

4th Annual Interior Fitness Conference

April 30 & May 1, 2010

Jump in...

This conference will explore the many different activities we call fitness.

Come and join us for the most fabulous workshops in the Interior.



okanagan
college

For more information:
www.okanagan.bc.ca/interiorfitnessconference
hzijske@okanagan.bc.ca

Register by April 4 for Early Bird pricing!
Rooms are subject to change
(iQuest classes will NOT change, please go
straight to iQuest)

Friday April 30 Pre-Conference Sessions

Workshops starting at noon

Price before April 4 /

Price after April 4 per session

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 your administer tests to clients.

Course Code: IFE 001 CRN: 90436/90437

Time: 12 - 4 p.m.

Price: \$99/\$109 +GST

Location: Building A at Okanagan College

Presenter: Cory Tout

Indoor Cycling

This specialty workshop introduces leaders to the knowledge and skills necessary to lead a safe, successful, challenging and invigorating spin class. 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.

Course Code: IFE 002 CRN: 90438/90440

Time: 12 - 4 p.m.

Price: \$99/\$109 +GST

Location: iQuest

Presenter: Kim Froom

Emergency First Aid

A Red Cross Emergency First Aid & CPR A recert course for fitness professionals.

Course Code: IFE 003 CRN: 90441/90443

Time: 12 - 4 p.m.

Price: \$39 + (\$15+GST) for manual

Location: Building A at Okanagan College

Presenter: Rose Nystrom

Backs, Backs, Backs

Acute lower back pain is the fifth most common reason for a visit to the physician. 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. We will examine how to develop an exercise program with respect to certain concerns in the lumbar region.

Course Code: IFE 004 CRN: 90444/90446

Time: 12 - 3 p.m.

Price: \$99/\$109 +GST

Location: Building A at Okanagan College

Presenter: Dean Smith

Register early, Space is limited!

**Register by April 4 for
Early Bird pricing!**

Workshops starting at 5 p.m.

Price before April 4 /

Price after April 4 per session

Running... Facts & Fiction!

Have you ever wanted to train your clients to run or run better or wanted to introduce your class participants to the sport of running? Maybe you've 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)

Course Code: IFE 005 CRN: 90452/90453

Time: 5 - 8 p.m.

Price: \$89/\$99 +GST

Location: iQuest

Presenter Kim Froom

Whole Foods

Food choices and eating habits play a vital role in fuelling 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 option for your goals. Make sure what you eat is of benefit and not of burden to your goals and that of your clients.

Course Code: IFE 006 CRN: 90455/90457

Time: 5 - 8 p.m.

Price: \$89/\$99 +GST

Location: Building A at Okanagan College

Presenter: Angela Wright

True Colors

Would you like to get along better with bosses, co-workers, friends and even your family? How about understanding your clients better? Join us for a fun-filled session exploring your True Colors. 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 with people around you. Come prepared to share in this four-hour session. More importantly it is a fun and enjoyable afternoon providing you a break from your everyday routine.

Course Code: IFE 007 CRN: 90463/90464

Time: 5 - 9 p.m.

Price: \$99/\$109 +GST

Location: Building A at Okanagan College

Presenter: Laura Thurnheer

Dance Inspiration

Hip hop, jazz, contemporary, ballet and Latin rhythms... how about adding some of that to your repertoire? Dance moves are getting increasingly popular in both strength and cardio classes. Allow dance elements to be part of your class and add energy. Let yourself be inspired by Fabian, a professional dancer who has been dancing his way across North America and appears in several music videos.

Come prepared to workout and have fun!

Course Code: IFE 008 CRN: 90466/90468

Time: 5 - 8 p.m.

Price: \$89/\$99 +GST

Location: Okanagan College E310

Presenter: Fabian Olmos-Reyes

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!

Course Code: IFE 009 CRN: 90470/90471

Time: 5 - 9 p.m.

Price: \$99/\$109 +GST

Location: Kelowna Secondary School Gym

Presenter: TWIST

Register by April 4 for Early Bird pricing!

Saturday May 1 Conference Sessions

8:15 - 9:45 a.m. (choose one)

\$42 +GST before April 4 /

\$52 + GST after April 4 per session

Hooptagious

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. Bring a bottle of water and be prepared for a workout!!!

Hoop for fitness, hoop for fun!

Course Code: IFF 001 CRN: 90439/90442

Location: Okanagan College Pit

Presenter: Megan Seear

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!

**Saturday lunch included
in the conference fee.**

**Saturday check-in begins 7 a.m. in
the Atrium (E-building)
at Okanagan College**

Course Code: IFF 002 CRN: 90445/90447
Location: Kelowna Secondary School Gym
Presenter: Dawn Balic

Pilates for the Fitness Pro

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, cuing plus improve results. BYO mat, if you have one

Course Code: IFF 003 CRN: 90448/90449
Location: Okanagan College E310
Presenter: Lise Dallien

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.

Course Code: IFF 004 CRN: 90450/90451
Location: Okanagan College Cafeteria
Presenter: Dean Smith

10 - 11:30 a.m. (choose one)

\$42 +GST before April 4 /

\$52 +GST after April 4 per session

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. Practice with intention and acknowledge the understanding of the connection between the physical sensations and the emotions that reside within the body. BYO mat, if you have one.

Course Code: IFF 005 CRN: 90454/90456
Location: Okanagan College E310
Presenter: Marlene Weller

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. If you use it you won’t lose it!

Course Code: IFF 006 CRN: 90458/90459
Location: Okanagan College Pit
Presenter: Lynn Johnson

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 adds a 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 get 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!

Course Code: IFF 007 CRN: 90460/90461
Location: Kelowna Secondary Gym
Presenter: Dawn Balic

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 & camaraderie guaranteed to increase focus and accelerate any participant's 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.

Course Code: IFF 008 CRN: 90462/90465

Location: Okanagan College Cafeteria

Presenter: Chad Benson

1 - 2:30 p.m. (choose one)

\$42 +GST before April 4 /

\$52 +GST after April 4 per session

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. BYO mat, if you have one.

Course Code: IFF 009 CRN: 90467/90469

Location: Okanagan College E310

Presenter: Dean Smith

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!

Course Code: IFF 010 CRN: 90472/90473

Location: Okanagan College Cafeteria

Presenter: Lise Dallien

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.

Course Code: IFF 011 CRN: 90487/90488

Location: Kelowna Secondary School Gym

Presenter: TWIST

Register early, Space is limited!

**Saturday Trade show 10 - 2 p.m.
in the Atrium (E-building)
at Okanagan College**

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, full-body, multi-joint & 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.
Course Code: IFF 012 CRN: 90474/90475
Location: Okanagan College Theatre
Presenter: Chad Benson

2:45 - 4:15 p.m. (choose one)

\$42 +GST before April 4 /

\$52 +GST after April 4 per session

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!"
Course Code: IFF 013 CRN: 90476/90477
Location: Okanagan College Cafeteria
Presenter: Sareena Nickoli

The Shoulder Made Simple

The shoulder is often a complex and difficult body part to understand, let alone correct when injured. Join David for a fun and interactive session where you 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 them for optimal shoulder health. See you there!
Course Code: IFF 014 CRN: 90478/90479
Location: Okanagan College E310
Presenter: David Urness

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.
Course Code: IFF 015 CRN: 90480/90481
Location: Okanagan College Pit
Presenter: Dean Smith

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.
Course Code: IFF 016 CRN: 90482/90483
Location: Okanagan College Theatre
Presenter: Jennifer Podovennikoff



Why you should attend...

- BCRPA/CEC credits
- Great location
- Affordable
- Knowledgeable presenters
- Great networking opportunities
- Awesome deals at the tradeshow
- Lunch included on Saturday

Register Early

Space is limited

Register by April 4
for Early Bird pricing!

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