



ACSM's  
International  
Health &  
Fitness  
Summit

March 21-24, 2019  
Hilton Chicago  
Chicago, Illinois

## Thurs., March 21

### Preconferences

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

#### Keiser® Indoor Cycling: Foundations

*Krista Popowych*

#### TriggerPoint™ Myofascial Compression™ Techniques: The Evolution of Foam Rolling

*Sylvie Patrick*

10:00 a.m.-4:00 p.m.

#### Career Development and Leadership

*Laurie Milliken, Paul Gallo, Francis Neric, Bryan Mattimore, Heather Chambliss*

11:30 a.m.-5:00 p.m.

#### The International Association for Worksite Health Promotion – The Expansion of Worksite Health Promotion: Integration, Improvement, and Impact

*Talya Williams, George Pfeiffer, Alberto Ogata*

1:00-5:00 p.m.

#### BOSU® Next Generation Balance Training

*Doris Thews*

#### FMS – Identifying and Tackling Mobility Issues

*Lee Burton*

1:30-4:00 p.m.

#### Student Accelerator: Connect, Inform and Inspire – A Toolkit to Growing your Presence in the Fitness Industry 1X

*Tatiana Kolovou, Yuri Feito, Trisha VanDusseldorp*  
(must be a registered Student to attend)

4:30-5:15 p.m.

#### First-Time Attendee Session

5:30-6:30 p.m.

#### Keynote: The 6 Key Concepts that Will Absolutely Change the Way You Prescribe Exercise!

*Timothy Church*

## Fri., March 22

6:30-7:30 a.m.

#### Workout: Keiser Indoor Cycling: RUSH!

*Keiser Instructor*

#### Workout: LES MILLS GRIT™ Cardio – The Science-backed HIIT Workout

*Nikki Snow*

#### Workout: Middle-Aged Super Hero!

*Michael Piercy*

#### Workout: Rhythm and Grooves

*Alex McLean*

8:00-9:15 a.m.

#### Keynote: The Lore of Resistance Training: Bench Science, Bench Press Science, and Bro-science

*Eric Rawson*

9:30-10:30 a.m.

#### Challenging Autism with Exercise 1X

*David Geslak*

#### Is 70 the New 40? Research Update on Nutrition, Aging, and Exercise

*Christine Rosenbloom, Bob Murray*

#### Is there a 'Breakfast of Champions' for Improving Health and Well-being?

*Heather Leidy*

#### Power of Protein: Quality and Quantity in Healthy Eating Patterns and Sustainable Food Systems

*Nancy Rodriguez*

#### Q&A with Keynoter Eric Rawson

*Eric Rawson*

#### The Dr. Bortz Lecture: Helping Baby Boomers Stay Functional: Exercise and Dietary Protein as Key Strategies for Body Composition Management and Successful Aging

*Ellen Evans*

#### Using the Theory of Multiple Intelligences to Better Reach our Participants 1X

*Sally Sherman*

## Fri., March 22 (continued)

### **Workout: Keiser Indoor Cycling: Rhythm**

*Keiser Instructor*

### **Workout: LaBlast Fitness**

*Louis van Amstel*

### **Workout: Pilates with Props**

*Erika Quest*

### **Workout: Short Circuit: The 30-Minute Small-Group Training Model**

*Michael Piercy*

**10:45-11:45 a.m.**

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### **Establishing a Consciousness of Well-being in the Workplace**

*Stephen Cherniak*

### **Resistance Training for the Mass(es)**

*Stuart Phillips*

### **Workout: BOSU® Pilates Core Power**

*Doris Thews*

### **Workout: HIIT Walking Boot Camp**

*Lee Scott, Michele Stanten*

### **Workout: Keiser Indoor Cycling: RACE**

*Keiser Instructor*

### **Workout: Yoga Power Flow**

*Lauren Eirk*

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

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### **Workshop: Dynamic Programming for Active Aging**

*Erika Quest*

### **Workshop: Impacting Obesity Through Hybrid Interval Training**

*Alexis Batrakoulis*

### **Workshop: Prescreening, Programming and Everything In Between: Interactive Case Study Scenarios**

*Yuri Feito, Brad Roy*

### **Workshop: TriggerPoint™ Movement Prep: How to Integrate Foam Rolling into the Best Dynamic Warm Up for Any Size Group**

*Sylvie Patrick*

**1:30-2:45 p.m.**

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### **Featured Lecture: Making the Move: Connecting the Science and Application of Physical Activity 1X**

*John Jakicic, Renee Rogers*

**3:00-4:00 p.m.**

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### **Farm to Fork to Fitness Professional**

*Joshua Hockett*

### **Stabilize, Mobilize and Capitalize your Way to #GAMECHANGING Results**

*Doris Thews*

### **The Power of Positive Psychology**

*Mary Yoke*

### **Workout: Ageless Pilates Yoga Fusion**

*June Kahn*

### **Workout: Hard to Resist!**

*Krista Popowych*

### **Workout: Short Circuit: The 30-Minute Small-Group Training Model (repeat)**

*Michael Piercy*

### **Mini-Workshop: The Walking Solution: The Workout that Works for Every Body 1X**

*Lee Scott, Michele Stanten*

**3:00-4:30 p.m.**

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### **Workshop: Dance Your Way to Fun and Health 1X**

*David Marquez, Miguel Mendez*

### **Workshop: Too Much HIIT?**

*Bryce Hastings, Jinger Gottschall*

### **Workshop: TriggerPoint™ Movement Prep: How to Integrate Foam Rolling into the Best Dynamic Warm Up for Any Size Group (repeat)**

*Sylvie Patrick*

**4:45-5:45 p.m.**

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### **Hot Topic Panel: Popular Dietary Trends – Harmful or Healthy? 1X**

*Lynn Cialdella-Kam, Amy Rickman, Kim Schwabenbauer, Linda Boyer-Samuels*

### **Is there a 'Breakfast of Champions' for Improving Health and Well-being? (repeat)**

*Heather Leidy*

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

*Doris Thews*

### **Workout: Pilates with Props (repeat)**

*Erika Quest*

**4:45-6:15 p.m.**

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### **Workshop: Developing Resistance Training Programs: Best Practices for Optimal Results**

*Tony Nunez, Nicholas Beltz*

**7:00-8:00 p.m.**

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### **Friday Group Workout: LaBlast® Dance Fitness: A True HIIT**

*Louis van Amstel*

**Sat., March 23**

**6:15-7:45 a.m.**

**Workshop: Impacting Obesity Through Hybrid Interval Training (repeat)**

*Alexis Batrakoulis*

**6:30-7:30 a.m.**

**Workout: Keiser Indoor Cycling: RACE (repeat)**

*Keiser Instructor*

**Workout: LaBlast Fitness (repeat)**

*Louis van Amstel*

**Workout: LES MILLS GRIT™ Cardio – The Science-backed HIIT Workout (repeat)**

*Nikki Snow*

**Workout: Putting “Intensity” Back into T'ai Chi**

*Lawrence Biscontini*

**8:00-9:15 a.m.**

**Larry Golding Keynote: EVERY Exercise Professional Should be Prepared to Work with Cancer Patients and Survivors: A Call to Action**

*Kathryn Schmitz, ACSM President*

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

**Closing the Gap on Seamless Referrals from Doctors in Your Community**

*June Kahn, Walter Thompson, Elizabeth Joy*

**Farm to Fork to Fitness Professional**

*Joshua Hockett*

**HIIT the Pool for Cardiometabolic Training**

*Mary E. Sanders, Elizabeth Nagle*

**How to Make the Most of Movement Screening Results**

*Lee Burton*

**Resistance Training for the Mass(es) (repeat)**

*Stuart Phillips*

**S.O.S. (Supplement Overload Syndrome): Science to the R.E.S.C.U.E.!**

*Amy Rickman*

**Workout: Foundational Skills for Athletic Development in All Ages**

*Kyle Kercher*

**Workout: Hard to Resist! (repeat)**

*Krista Popowych*

**Workout: Yoga Power Flow (repeat)**

*Lauren Eirk*

**Mini-Workshop: Laugh For The Health Of It**

*Debbie Friend*

**10:45-11:45 a.m.**

**Faculty Forum: The Penn State Model – Bringing Students to Summit**

*Lori Gravish, Joslyn Ahlgren*

**Is 70 the new 40? Research update on nutrition, aging, and exercise (repeat)**

*Christine Rosenbloom, Bob Murray*

**Running the Show: Fitness Customer Service**

*Lawrence Biscontini*

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

*Erika Quest*

**Workout: Keiser Indoor Cycling: RUSH! (repeat)**

*Keiser Instructor*

**Workout: Middle-Aged Super Hero! (repeat)**

*Michael Piercy*

**Workout: Partner Playground**

*Alex McLean*

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

**Workshop: Coach It Up!... Coaching and Cueing Proper Movement**

*Rebecca Langton, Tony Maloney*

**Workshop: Developing Resistance Training Programs: Best Practices for Optimal Results (repeat)**

*Tony Nunez, Nicholas Beltz*

**Workshop: Do it Right – Teaching Barbell Movement and Implementing a Premium Strength Program in Your Facility**

*Kyle Kercher, Brad Roy, Peter Ronai*

**Workshop: Too Much HIIT? (repeat)**

*Bryce Hastings, Jinger Gottschall*

**1:30-2:30 p.m.**

**Encouraging Active Transportation to Promote Physical Activity “Outside the Box”**

*Melissa Roti*

**Establishing a Consciousness of Well-being in the Workplace (repeat)**

*Stephen Cherniak*

**HIIT the Pool for Cardiometabolic Training (repeat)**

*Elizabeth Nagle, Mary E. Sanders*

**How to Make the Most of Movement Screening Results (repeat)**

*Lee Burton*

**Mind Over Matter: A Simple Path to Wellness 1X**

*Sally Sherman*

**Power of Protein: Quality and Quantity in Healthy Eating Patterns and Sustainable Food Systems (repeat)**

*Nancy Rodriguez*

## Sat., March 23 (continued)

**Workout: BOSU® Pilates Core Power (repeat)**

*Erika Quest*

**Workout: Partner Playground (repeat)**

*Alex McLean*

**Mini-Workshop: Targeting Physical Function in Middle Age – A New Necessity?(!)**

*Christie Ward-Ritacco*

**2:45-3:45 p.m.**

**Closing the Gap on Seamless Referrals from Doctors in Your Community (repeat)**

*Elizabeth Joy, Walter Thompson, June Kahn*

**Opportunities for Health and Fitness Professionals in the Diabetes Prevention Program 1X**

*Robyn Stubr*

**Stabilize, Mobilize and Capitalize Your Way to #GAMECHANGING Results (repeat)**

*Doris Theews*

**Workout: Foundational Skills for Athletic Development in All Ages (repeat)**

*Kyle Kercher*

**Workout: Keiser Indoor Cycling: Rhythm (repeat)**

*Keiser Instructor*

**2:45-4:15 p.m.**

**Workshop: Coach It Up!... Coaching and Cueing Proper Movement (repeat)**

*Rebecca Langton, Tony Maloney*

**Workshop: Dynamic Programming for Active Aging (repeat)**

*Erika Quest*

**Workshop: Moving Through Cancer**

*Regan Fedric*

**Workshop: Prescreening, Programming and Everything In Between: Interactive Case Study Scenarios (repeat)**

*Yuri Feito, Brad Roy*

**4:30-5:30 p.m.**

**Hot Topic Panel: Who Should we be HIITing**

*Alexis Batrakoulis, Tony Nuñez, Yuri Feito, Peter Ronai*

**Evening**

**Saturday Group Workout**

## Sun., March 24

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

**Workout: Ageless Pilates Yoga Fusion (repeat)**

*June Kahn*

**Workout: HIIT Walking Boot Camp (repeat)**

*Lee Scott, Michele Stanten*

**Workout: Rhythm and Grooves (repeat)**

*Alex McLean*

**Workout: Putting "Intensity" Back into T'ai Chi (repeat)**

*Lawrence Biscontini*

**8:15-9:15 a.m.**

**5 on 5: Five Worksite Wellness Pros Share Their Best Programs! 1X**

*Carol Kennedy-Armbruster, Paul Gallo, Charlie Estey, Stephen Cherniak, Reed Engel*

**Encouraging Active Transportation to Promote Physical Activity "Outside the Box" (repeat)**

*Melissa Roti*

**The Dr. Bortz Lecture: Helping Baby Boomers Stay Functional: Exercise and Dietary Protein as Key Strategies for Body Composition Management and Successful Aging (repeat)**

*Ellen Evans*

**Mini-Workshop: Laugh For The Health Of It (repeat)**

*Debbie Friend*

**Mini-Workshop: Targeting Physical Function in Middle Age – A New Necessity?(!) (repeat)**

*Christie Ward-Ritacco*

**8:15-9:45 a.m.**

**Workshop: Do it Right – Teaching Barbell Movement and Implementing a Premium Strength Program in Your Facility (repeat)**

*Peter Ronai, Brad Roy, Kyle Kercher*

**Workshop: Moving Through Cancer (repeat)**

*Regan Fedric*

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

**Running the Show: Fitness Customer Service (repeat)**

*Lawrence Biscontini*

**S.O.S. (Supplement Overload Syndrome): Science to the R.E.S.C.U.E.! (repeat)**

*Amy Rickman*

**The Power of Positive Psychology (repeat)**

*Mary Yoke*



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