



ACSM's INTERNATIONAL HEALTH & FITNESS SUMMIT

April 5-8, 2018
Hyatt Regency
Crystal City
Arlington, Virginia
(Washington, D.C.)

Thurs., April 5

Preconferences

Full Day

8:00 a.m.-5:00 p.m.

Keiser® Indoor Cycling: Foundations

Krista Popowych

9:00 a.m.-4:00 p.m.

BOSU® Skills and Drills for Group Personal Training Certification

Lucy Waite

Half Day

11:00 a.m.-4:30 p.m.

**The International Association for Worksite Health Promotion:
Emerging Trends in Worksite Health Promotion: Creating,
Maintaining and Sustaining Momentum**

Lawve Metcalfe, Charlie Estey, Joe Leutzinger

11:30 a.m.-4:30 p.m.

Resistance Training Mania: Ultimate Strategies for Everyone

Len Kravitz, Nick Beltz, Trisha VanDusseldorp

1:00-5:00 p.m.

**Trigger Point™ – Assessments to Performance:
Mobility as the Foundation for Function**

Sylvie Patrick

5:30 p.m.

**Opening Keynote: An Evolution of the Exercise Prescription:
The IronStrength Community Fitness Program**

Jordan Metz

6:30 p.m.

Opening EXPO and Welcome Reception

Fri., April 6

6:45-7:45 a.m.

Workout: Yoga Essentials

Robert Sherman

Workout: HIIT Walking

Michele Stanten/Lee Scott

Workout: LaBlast® Fitness – Fitness Inspired by Dance

Louis van Amstel

Workout: Keiser® Indoor Cycling: Crazy Train!

Buddy Macuba

8:15-9:15 a.m.

**Keynote: From the Paralympics to Public Health: the Inclusion
of People with Disabilities in Sport and Physical Activity**

Cheri Blauwet

9:30-10:30 a.m.

**The Exercise is Medicine Solution – Creative Applications for
Practitioners 1X**

Carena Winters/Renee Jeffreys-Heil

Navigating Your Career in the Fitness Industry

Krista Popowych

**Nutrition Intuition: Moving Away from Dieting Practices in
Active Populations**

Leslie Schilling

Cutting Edge Circuit Training Strategies that Deliver

Len Kravitz, Tony Nunez

Preventing Running Injuries – Evidence and Programming

Roberto Ruiz

How to Engage an Aging Workforce with Wellness

Meaghan Jansen

The Art and Science of Better Movement

Kevin Hendry

Workout: Graceful Strength 1X

Keli Roberts

Fri., April 6 (continued)

10:45-11:45 a.m.

Walk Audits: Active Community Engagement with a Walk 1X

Mark Fenton

Weight Management Myths and Truths

Laura Kruskall

Challenging Autism with Exercise

David Geslak

Workout: Keiser® Indoor Cycling: Strong!

Linda Webster

10:45 a.m.-12:15 p.m.

Workshop: VO2max as a Vital Sign: Practical Considerations for the Exercise Professional 1X

Chris Bopp/Lenny Kaminsky

Workshop: TriggerPoint™ the Science of Myofascial Release 1X

Sylvie Patrick

Workshop: Helping Your Clients Say "I DO" to Exercise 1X

Amy Rickman

Workshop: Do It Right-Teaching Barbell Movements and Implementing a Premium Strength Program in Your Facility Program (Part 1) 1X

Pete Ronai, Kyle Kercher, Grey Ruegamer, Brad Roy

1:30-2:30 p.m.

Featured Lecture-The Case for Why Current Exercise Prescriptions Creates Exercising Couch Potatoes: Let's Do Better by Starting a "Movement Movement" 1X

Marc Hamilton

2:45-3:45 p.m.

Walkable Communities: Building Physically Active Communities by Design 1X

Mark Fenton

You are When You Eat: Timing is Everything

Leslie Bonci

Dietary Supplements: Safe and Effective? Or Dangerous and Ineffective?

Eric Rawson

The Dr. Bortz Lecture: Aging is Hard Work: Exercise Training to Change the Course Toward Disability

Carol Ewing Garber

Hot Topic Panel: Nailed It! Compelling Stories from the Field that Yield Smart Career Strategies 1X

Deborah Riebe, Reed Engel, David Brown, Christie Ward, Tatiana Kolovou

Workout: LaBlast® Fitness – Fitness Inspired by Dance (repeat)

Louis van Amstel

Workout: Keiser® Indoor Cycling: The Hills are Alive!

Krista Popowych

Workout: The Core Connection

Keli Roberts

Workout: Athletic Fundamentals – Speed, Strength and Power for Athletes of All Ages

Kyle Kercher

2:45-4:15 p.m.

Workshop: Corrective Exercise for the Problem Shoulder 1X

Sylvie Patrick

Workshop: The Art and Science of Better Movement 1X

Kevin Hendry

4:30-5:30 p.m.

The Carbohydrate Conundrum: Are Carbs Essential or Obsolete When It Comes to Health, Fitness and Athletic Performance?

Katherine Beals

The Perfect Storm, The Largest Business Opportunity in Fitness History 1X

Dan Ritchie

What You NEED to Know Before You HIT with Clinical Populations

Yuri Feito

FMS: Move Well Then Move Often

Lee Burton

Nutrition Intuition: Moving Away from Dieting Practices in Active Populations (repeat)

Leslie Schilling

Calculating the Cost of Physical Inactivity in Various Adult Populations

David Chenoweth

Workout: PILATES B.L.A.S.T. (Body Lengthening And Strength Training) 1X

June Kahn

Workout: HIIT Me with Your Best Shot

Alex McLean

Workout: BOSU® + Bar: Grip, Tip, Flip & Strip

Lucy Waite

5:45-6:45 p.m.

Hot Topic Panel: Sit Inactive Less, Walk More or HIIT It: What's Best to Promote Health? 1X

Martin J. Gibala, Marc Hamilton, Mark Fenton

Workout: Fast and Furious in Five! 1X

Krista Popowych

Fri., April 6 (continued)

Workout: Insurg3nt by Hedstrom Fitness

Keli Roberts

Workout: Flow State Yoga

Robert Sherman

7:15-8:15 p.m.

Special Event: LaBlast® Line Dancing 1X

Louis Van Amstel

Sat., April 7

6:45-7:45 a.m.

Workout: BOSU® + Bar: Grip, Tip, Flip & Strip (repeat)

Lucy Waite

Workout: Body Bar Brain Body Balance 1X

June Kahn

Workout: The Core Connection (repeat)

Keli Roberts

Workout: Keiser® Indoor Cycling: Crazy Train! (repeat)

Buddy Macuha

8:15-9:15 a.m.

Keynote: Interval Training for Health and Fitness: HIIT Versus Hype?

Martin Gibala

9:30-10:30 a.m.

Navigating Your Career in the Fitness Industry (repeat)

Krista Popowych

New Directions and Opportunities with Exercise is Medicine® 1X

Robyn Stuhr

Harnessing Behavioral Economics to Drive Well-being Engagement

Barry Paillet

The Carbohydrate Conundrum: Are Carbs Essential or Obsolete When it Comes to Health, Fitness and Athletic Performance? (repeat)

Katherine Beals

Challenging Autism with Exercise (repeat)

David Geslak

The Heat Is On: Strategies to Safely Train and Compete While Optimizing Performance in Hot Environments

Michael Weiss

Ready to Move: A Unique University Work site Wellness Initiative

Jaclyn Hadfield, Mariah Deinhart, Carol Kennedy-Armbruster

Workout: Yoga Essentials (repeat)

Robert Sherman

Workout: Keiser® Indoor Cycling: Strong! (repeat)

Linda Webster

Workout: Athletic Fundamentals – Speed, Strength and Power for Athletes of All Ages (repeat)

Kyle Kercher

10:45-11:45 a.m.

Essentials of Cross-Channel Communication and Marketing for Fitness Professionals 1X

Fred Hoffman

The Science of Speed: Evidence Based Speed Training

Bill Parisi

Wheat, Microbiome and Health: the Science Behind Gut Health and Food Intolerances

Corrie Whisner

Workout: Power Pilates Yoga Fusion

June Kahn

Workout: Cardio Dance Videography 1X

Alex McLean

Workout: Keiser® Indoor Cycling: the Hills are Alive! (repeat)

Buddy Macuha

10:45 a.m.-12:15 p.m.

Workshop: Tiny Tweaks = Big Results 1X

Keli Roberts

Workshop: Do it Right-Teaching Barbell Movements and Implementing a Premium Strength Program in Your Facility Program (Part 2) 1X

Pete Ronai/Kyle Kercher/Grey Ruegamr/Brad Roy

Workshop: A Quidditch Training Program for Muggles 1X

Jessica Peacock/Barry Parker/Jessica Kutz/Sheara Williamson

1:30-2:30 p.m.

The Dr. Bortz Lecture: Aging is Hard Work: Exercise Training to Change the Course Toward Disability (repeat)

Carol Erwing Garber

The Top 10 Mobile Apps for Fitness Professionals 1X

Fred Hoffman

Preventing Running Injuries – Evidence and Programming (repeat)

Roberto Ruiz

Wheat, Microbiome and Health: the Science Behind Gut Health and Food Intolerances (repeat)

Corrie Whisner

Re-treat Your Wellness Committee and Champions

Stephen Cherniak

Sat., April 7 (continued)

What You NEED to Know Before You HIT with Clinical Populations (repeat)

Yuri Feito

The Art and Science of Better Movement (repeat)

Kevin Hendry

Workout: Flow State Yoga (repeat)

Robert Sherman

2:45-3:45 p.m.

You are When You Eat: Timing is Everything (repeat)

Leslie Bonci

Impact of Exercise During Pregnancy: A Call to Action to Promote the Health of TWO Generations!

Michelle Mottola

How to Engage an Aging Workforce with Wellness (repeat)

Meaghan Jansen

Hot Topic Panel: Exercise is Medicine® – Be the Change! 1X

Carena Winters/Rene Jeffreys-Heil/Robyn Stubr//Zack Papalia

Workout: Insurg3nt by Hedstrom Fitness (repeat)

Keli Roberts

2:45-4:15 p.m.

Workshop: Age-Related Sarcopenia: Diagnosis and Screen with Older Adults 1X

Christopher Bopp/Paul Gallo

4:30-5:30 p.m.

Workout: HIIT Walking (repeat)

Michele Stanten/Lee Scott

Time TBD

Workout : The IronStrength® Workout 1X

Jordan Metz

Sun., April 8

6:45-7:45 a.m.

Workout: Power Pilates Yoga Fusion (repeat)

June Kahn

Workout: HIIT Me with Your Best Shot (repeat)

Alex McLean

8:45-9:45 a.m.

The Power of Social Media in the Fitness Industry: Trends and Opportunities 1X

Fred Hoffman

Dietary Supplements: Safe and Effective? Or Dangerous and Ineffective? (repeat)

Eric Rawson

Cutting Edge Circuit Training Strategies that Deliver (repeat)

Len Kravitz/Tony Nunez

The Heat is On: Strategies to Safely Train and Compete While Optimizing Performance in Hot Environments (repeat)

Michael Weiss

FMS: Move Well Then Move Often (repeat)

Lee Burton

Re-treat Your Wellness Committee and Champions (repeat)

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Workshop: Functional Aging Circuits 1X

Dan Ritchie

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Bill Parisi

Harnessing Behavioral Economics to Drive Well-being Engagement (repeat)

Barry Pailet

Weight Management Myths and Truths (repeat)

Laura Kruskall

Impact of Exercise During Pregnancy: A Call to Action to Promote the Health of TWO Generations! (repeat)

Michelle Mottola

Ready to Move: A Unique University Work Site Wellness Initiative (repeat)

Jaclyn Hadfield/Carol Kennedy-Armbruster/Mariah Denhart

Calculating the Cost of Physical Inactivity in Various Adult Populations (repeat)

David Chenoweth



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