticism

The foundation of performance in sport and an active lifestyle begins with fitness but expands beyond the basic characteristics of strength, endurance and flexibility to include balance, speed, agility, quickness, power, reaction skills and coordination. Much more than a collection of exercises, skills and drills, this session will investigate the training principles required for developing athleticism and package them together into a ready to implement methodology to develop Smart Muscle™ and an athletic body that intuitively complies to the mind's commands. Looking for solutions to maximize metabolic demands, develop complex strength exercises and challenge current boundaries for best ever performance? This session delivers - athlete proven – straight from the experts - results guaranteed!

Megan Seear

Megan is fairly new to the fitness industry, but is certainly not lacking passion for it. She is currently taking the Fitness theory through Okanagan College and will be done her Group Fitness before the Interior Fitness Conference. She has been approached by many well known gyms as well as trainers for her expertise in Hula Hooping. Come spring she has a line up of classes at different places.

Hootagious

A fun and unique workshop for all skill levels. Learn this exciting new form of fitness that improves balance, coordination and builds a strong core. Receive a great cardiovascular workout while burning up to 110 calories every 10 minutes (the equivalent of running a 10 min mile). Come out and have some fun while getting reacquainted with your inner child and discover your bodies rhythm and flow while being expressive and creative. Bring clothing that is comfortable and that allows for movement. Shorts and form fitting clothing is ideal. Also bring a bottle of water and be prepared for a workout!!!
Hoop for fitness, hoop for fun ☺

Lynn Johnson

Exercise Specialist (AAHFP)
BCPRA Registered Personal Trainer and Group fitness Instructor
CSEP CPT, BCRPA Trainer of Fitness Leaders.
Grandmother of five grand boys.

Recognized for her enthusiastic, versatile and professional approach to fitness and education, Lynn is an accomplished fitness leader and personal trainer. She has been educating and consulting in the Health and Fitness for over 20 years.

Currently she teaches courses at Okanagan College, works as a Personal Trainer with Team Fitness, organizes and presents at conferences and workshops in B.C., teaches group cycling classes acts as an advisor for CORE HEALTH TECHNOLOGIES and has recently completed her Trainer of Trainer's for Osteofit.

Lynn brings a wealth of experience to her presentations as a business owner, personal trainer, instructor trainer, adult educator, fitness coordinator and elite athlete.

Fudge I'm 50

When we remain physically active as we age it helps to maintain our health and independence, but also helps to sustain balance, agility, speed, muscular strength and muscular endurance. In this session we will examine physical activities geared specifically for the growing market of older exercisers. These activities will be sure to enhance your physical fitness so: If you use it you won't lose it!

Dr. David Urness D.C.

Dr. Urness is a practicing Chiropractor in the Kelowna area. He is co-owner of Valleyview Chiropractic, a multi-disciplinary clinic for 12 years. His practice focuses on musculoskeletal health with emphasis on joint disorders, soft tissue disorders, repetitive strain injuries, and sports injuries. In addition to his degree in Chiropractic, post graduate training and certification includes, Active Release Techniques, McKenzie Institute International, and Sound Assisted Soft Tissue Mobilization. Professionally, he is passionate for clinical excellence.

He lives with his wife Alison and two children whom all enjoy the outdoors, running, hiking, cycling, cross-country skiing. David also enjoys backcountry pursuits including ski mountaineering and climbing.

The Shoulder Made Simple: Great Strategies for Preventing Shoulder injuries

The shoulder is so often a complex and difficult body part to understand, let alone correct when injured. Join me for a fun and interactive session where we will explore the top ten observations and tests to help you know when a client is at risk for a future shoulder injury. We will explore why and then participate together practicing these fundamentals so that Monday morning you can go to work better equipped to bring the best for your clients. We will also look at common training errors and how to correct for optimal shoulder health. See you there!

Jennifer Podovennikoff

I am a registered clinical dietitian. I work in acute care in the hospital setting on the medical and surgical wards, as well as the pediatric and neonatal intensive care units. I also work at the outpatient eating disorder program in Vernon. I am a sports dietitian as well. I recently completed a 2-year Diploma in Sports Nutrition through the International Olympic Committee. I work with individual athletes and sports teams to teach the importance that nutrition has on sports performance.

Nutrition and Sport Performance

What to eat, when and how much? How to maximize athletic performance through food and fluids. And what about supplements and sport foods? Find out the latest information on the importance of nutrition for sport.

Lise Dallien BSc. Kin., CPed(C)

Lise has lived in the Okanagan valley since June of 2007. She has been the co-chair and chair of the Nova Scotia Fitness Association from 1999 to 2006. She holds a Bachelor of Science in Kinesiology from Dalhousie University. She is also a BCRPA and CanFit Pro Group Fitness Leader, Kripalu Yoga Teacher, Stott Pilates instructor teaching Mat/Reformer/Rehab and BCRPA Personal Trainer.

Lise is also a Canadian Certified Pedorthist and is a business partner in Orthoquest Pedorthics in Kelowna. Her expertise entails foot pathologies, biomechanics, gait analysis and the design and fabrication of custom foot orthoses.

Lise believes the body is an amazing machine that must be cared for, respected and challenged emotionally, spiritually *and* physically.

So you think you can step?

This highly choreographed step workshop will send you back to your classes full of ideas. Learn how to layer more complicated moves over more simplistic patterns. Take your teaching to a new level!

Stott Pilates

Let Lise (Stott Pilates certified) guide you on how to take Pilates principles into your strength, ab, yoga classes or into personal training. Use this intelligent form of exercise to fine tune movements, cueing plus improve results.

Dawn Balic

BScN, AFLCA Certified x 12 years, moved to BC in 2008 and became certified with BCRPA. Personal trainer since 2006. Lightweight Bodybuilding Competitor 2006, third place (Alberta). Currently teaching fitness @ World Gym in Kelowna. Presented at the IFC 2009

Total Body Conditioning Meltdown!

Variety is the spice of life, and meaningful variety is the key to improving fitness. This interval training routine blends strength and cardio circuits into a use-what-you've-got body weight workout! Loaded with functional exercises designed to give you the ultimate challenge. Learn unique skills for incorporating elements of strength, cardio, core, balance and agility into one full body journey. Will also outline partner training, drills and techniques to incorporate a little healthy competition! A transforming total body workout that will leave you begging for more!

Athletic Bootcamp

Indoors or outdoors, boot camp style classes have exploded in popularity recently because they offer a fun, demanding atmosphere that generates results. Boot camp offers a great way to add variety, style and intensity to function based techniques. Participants love this format as they can work at their own pace without feeling they are out of step with the music or other members. Use minimal equipment, but give MAXIMUM results! Utilize skills, drills, exercises, games and techniques to develop your own sport inspired group workouts. Come and experience how effective competition & play create a FUN and inspiring workout that you'll love to share!