March 31-April 3, 2015
Hyatt Regency Phoenix and Phoenix Convention Center
Phoenix, Arizona

ADVANCE PROGRAM

Register Today!
www.acsmsummit.org
Join leading fitness professionals and a top-notch faculty at the only health fitness event sanctioned by the American College of Sports Medicine, the largest sports medicine and exercise science organization in the world. Come for the learning, get inspired, and meet the practitioners and researchers who are providing cutting-edge solutions in today's fitness arena.

Summit speakers are the best of the best; inspirational so you leave motivated, eager to share their knowledge of current issues and trends, and full of practical tips and techniques to use with clients immediately. There is no better way to take your learning to the next level, focus on your future, and renew your enthusiasm about fitness and improved health.

The summit bridges the gap between science and practice and we pride ourselves on offering the highest quality information in all 11 topic tracks. The summit has it all: world-class keynote speakers, practical workout sessions to learn new skills, stimulating and informative lectures, and extended workshops that combine lecture with a practical component.

At the summit we will do our best to ensure you have the best fitness meeting experience ever. And don’t forget you receive 25 CECs for the entire conference!

On behalf of the summit planning committee I’d like to invite you to attend the 2015 ACSM’s Health & Fitness Summit & Exposition in Phoenix, Arizona, March 31-April 3. Hope to see you there!

Mike Spezzano
Health and Fitness Summit Program Chair
What’s New at the 2015 Summit?

Based on past attendees’ feedback, this year’s summit includes several new features. Below are highlights of ideas from the program committee. Hopefully you like the additions and thank you for sharing your reactions.

Workshop Sessions

In response to attendee requests, these hands-on, interactive workshops have been expanded. With one-half hour of lecture, followed by one hour of hands-on demonstrations, these sessions will be chocked full of deliverables you can implement the minute you get home!

HOT TOPIC Panel Discussions

The program committee has scheduled great opportunities to showcase interactive daily sessions led by industry experts. The topics are at the forefront of the fitness market. Don’t miss these opportunities!

- **High Intensity Training: The Good, The Bad, and The ?’s**
  Steve Blivin, Mike Bracko, Dixie Stanforth

- **Exercise Professional Scope of Practice**
  Grace DeSimone, Ben Thompson, Dick Cotton, Brad Roy

- **Technology in Our Gyms For Better or For Worse?**
  Mike Bracko, Amanda Vogel, Fred Hoffman, Carol Kennedy-Armbruster

Dr. Bortz Lecture on Healthy Aging

The Dr. Walter Bortz Lecture on Healthy Aging is given annually to illuminate an area of the field of healthy aging and to recognize the contributions of one of its pioneers and advocates, Dr. Walter M. Bortz II.

**Live Long and Prosper! Giving Older Adults The Gift of Fitness 1X**
Christian Thompson

25 New Faces/New Perspectives

Welcome the following presenters to the line-up for Phoenix:

| Dana Von Badinski       | Mitch Kanter       | Jonathan Ross       |
| Nick Belz              | Matthew King       | Krista Scott-Dixon  |
| Amy Bidwell            | Melissa Layne      | Steve Shenbaum      |
| Steve Blivin           | James Levine       | Linde Sifuentes     |
| Mindy Caplan           | Laura Locker       | Spencer Sabolik     |
| Tim Fleisher           | Alex McLean        | Kyle Stull          |
| Carol Ewing Garber     | Mark Nutting       | Brandon Wagner      |
| Annika Kahn            | Neal Pire          | Dale Wagner         |
| June Kahn              | Jennifer Ross      |                    |

25 ACSM CECs (in its entirety)

The American College of Sports Medicine is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 25 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the CE activity.

Attendee and Session Information

No Photography or Videotaping During Sessions

Taking photos, video-taping, or recording audio on your phone or other devices during educational sessions is strictly prohibited.

First-Time Attendee Session

Tuesday, March 31 (prior to opening keynote). Students and newcomers alike will learn from ACSM leaders and the program committee how to navigate the summit.

Name Badges

Wear your ACSM summit conference name badge at all times (including workouts, lectures and the exhibit hall). Since access to the exhibit hall is monitored by security personnel, your entrance will be denied without your official ACSM summit name badge. If for some reason you lose yours, check in with the ACSM registration desk. If it hasn’t been turned in to lost and found, you can purchase a replacement for $5.00.

Go to www.acsmsummit.org to view the session descriptions.
Keynoters

Opening Keynote Lecture: Tuesday, March 31, 5:30 p.m.
Building Authentic Connections with Clients

Steve Shenbaum, President of game on Nation
Our goal as coaches and presenters is to move our clients to CARE about our message, and for them to REMEMBER that message for life. Steve Shenbaum, President of game on Nation, shares the science behind authentic, successful connectivity in this dynamic, results-oriented workshop. Using the interactive framework of Game Dynamics, you will learn how to positively embed Mystery, Incentive, Laughter and Empowerment (MILE™) so your message resonates with clarity, consistency and creativity. This groundbreaking MILE™ technique will give you clear, tangible direction towards mastering the art of communication and client interaction so you can build trusting relationships that last.

Keynote Lecture: Wednesday, April 1, 8:15 a.m.
The Dangers of Sitting

James Levine Ph.D., M.D., Mayo Clinic/Arizona State University Obesity Solutions Initiative, Phoenix, Arizona
Why your chair is killing you and what you can do about it. For “April the 1st” and beyond!

Inaugural Larry Golding “bridging the gap” Keynote Lecture: Thursday, April 2, 8:15 a.m.
Current Controversies in Exercise Prescription

Carol Ewing Garber, Ph.D., FACSM
This session will discuss controversies about exercise prescription including such topics as is vigorous exercise better than moderate intensity? Is high intensity interval training better? How much exercise is too little—or too much? Should everyone get the same exercise prescription?

Hot Topics

With the ever-expanding world of research, it is important for you to be up to speed with what is happening in the health fitness industry. The program committee has expanded the typical lecture opportunities by offering these interactive sessions lead by industry leaders. You will get the latest and greatest information during these lectures. Questions will be welcome to enhance attendee interaction!

HOT TOPIC PANEL: Exercise Professional Scope of Practice 1X
Benjamin C. Thompson, Brad A. Roy, Richard Cotton, Grace DeSimone
The role of the exercise professional in health care is rapidly changing. The prevention and treatment of chronic diseases are becoming an increasingly important part of the exercise professional’s toolbox. Being able to delineate the role of the exercise professional in community and clinical-based settings is vital to understanding where they fit in and how they can contribute. Presented by members of ACSM’s Committee for Certification and Registry Boards (CCRB), this symposium will examine barriers and challenges facing the health fitness and clinical exercise professional within their scope of practice.

HOT TOPIC PANEL: High Intensity Training: The Good, The Bad, and The ?’s 1X
Steve Blivin, Mike Bracko, and Dixie Stanforth
Join the great debate about HIT as Dixie Stanforth moderates presentations from Steve Blivin and Mike Bracko. Dr. Blivin will present medical concerns and contraindications associated with extreme conditioning programs; Dr. Bracko will counterpoint with the growing body of evidence supporting HIT for a wide variety of populations. Bring your questions for plenty of audience interaction and discussion as we examine the latest evidence about HIT and apply it to the real world of exercise training and programming.
HOT TOPIC PANEL: Technology in Our Gyms 1X

Carol A. Kennedy-Armbruster, Amanda Vogel, Fred Hoffman, Mike Bracko, Shannon Fable

In today’s high-tech world, gym members can surf the web on cardio machine consoles, check into the club with a mobile app and even take fitness classes from an instructor who’s on screen, not live in studio. Technology that diverts gym-goers away from meaningful social interaction and distracts them from working out is a detriment. However, technology may also help motivate and educate us to get MORE out of the exercise experience. Researchers are starting to look at how smartphones and other technology might facilitate lifestyle changes and improve health. This lively panel discussion will take a look at the pros, cons and future directions of plugging in at the gym.

Preconferences

(Separate registration fee applies)

PRECON: Clinical Field Assessments
Christian Thompson, Peter Ronai, Steve Blivin, Ben Thompson

This workshop will provide you with the theory behind clinically relevant, field-based physical assessments and the opportunities to practice them in small groups with the faculty/presenters. You will be able to apply “qualitative” observations made during these assessments to develop safe, effective, clinically meaningful exercise/activity programs for your clients.

7 ACSM CECs $100 Professional/$50 Student

PRECON: Energy Balance and Weight Management
Laura J. Kruskall, Kara Mohr, Amy Bidwell, Mitch Kanter

It has been known for some time that there are a large number of overweight and obese individuals in the United States. More disturbing is the growing number of unfit, overweight children and adolescents. While the traditional approach to weight loss of expending more energy than is consumed is still valid, there are a number of factors that contribute to energy balance, or more accurately energy imbalance. This session will address four major areas:

1) The physiology of energy balance and the contributing factors to energy imbalance.
2) The role of protein in weight management and satiety.
3) What contributes to weight gain and physical inactivity? It’s more than just the number on the scale. The key areas of nutrition and physical activity which may attenuate or enhance disease progression will be highlighted. Discussion will also include the role of a diet high in added sugars and low in physical inactivity in this process.
4) Behavior strategies to promote positive dietary changes necessary for long-term success, including three key areas:
   a) trends in reducing energy intake
   b) ways clients can discover their own limiting behaviors
   c) key concepts to help clients tackle tough nutrition-related behaviors and successfully manage body weight long-term.

5 ACSM CECs $100 Professional/$50 Student

PRECON: The Exercise Professional’s Ultimate Tool Kit
Nick Beltz, Colin Carriker, Len Kravitz

This is a personal training spectacular of cardiovascular conditioning, partner training and non-traditional movement exercises. This preconference exclusive event will explore the latest techniques and research for cardiovascular conditioning, partner training and non-traditional resistance training. You will leave with 10 evidence-based cardiovascular workouts, 30 fabulous partner exercises and 30 innovative movement training ideas.

4 ACSM CECs $100 Professional/$50 Student
Self-myofascial release (SMR) has been shown to relieve muscle and joint pains and improve flexibility and range of motion. This four-hour workshop teaches the fundamentals of myofascia, reviews the latest SMR research and then dives into the Trigger Point Performance SMR movement philosophy using the GRID foam roller. You will walk away with practical knowledge and hands-on experience coaching and cueing movements that can be scaled to all-levels of general health and athletic clients for pre- and post-workout foam rolling.

4 ACSM CECs $100 Professional/$50 Student

This International Association for Worksite Health Promotion (IAWHP) preconference offers an opportunity for health fitness professionals to expand their knowledge and understanding of the current trends in the global worksite health promotion field. This unique program connects you with IAWHP industry leaders for in-depth conversations on how to increase existing skill sets to best position yourself in the worksite health promotion marketplace. IAWHP is the first global association dedicated to the advancement of worksite health promotion practitioners. IAWHP offers resources and tools to enhance the understanding of current practices and programming strategies at the worksite.

4 ACSM CECs $100 Professional/$50 Student

3D XTREME™ is a pre-formatted solution to maximize usage of BOSU® Balance Trainers in your club. This completely unique, high-intensity, team-oriented workout program combines functional total body training with calorie-blasting cardio, intense core and interactive team challenges to get XTREME results. The secret is the 3-dimensional impact of Triplex Training that fuses cardio, conditioning and core and utilizes the BOSU with other favorite training equipment to help you improve your overall fitness. The exercises will challenge you, the pace will drive you and the team energy will inspire you! Get certified to bring this program to your club and watch your participants build muscular strength, cardiovascular power and flexibility.

Participants will receive the 3D XTREME™ Instructor Training Manual and DVD.

6 ACSM CECs $100 Professional/$50 Student

Your Resource for Online Continuing Education!

ACSM ceOnline Benefits:

Affordable
4 ACSM CECs for as little as $20!

Flexible
• Completely accessible online: 24/7/365
• Self-paced: Start and stop per your schedule

Convenient
Track CECs earned from outside agencies

Instant
• Instant notifications
• Immediate access to content including course materials, tests, certificates and receipts.

ACSM Alliance members: to access the member discount code, login to your ACSM account at www.acsm.org. Click “View My Benefits” and then click on the ACSM ceOnline logo on the right. You may also email membership@acsm.org for the discount code and for additional questions/comments regarding ACSM ceOnline, please contact onlinelearning@acsm.org.

ACSM’s 2014 Health & Fitness Summit CEC Videos are now available!
Each video includes a BONUS feature! Don’t delay… log on today at www.onlinelearning-acsm.org!
**H.I.I.T.s Blitz 1X**
*Abbie Appel*

Are you looking for new ways to H.I.I.T. your clients and classes with intensive movement? Discover four different timed-bouts of programming ideas that require only perseverance and a stopwatch. Utilize high and varied intensity movement with shorter recovery to maximize metabolic efficiency. Mix standard exercises, staple equipment and sprinkle in intensity variables to create a whole new recipe. HIITs Blitz will inspire change that motivates your clients to develop a higher level of fitness and reach personal goals.

**Fusion Art – The Art of Mind Body Fusion Training**
*June Kahn*

FUSION ART is a contemporary non-equipment based flowing approach to strength and flexibility training. Blending the art of Fluid Power Yoga techniques with Fluid Moving Pilates standing and mat progressions, experience how to create beautiful angles and curves with the body. Learn the six essentials and movement tactics that are the basis of this program. Explore this perfect method of body conditioning that unites the fluidity of movement and physical grace with concentration and control. The end result is a fusion of disciplines that integrates a graceful flow of linked progressions in an undulating format that challenges the body to enhance the quality of movement as well as the quality of life!

**Powerful Teaching Dance Inspired Cardio 2015**
*Carol Murphy*

Designed for fitness pros who are passionate about motivating their clients to move. This dance-inspired cardio session offers the ideal combination of energy, fitness and fun. Using proven teaching methods, Carol will show you how to deliver an endless array of heart-pumping, calorie-burning cardio combos.

**MBP Training**
*Matt King*

As the popularity of functional training increases, so does the need for practical application. This workout will show you how to take abstract functional training concepts and put them into practice through the use of the MBP Method. The MBF Method is a simple, yet effective, system that utilizes movement-based exercises in a circuit style workout, allowing you to develop and adapt 3-Dimensional workouts quickly.

**Myofascial Release 1X**
*Mindy Caplan*

This class will utilize foam rollers and/or tennis balls to release connective tissue, reduce pain and increase mobility in the joints while improving lymphatic and blood circulation throughout the soft tissue. Myofascial release techniques can be gentle or a bit more aggressive depending on the individual. You will learn how to release tired and sore muscles and take an active role in musculoskeletal pain reduction.

**Dance Back in Time 1X**
*Alex McLean*

To appreciate today, you have to embrace the past! Music is timeless and movement to music is priceles! Celebrate as you journey across the US with a pit stop in Detroit for Motown grooves before heading to Studio 54 in NYC to boogie oogie oogie with the Disco crowd, with stops in between before ending in LA where you’ll hip hop till you drop!

**Hi Kick Lo Box**
*Melissa Layne*

Melissa will provide a cardiovascular and muscular endurance workout consisting of over ten, 32-count combinations that systematically change feet. The combinations will be of kickboxing choreography and high- and low-impact options. The mashup of combinations will be broken down in a part-to-whole format so all participants will be successful.

**Unleash – Bodyweight Bootcamp 1X**
*Alex McLean*

The power of a wrestler, the speed of a sprinter, the balance of a dancer, the flexibility of a yogi… train like an athlete using your own bodyweight. Manipulate the mechanics of your body to achieve that strong and athletic look. Centered on foundational movements, reinforced by science and motivated by results, get ready to unleash!

**Regular to Ripped: Body Weight Training for Power & Performance**
*Mike Bracko*

Awaken a new dimension of working out as you do athletic movements using individual and partner drills. Experience how multi-joint and compound exercises can be used with body weight to enhance power and improve performance. Leave this session with 30 exercises that can be used with clients to get them from regular to ripped.

**SLICE IT UP with Jungshin Fitness® 1X**
*Annika Kahn*

Using custom weighted wooden swords, Jungshin Fitness® will take your body and mind through a stimulating cutting-edge workout as it draws upon ancient eastern modalities of health and fitness for the modern human being. The lecture and physiological benefits are integrated into the non-stop workout such that you will reap the benefits as you are sweating, moving, striking and breathing with the movement and direction of the sword. The workout stimulates both the
endocrine system and metabolism while being one of the toughest yet accessible workouts for all ages and walks of life. Join us warrior!

**Jungshin® Rhythm 1X**

Annika Kahn

Jungshin Fitness®; RHYTHMS

Strike to the beat! This dynamic 60-minute class is a fun, full-body workout for all levels involving the Jungshin® short swords, with a focus on synchronizing precise movements with the rhythm of energizing music. Build stamina and strength in your arms and legs, core, joints and tendons. Develop your coordination and mental focus as you unite the internal rhythm of your body with the external rhythm of the music. You will slice, kick, jump and drum to the beat!

**All Small Ball 1X**

Abbie Appel

With special focus on the abs, back and butt, this beyond-the-basics, small weight-less ball only training session will show you how to teach to optimize strength and posture. Use Pilates principles and traditional terminology to cue corrections and modifications as needed to train the most important muscles in the body. As an instructor, you will see all sorts of wild interpretations when teaching in a group setting. Discuss teaching and communication skills necessary to get through to every single person in the room.

**Gentle Yoga to End the Day 1X**

Mindy Caplan

After a long day of lectures, workshops and workouts give your body a relaxing break and stretch out those tired muscles. This yoga session will focus on multiple hip openers; chest and shoulder stretches to open the heart and correct posture; breath and focus to calm the mind. Come prepare your body for the next day and enjoy a great nights sleep.

**Power Walking**

Lee Scott, Michele Stanten

This session will turn an everyday activity into a fun, heart-pumping, body-toning workout that’s joint-friendly and can be offered to all levels simultaneously.

**Ripped and Whipped - Trampoline Circuit 1X**

Abbie Appel

This perfect circuit utilizes the fundamental elements of strength training and short bursts of explosive power with high-level skills that enhance movement. First, learn the movements then experience the workout by quickly rotating from station-to-station that integrates conditioning drills and precision skills. Get stronger and quicker with this dynamic workshop for small and large groups and discover the secrets of optimal functional performance.

**Rhythmic Walking**

Grace DeSimone

Rhythmic Walking is a moderate-paced, easy-to-follow class designed to simulate walking and encourage participants to take more steps. The class consists of walking-based moves (i.e. marching in place) converted into steps per minute, which easily converts to miles. Participants will march in place using various basic steps and movements that are repeated at a high frequency making it easy to learn and easy to accomplish. The class is paced with music ranging in speed from 140 beats per minutes (bpm) to 160 bpm. Walk to a beat and the miles will fly by.

**Myofascial Compression™ Technique Applied – PreGen® Programming Trigger Point**

Brandon Wagner, Kyle Stull

Pre Generation is Key! Often neglected in one’s daily routine whether it be prior to exercise, sport, or to prepare for your day, learn how Myofascial Compression™ technique (MCT) can lead to empowerment. MCT coupled with hydration & breathing serves as an important component in the preparation of muscle tissues for the coming demand. Use TriggerPoint™ methodologies to increase tissue tolerance, optimize muscle length, and allow for optimal overall muscle function. This workshop will cover the key full body releases and programming tips specific to the demands being placed on the body.

**101 Ways to BOSU®!**

Shannon Fable

How many ways can you BOSU®? We promise 101 exercises, and double that when you master the B3 System. Learn cardio, strength and core drills, and building blocks to restructure classes for unlimited BOSU® workouts. Whether you are new to BOSU, or a groupie begging for more, BOSU® 101 gives you the biggest bang for your buck!

**BOSU® Dimensional Core Training**

Shannon Fable

Advance your core training techniques by taking a global approach as you explore multi-dimensional methods to effectively produce power and improve core function. Learn a series of integrated core exercises to mobilize, stabilize and strengthen the core, giving you greater ability to access the core for optimal function. Dimensional core training delivers results!

**Lecture Information**

Visit www.acmsummit.org on the program tab to see the lectures, descriptions and speaker bios of each educational session.
Stay Connected With Your Mobile Devices

Mobile App

The summit mobile app functions on the following devices: iPhone, Android, Blackberry, tablet, PCs.

Registrants will be sent the link approximately two weeks prior to the onsite event. The mobile app will go offline and access will be terminated by April 30, 2015.

Features include:
• Session schedule and lecture outlines from speakers
• Updates or changes to rooms or schedule
• Daily news releases
• Evaluation tools in real-time

PDFs of lecture outlines

Lecture outlines can be reviewed, printed and/or saved in advance of the meeting using your device or personal computer. Registered attendees will receive a link prior to the summit.

This link will only be available through April 30, 2015.

Join the conversation

Propel 5K Run and Walk

Returning by popular demand will be the Propel 5K Run and Walk on Friday, April 3. The event is free to all attendees and Propel will be provided to participants. Registration will be onsite during the conference.

Students: What’s in it for you?

1. Discounted registration in every category. If you want the deepest discount, be an ‘early bird’ and register by January 7, 2015! Even better, bring a group of friends from your college and get the group rate. Contact dhamilton@acsm.org with registration questions.

2. Networking with some of the world’s leaders in health and fitness. A special session is being offered March 31, immediately following the opening keynote.

3. “Oh the Places We'll Go” – This session is an interactive forum with a number of presenters sharing their professional stories to inspire and challenge you. Meet a former meteorologist and TV weather guy who is a researcher and college professional. Discover how one fitness professional started as a swim instructor at the YMCA and has now worked in the corporate world, run post-surgical rehab programs, and teaches at the college level. And, learn how a sandwich maker, who also worked at a newspaper, and hosted Japanese students now writes and is a leader in the field of digital fitness. Whether you are starting your career or wanting to explore new places to go, come hear how very different journeys led to success. You will walk away with practical advice and invaluable tips from their collective experiences. Get ready to write your own story!

4. University Challenge. Penn State University and East Carolina University combined brought almost 200 students to the last event in Atlanta. Can your school match that record? Spread the word about the summit to your university’s health fitness related departments!

5. Go to the “ACSM Students” page on Facebook to see updates to the student programming.
# Tuesday, March 31, 2015

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Presenters</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 a.m.-5:30 p.m.</td>
<td>PRECON: Clinically Oriented Field Assessments: Their Theory and Their Application to Your Clients</td>
<td>Steve Blivin, Peter Ronai, Ben Thompson, Christian Thompson</td>
</tr>
<tr>
<td>8:30 a.m.-2:30 p.m.</td>
<td>PRECON: Energy Balance and Weight Management (EIM)</td>
<td>Laura Kruskall, Kara Mohr, Amy Bidwell, Mitch Kanter</td>
</tr>
<tr>
<td>10:00 a.m.-2:15 p.m.</td>
<td>PRECON: Trigger Point Foam Rolling: Principles and Practices</td>
<td>Tim Fleisher, Kyle Stull</td>
</tr>
<tr>
<td>10:00 a.m.-4:30 p.m.</td>
<td>PRECON: 3D XTREME™ Certification - Powered by BOSU®</td>
<td>Shannon Fable</td>
</tr>
<tr>
<td>10:00 a.m.-4:00 p.m.</td>
<td>PRECON: The Exercise Professional’s Ultimate Tool Kit</td>
<td>Len Kravitz, Nick Beltz, Colin Carriker</td>
</tr>
<tr>
<td>12:30-4:50 p.m.</td>
<td>PRECON: The International Association for Worksite Health Promotion (IAWHP) Preconference Workshop: Worksite Health Promotion: Enhancing your Impact, Expanding your Reach</td>
<td>Lauve Metcalfe, George Pfeiffer, Charlie Estey</td>
</tr>
<tr>
<td>3:00-3:45 p.m.</td>
<td>First Time Attendee Session</td>
<td>Katie Smith, Melissa Layne, Christian Thompson</td>
</tr>
<tr>
<td>5:30-6:30 p.m.</td>
<td>KEYNOTE: Building Authentic Connections with Clients (EIM)</td>
<td>Steve Shenbaum</td>
</tr>
<tr>
<td>7:00-8:30 p.m.</td>
<td>Attendee Networking Session</td>
<td>Mindy Caplan, Fred Hoffman, Mary Kruse, Kara Mohr, Lauve Metcalfe</td>
</tr>
</tbody>
</table>

**Session color key:**
- Alternative Health and Wellness
- Exercise Programming
- Fitness Management and Communication
- Healthy Behavioral Change and Motivation
- Interactive Workshop
- Nutrition
- Personal Training
- Select Populations
- Social Media & Technology
- Sports Medicine
- Workout
- Worksite Health Promotion

*“IX” = session only presented one time
*(EIM) denotes an Exercise is Medicine® session
Wednesday, April 1, 2015

6:45-7:45 a.m.
- SLICE IT UP with Jungshin Fitness® 1X ................................................................. Annika Kahn
- Power Walking ......................................................................................................... Lee Scott
- Ripped and Whipped – Trampoline Circuit 1X ......................................................... Abbie Appel
- Regular to Ripped: Body Weight Training for Power & Performance .................... Michael Bracko
- Powerful Teaching Dance Inspired Cardio 2015 ...................................................... Carol Murphy
- 101 Ways to BOSU® ................................................................................................ Shannon Fable

8:15-9:15 a.m.
- KEYNOTE: Get Up! (EIM) ......................................................................................... James Levine

9:30-10:30 a.m.
- ACSM's American Fitness Index: From Evolution to Revolution ............................ Walt Thompson
- Activity Trackers: What Does the Latest Behavior Research Say? (EIM) ................. Carol Kennedy-Armbruster
- Partnering with the Primary Care Physician to Enhance Exercise Participation and Adherence – Motivational Interviewing Plus! (EIM) Reed Humphrey
- Eat Your Medicine ................................................................................................. Christopher Mohr
- It’s Five O’clock Somewhere: Effects of Alcohol on Fitness ................................. Dana Von Badinski
- Meditation and Mindfulness .................................................................................. Mary Yoke
- Strength Training: How Important is It? ............................................................... James Churilla
- Exercise is Medicine’s Special Conditions Refresher! (EIM) ................................. Ben Thompson

10:45-11:45 a.m.
- Who Moved My Fat?! (EIM) ..................................................................................... Michele Olson
- K.I.S.S.M. Keep It Simple Sports Medicine .............................................................. Steve Blivin
- Protein and Yoga: Strategies to Promote Muscle Longevity for Women ............... Karen Freeman
- Walking the Walk: The Surgeon General’s Call to Action and What it Means to Health and Fitness Professionals (EIM) David Brown
- Top 5 Performance Enhancers for Fitness .............................................................. Mike Bracko
- FUNdamental Integrative Training for Kids: Play On! ............................................. Avery Faigenbaum
- The Three C’s of Social Media: Connection, Conversation, Customer Service Fred Hoffman
- Cutting Edge – Keeping your Business Innovative and Competitive ..................... Neal Pire

12:00-1:00 p.m.
- Hi-Kick-Lo-Box ........................................................................................................ Melissa Layne
- All Small Ball 1X ....................................................................................................... Abbie Appel
- Fusion Art – The Art of Mind Body Fusion Training ............................................... June Kahn
- MBP Training ........................................................................................................ Matthew King

1:15-2:15 p.m.
- HOT TOPIC PANEL: Technology in Our Gyms For Better or For Worse? (EIM) Mike Bracko

American College of Sports Medicine | 401 West Michigan Street | Indianapolis, IN 46202-3233 | Tel.: (317) 637-9200 | Fax: (317) 634-7817 | www.acsm.org
Wednesday, April 1 (continued)

2:30-4:00 p.m.
- Workshop: Core Off the Floor ................................................................. Melissa Layne
- Workshop: The Ultimate Light Kettlebell Workshop 1X ......................... Irene Lewis-McCormick
- Workshop: Fitness Boot Camps for the Masses (EIM) ......................... Mark Nutting
- Workshop: Powerful Teaching – Group Ex Essentials ......................... Carol Murphy
- Workshop: Power to the Plank and Movement Progressions for the Active Aging .............................................. June Kahn
- Workshop: How to Train the CORE FOUR: The Secrets of Stability and Function (EIM) ................ Peter Ronai

4:15-5:15 p.m.
- Hot Issues in Weight Management (EIM) .............................................. Laura Kruskall
- Cultivating Accountability NOW! Group Training and Group Programming ........................................ Bradley Buehner
- Research to Practice: Lifestyle Choices and Your Brain (EIM) ................ Terry Eckmann
- The Power of One (Habit at a Time): Slow Change Theory (EIM) .... Krista Scott-Dixon
- Foam Roller Training ............................................................................. Irene Lewis-McCormick
- Movement Analysis in Older Adults (EIM) .......................................... Christian Thompson
- Social Media Makeover – Seven Mistakes to Avoid ............................. Amanda Vogel
- MVP Makeover: Increase Your Stock ................................................... Shannon Fable
- Partnering with Healthcare Providers for Outcome-Based Exercise Programming (EIM) ................ Michael Spezzano

5:30-6:30 p.m.
- Gentle Yoga to End the Day 1X ............................................................. Mindy Caplan
- Rhythmic Walking ................................................................................ Grace DeSimone
- H.I.I.T.s Blitz 1X................................................................................... Abbie Appel
- BOSU® Dimensional Core Training....................................................... Shannon Fable

Thursday, April 2, 2015

6:45-7:45 a.m.
- MBP Training (repeat) ........................................................................ Matt King
- Fusion Art – The Art of Mind Body Fusion Training (repeat) .............. June Kahn
- Jungshin Rhythm 1X ............................................................................ Annika Kahn
- BOSU® Dimensional Core Training (repeat) ......................................... Shannon Fable

8:15-9:15 a.m.
KEYNOTE – Inaugural Larry Golding Lecture: Current Controversies in Exercise Prescription (EIM) ..................... Carol Ewing Garber

9:30-10:30 a.m.
- Partnering with Healthcare Providers for Outcome-Based Exercise Programming (repeat) (EIM) ................ Michael Spezzano
- The Wise Woman’s Journey ................................................................. Grace DeSimone
- Improve Your Organizations Performance Through a Wellness Champions Program ......................................... Linde Sifuentes

Session color key:*
*IX” = session only presented one time
*EIM* denotes an Exercise is Medicine® session
Thursday, April 2 (continued)

- It's Five O'clock Somewhere: Effects of Alcohol on Fitness (repeat) .............................................. Dana Von Badinski
- The Three C's of Social Media: Connection, Conversation, Customer Service (repeat) ...................... Fred Hoffman
- Hot Issues in Weight Management (repeat) (EIM) ................................................................. Laura Kruskall
- MVP Makeover: Increase Your Stock (repeat) ................................................................................ Shannon Fable

10:45-11:45 a.m.

- Worksite Health Program Models to Address Diverse Business Cases ........................................ Mary Kruse
- Research to Practice: Lifestyle Choices and Your Brain (repeat) (EIM) ........................................... Terry Eckmann
- Activity Trackers: What Does the Latest Behavior Research Say? (repeat) (EIM) .................... Carol Kennedy-Armbruster
- The Power of One (Habit at a Time): Slow Change Theory (repeat) (EIM) .............................. Krista Scott-Dixon
- Social Media Makeover – Seven Mistakes to Avoid (repeat) .................................................. Amanda Vogel
- The Dr. Bortz Lecture: Live Long and Prosper! Giving Older Adults The Gift of Fitness IX (EIM) ........ Christian Thompson
- Eat Your Medicine (repeat) ............................................................................................................ Christopher Mohr
- ACSM's American Fitness Index: From Evolution to Revolution (repeat) .................................... Walt Thompson

12:00-1:00 p.m.

- Power Walking (repeat) ................................................................................................................... Lee Scott Michele Stanten
- Unleash – Bodyweight Bootcamp 1X ............................................................................................ Alex McLean
- 101 Ways to BOSU® ...................................................................................................................... Shannon Fable Kyle Stull
- Myofascial Compression™ Technique Applied – PreGen® Programming Trigger Point .......... Brandon Wagner

1:15-2:15 p.m.

- HOT TOPIC PANEL: Exercise Professional Scope of Practice (EIM) ........................................ Brad Roy Richard Cotton Grace DeSimone
- HOT TOPIC PANEL: High Intensity Training: The Good, The Bad, and The ?s ................ Dixie Stanforth Steve Blivin Mike Bracko

2:30-4:00 p.m.

- Workshop: How to Train the CORE FOUR: The Secrets of Stability and Function (repeat) (EIM) . Peter Ronai
- Workshop: Heart-Core Circuit Training (EIM) ............................................................................... Fred Hoffman
- Workshop: Power to the Plank and Movement Progressions for the Active Aging (repeat) .......... June Kahn
- Workshop: Core Off the Floor (repeat) ......................................................................................... Melissa Layne

4:15-5:15 p.m.

- The Wise Woman’s Journey (repeat) ......................................................................................... Grace DeSimone Mary Kruse Lauve Metcalfe Mary Yoke
- Improve Your Organizations Performance Through a Wellness Champions Program (repeat) ...... Linde Sifuentes Kaisa Wieneke
- Partnering with the Primary Care Physician to Enhance Exercise Participation and Adherence – Motivational Interviewing Plus! (repeat) (EIM) ................................................... Reed Humphrey Robert Scales Tim Fleisher Irene Lewis-McCormick
- Foam Roller Training (repeat) .......................................................................................................
Thursday, April 2 (continued)

- Walking the Walk: The Surgeon General’s Call to Action and
  What it Means to Health and Fitness Professionals (repeat) (EIM)................................. David Brown
  Jacqueline Epping
  Michele Stanton
- Exercise is Medicine’s Special Conditions Refresher! (repeat) (EIM)................................. Benjamin Thompson
- Strength Training: How Important is It? (repeat)................................................................. James Churilla
- Protein and Yoga: Strategies to Promote Muscle Longevity for Women (repeat).............. Karen Freeman
  Nancy Rodriguez

4:15-5:45 p.m.

- Oh The Places You’ll Go – From Weather Men to Sandwich Makers: New Faculty Stories 1X .................................................................................... Dixie Stanforth
  Peter Ronai
  Amanda Vogel
  Christian Thompson
  Katie Smith

5:30-6:30 p.m.

- Hi-Kick-Lo-Box (repeat)........................................................................................................... Melissa Layne
- Myofascial Release 1X.................................................................................................................. Mindy Caplan
- Rhythmic Walking (repeat)......................................................................................................... Grace DeSimone
- Powerful Teaching Dance Inspired Cardio 2015 (repeat)......................................................... Carol Murphy

Friday, April 3, 2015

6:45-7:45 a.m.

- Power Walking (repeat) ............................................................................................................... Lee Scott
  Michele Stanton
- Regular to Ripped: Body Weight Training for Power & Performance (repeat) ...................... Mike Bracko
- Myofascial Compression™ Technique Applied – PreGen® Programming Trigger Point (repeat) ... Brandon Wagner
  Kyle Stull
- Dance Back in Time 1X................................................................................................................. Alex McLean

8:15-9:15 a.m.

- Cultivating Accountability NOW! Group Training and Group Programming Strategies that WORK in Worksite Wellness (repeat)................................. Bradley Buehner
  Dyelry Labbate
  Laura Locker
- Movement Analysis in Older Adults (repeat) (EIM)................................................................. Christian Thompson
- K.I.S.S.M. Keep It Simple Sports Medicine (repeat)............................................................... Steve Blivin
- Top 5 Performance Enhancers for Fitness (repeat)................................................................. Mike Bracko
- FUNdamental Integrative Training for Kids: Play On! (repeat) ................................................. Avery Faigenbaum
- Worksite Health Program Models to Address Diverse Business Cases (repeat) ..................... Mary Kruse
- Cutting Edge – Keeping your Business Innovative and Competitive (repeat) ...................... Neal Pire
- Meditation and Mindfulness (repeat)......................................................................................... Mary Yoke
- Who Moved My Fat?! (repeat) (EIM).......................................................................................... Michele Olson

9:30-11:00 a.m.

- Workshop: Powerful Teaching – Group Ex Essentials (repeat)............................................... Carol Murphy
- Workshop: Heart-Core Circuit Training (repeat) ......................................................................... Fred Hoffman
- Workshop: Partner Circuit Training 1X...................................................................................... Irene Lewis-McCormick
- Workshop: Fitness Boot Camps for the Masses (repeat) (EIM)................................................. Mark Nutting

Session color key:*  

*“1X” is session only presented one time  
*(EIM) denotes an Exercise is Medicine® session
Summit Registration Hours

Tuesday, March 31
7:45 a.m.-12:00 p.m. Preconference registration
12:00-7:00 p.m. General registration

Wednesday, April 1
7:45 a.m.-4:30 p.m. General registration
1:00-6:00 p.m. Fun Run registration

Thursday, April 2
7:45 a.m.-4:30 p.m. General registration
1:00-6:00 p.m. Fun Run registration

Friday, April 3
7:45-9:30 a.m. General registration

Exhibit hours

Tuesday, March 31
6:30-8:00 p.m. Exhibits Open/Welcome Reception in Exhibit Hall

Wednesday, April 1
11:30 a.m.-7:30 p.m. Exhibits Open

Thursday, April 2
9:30 a.m.-2:00 p.m. Exhibits
Supporters

Premier

[Logos]

Presenting

[Logos]

Sustaining

[Logos]