



# 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.**

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### **Special Event: LaBlast® Line Dancing 1X**

*Louis Van Amstel*

## Sat., April 7

**6:45-7:45 a.m.**

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### **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.**

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

*Martin Gibala*

**9:30-10:30 a.m.**

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### **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.**

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### **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.**

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### **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.**

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### **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)

*Stephen Cherniak*

**8:45-10:15 a.m.**

### Workshop: Functional Aging Circuits 1X

*Dan Ritchie*

**10:00-11:00 a.m.**

### The Science of Speed: Evidence Based Speed Training (repeat)

*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)

*Jaelyn Hadfield/Carol Kennedy-Armbruster/Mariah Denhart*

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

*David Chenoweth*



**AMERICAN COLLEGE**  
**of SPORTS MEDICINE®**  
LEADING THE WAY

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