

## Miscellaneous/Keynotes

Lecture (1 hr.)

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

Bringing students to the summit is an excellent way to introduce them to high quality science with practical applications and networking opportunities they won't likely experience in traditional college classes. But, there are definitely some logistical mountains to climb. We want to help! In this forum, we will take a look at the Penn State model, including a review of their syllabus, an overview of their funding, and best practices for traveling with groups of students. We hope this presentation and follow-up discussion will inspire you to generate a "summit course" for your own curriculum.

*Joslyn Ahlgren, Lori Gravish*

Lecture (1 hr.)

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

This session will focus on the scientific evidence regarding the health benefits of physical activity, with a particular focus novel science that contributed to the 2018 Physical Activity Guidelines for Americans. Moreover, this session will include discussion of how to apply these novel approaches to physical activity to health-fitness and community-based settings to enhance engagement and sustained participation

*John Jakicic, Renee Rogers*

Lecture (1 hr.)

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

A picture is worth a thousand words, especially when it comes to maximizing your impact on the health of your clients. With six pictures, we will simplify some very complicated physiological phenomena in hopes of changing the thinking about the role of exercise in promoting healthy aging. The general public has never needed the expertise and experience of exercise professionals more, and with this session, you will gain new insight and perspective to build upon your existing skills. The six pictures will the sneakiness of aging, a little of exercise is a lot, weights versus aerobics, and do non-responders truly exist.

*Timothy Church*

Lecture (1 hr.)

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

Resistance exercise is an important part of a comprehensive exercise program. However, resistance training programs are often an amalgam of laboratory research (bench science), observation and common practice (bench press science), and misinformation (bro-science). This presentation will highlight best practices in resistance exercise and reveal how contributions from researchers, practitioners, and even gym bro-fessors can individually, or collectively, enhance resistance exercise prescription.

*Eric Rawson*

Lecture (1 hr.)

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

You there... Fitness professional. Did you know that the odds are high that you've worked with cancer survivors already? There are 15.5 million of them in the U.S., and 16% of adults over 65 have had cancer. That makes cancer survivorship fairly common. Whether you know it or not, there are survivors in your group fitness classes, personal training sessions, and 5K training groups. Cancer treatments can cause long term side effects that could alter fitness, balance, and increase risk for cardiovascular events. Exercise can improve these outcomes and cancer survivors are looking for help from fitness professionals. In this session we'll discuss the types of cancer treatments and effects that matter to YOU, the trainer. A companion workshop with master trainer Regan Fedric from Sunflower Wellness (and me) will provide hands on learning. Taken together, we hope you will walk away from the Summit with some confidence in working with this remarkable, growing segment of society: Cancer Patients and Survivors!

*Kathryn Schmitz*

Lecture (1 hr.)

### **Q&A with Keynoter Eric Rawson**

*Eric Rawson*

Lecture (1 hr.)

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

Invest in your future by attending the Summit student precon specifically designed to help you with your professional preparation. Learn how to craft your personal pitch in a way that makes you stand out. Craft your resume (bring a current one to the session) for action verbs, measurable outcomes and visual language that tell your unique story. Refine your networking skills to help you build your connections in the industry and beyond. This FREE session is designed to take your professional polish to the next level. Sign up today!!!

*Tatiana Kolovou Trisha VanDusseldorp, Yuri Feito*

## Exercise Interventions for Chronic Disease or Other Health Challenges

Interactive Workshop (1.5 hr.)

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

More than half the U.S. population is struggling to lose weight and meet the recommendations for physical activity. On the other side, the global health and fitness industry is on the rise through new trends and workout routines focused on fundamental movement patterns in a small-group training setting. Latest research findings suggest that high-intensity circuit integrated neuromuscular training can be an effective, safe, time-efficient and enjoyable approach to improving body composition, performance, health and quality of life in sedentary adults affected by obesity. In this workshop, a research-based hybrid interval training program will be presented linking science and application.

*Alexis Batrakoulis*

Interactive Workshop (1.5 hr.)

### **Workshop: Moving Through Cancer**

We propose an interactive workshop to prepare summit attendees to work with cancer survivors, to get them moving effectively and safely. This workshop is intended to be the practical partner to Dr Schmitz' Keynote presentation and is endorsed by her.

*Regan Fedric*

## Exercise is Medicine

Interactive Workshop (1.5 hr.)

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

People are frequently looking into ways to get active, and stay active. Participating in Latin dancing can be a way to stay active, and it can have health benefits as well. This session will start with a description of the benefits of dancing, and why it could lead to greater health. A professional dance instructor will then lead the group through various styles of Latin dancing, whetting your appetite for more dance.

*David Marquez, Miguel Mendez*

Lecture (1 hr.)

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

Physical activity and exercise are integral in the promotion of wellness and the prevention and treatment of diseases and should be a routine part of every patient visit. But, ask doctors about exercise and they likely will say their patients don't get enough; ask health clubs and fitness professionals and they complain that doctors don't know how to effectively direct patients to them. This session will provide the essentials of how health clubs can become powerfully connected with the healthcare community thereby empowering them in not only providing a valuable service but also creating more clients and customers

*Elizabeth Joy, June Kahn, Walter Thompson*

Lecture (1 hr.)

### **HIIT the Pool for Cardiometabolic Training**

In the spirit of ACSM's proposed Aquatics Presidential Task Force mission to: "Promote safe and effective use of aquatics for exercise, rehabilitation, and recreation", this session focuses on aquatic high-intensity interval training (HIIT), which has emerged as an attractive exercise alternative for clinical and healthy populations. Land-based HIIT may not be an appropriate choice for some clients as an intervention. We'll identify physiological responses and adaptations associated with aquatic HIIT as well as explore current evidence regarding safe and effective methods of aquatic-based cardiorespiratory assessment and training techniques for a wide variety of participants.

*Elizabeth (Betsy) Nagle, Mary E Sanders*

Lecture (1 hr.)

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

The National Diabetes Prevention Program (DPP) has more than a decade of evidence demonstrating its effectiveness in reducing the incidence of type 2 diabetes among high risk people. Core to the program is helping participants make meaningful changes in lifestyle (physical activity and dietary intake) to achieve at least a 5-7% weight loss. In a landmark decision to support an evidence-based lifestyle intervention program, Medicare began reimbursement for the DPP in April 2018. Increased numbers of at-risk people will be now able to participate spurring the need for more local programs and the necessary staffing. This presents an opportunity for health and fitness professionals to engage professionally with the DPP. This session will provide an overview of the DPP, reimbursement for the DPP, and roles for health and fitness professionals associated with the DPP.

*Robyn Stuhr*

Lecture (1 hr.)

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

An evidence-based presentation of the impacts that resistance exercise can have on human health

*Stuart Phillips*

## **Exercise Prescription and Programming**

Interactive Workshop (1.5 hr.)

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

Develop the proper tools to coach movement. Understanding the proper way to approach and cue movement is both a hard and soft skill that you can continue to build throughout your career. We often focus on program development and goal setting, but it's the actual fundamentals of coaching the exercises where we may need help. Never fear...help is here!" Old: Everything we should have learned in school but didn't! It's not our fault we managed to get certified or graduated from school without the proper tools in our training toolboxes to coach movement. We know how to develop a plan, we know how to set goals...it's the actual fundamentals of coaching the exercises where we may need help!

Never fear...help is here!

*Rebecca Langton, Tony Maloney*

Interactive Workshop (1.5 hr.)

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

Tony Nuñez, PhD, CSCS, will provide a background on research-based best practices while utilizing strength training equipment (i.e., dumbbells, barbells, kettlebells) for middle-aged and older adults in your fitness facility (~30 minutes). Attendees will then participate in common movement patterns to ensure proper form, as well as practical modification and progressions for these movements (~60 minutes).

*Nicholas Beltz, Tony Nunez*

Interactive Workshop (1.5 hr.)

### **Workshop: Do it Right - Teaching Barbell Movement and Implementing a Premium Strength Program in Your Facility - Part 1, Lower Body Exercises AND Workshop: Do it Right - Teaching Barbell Movement and Implementing a Premium Strength Program in Your Facility - Part 2, Upper Body and Power/Explosive Exercises**

We will provide hands-on workshops to provide attendees with Do It Right primary exercises, training progressions and regressions, and auxiliary exercises. We will split the presentations into a lower body focus on day one and upper and power movements on day two. Sessions to be led by Pete Ronai and Kyle Kercher with Dr. Brad Roy as a moderator.

*Brad Roy, Kyle Kercher, Peter Ronai*

Interactive Workshop (1.5 hr.)

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

Fitness professionals are frequently asked to work with individuals who are sedentary, some of which have other health risk factors and/or chronic health conditions. Such referrals can easily extend beyond the basic exercise prescription placing practitioners in situations that may encroach upon their scope of practice. As a result, we must learn how to go beyond "what we know" while staying within our scope of practice. Join seasoned practitioners in this session and learn to how "go beyond" simply prescribing exercise and identifying risk, using a case study approach. Presenters will provide several case-studies to evaluate and interactively discuss "best practices" and recommended approaches to improve health and maximize your influence towards your client

*Brad Roy, Yuri Feito*

Interactive Workshop (1.5 hr.)

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

1. Jinger will present the development and research testing for Les Mills GRIT. 2. We will trial a 30 minute training session. 3. Jinger will discuss current research on how much is too much high intensity.

*Bryce Hastings, Jinger Gottschall*

Interactive Workshop (1.5 hr.)

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

Group training continues to be one of the most popular forms of exercise due to both the economics and the benefits of group camaraderie. However, practices that have been historically based on individualized movements, such as foam rolling, are often overlooked. In this interactive workshop learn how to quickly assess any size group, design an effective foam rolling program, and integrate the program in a matter of minutes. The session is designed to teach you how to integrate foam rolling into the best dynamic movement prep programs available today.

*Sylvie Patrick*

Lecture (1 hr.)

### **Challenging Autism with Exercise 1X**

Exercise is one of the most under-utilized and cost-effective treatments for individuals with autism. In addition to the health-related benefits, research shows that exercise can increase attention span, reduce stress, enhance language development and reduce stereotypical behaviors for individuals with autism. While many in the fitness community do not know the research, others want to help but are intimidated of how to

begin. David Geslak, who has trained professionals around the world, will teach participants visual strategies, exercises and structured routines so you can make a difference for this unfortunately growing community

*David Geslak*

Lecture (1 hr.)

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

As professionals we understand that being able to move properly is vital for long-term health and fitness. Knowing this, it is important that we establish a baseline of movement for anyone looking to increase or improve their physical activity. This baseline information will allow for much better decision-making for exercise selection and program design. It will also provide you with the feedback you need for continuous programming updates. During this session Dr. Burton will provide details on how these concepts can be applied in most any population or environment. He will share ideas on how to prioritize movement screen results when creating an exercise program.

*Lee Burton*

Master Class Workout (1 hr.)

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

Take your total body conditioning to the next level by combining the BOSU® Balance Trainer with the BOSU® Bar. Learn how the bar can enhance strength, stability, balance and core activation by simply changing the way you hold it. Experience 100+ exercises, progressions, regressions and variations while you master the 'Graduation Grid' and breathe life into your conditioning toolbox. Whether you grip it, tip it, flip it, or strip it, even the simplest of exercises will feel brand new!

*Doris Thews*

Master Class Workout (1 hr.)

**Workout: BOSU® Pilates Core Power**

Evolve your core training and take it to the next level! Fusing elements of Pilates, experience an integrated approach to moving from your powerhouse and the relationship to total body strength, balance and power. Tackle your complete core in 6 body positions and walk away with fun, functional and unique ideas to add to your workouts. Dive deep into core stability and mobility as you learn movement complexes and strategies to build core strength, as well as improve performance and function.

*Doris Thews*

Master Class Workout (1 hr.)

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

This 50-minute class will efficiently provide coaches, trainers, and health professionals with step-by-step progressions for teaching agility, acceleration, sprint form, deadlift, front squat and hang clean exercises. We'll perform a dynamic warm-up and explore various speed, strength, and power training techniques.

*Kyle Kercher*

Master Class Workout (1 hr.)

**Workout: Hard to Resist!**

The resistance band is like the hidden holy grail of small fitness equipment. It is easy to use, incredibly versatile and unbelievably effective. In this session, walk away with a toolbox of exercises ideas that will encompass a full body workout from head to toe. Starting with the correct mechanics and ending with a workout that is hard to resist, this session is for everyone.

*Krista Popowych*

Master Class Workout (1 hr.)

**Workout: HIIT Walking Boot Camp**

Discover a new type of walking workout! By combining walking with high-intensity interval training (HIIT) and boot camp style drills, you'll create a high-energy, joint-friendly, outdoor workout for all fitness levels. Walking brings an accessibility to HIIT and boot camp that will amaze you. Using resistance bands and body-weight drills, we'll surprise you with a walking workout that makes you work hard, smile, and feel great.

*Lee Scott, Michele Stanten*

Master Class Workout (1 hr.)

**Workout: Keiser Indoor Cycling: RACE**

RACE is an invigorating ride for those who love to know where they're at and where they're going. If you're ready go take it to the next level, this workout is ideal for the indoor and outdoor cycling enthusiast who wants to work to achieve more than they thought possible. Race longer, climb higher and get stronger in our signature be-powerful ride!

*Krista Popowych*

Master Class Workout (1 hr.)

**Workout: Keiser Indoor Cycling: Rhythm**

RHYTHM is perfect for the rider who loves to connect with the pulse and energy generated in the rhythm and ride indoor cycling class. In this workout, motivation takes the lead as you lift, move and groove to the beat of the drum and the beating of your heart. This energizing experience lets our signature RPM class combine BPM and cycling choreography for a fun and effective workout.

*Linda Webster*

Master Class Workout (1 hr.)

**Workout: Keiser Indoor Cycling: RUSH!**

RUSH is ideal for the cyclist that wants to make the most out of their workout and experience the post-ride rush of a great class. Rush is inspiring and interval training focused. It covers all terrains and delivers HIIT in an empowering and fun way. Are you ready to experience the RUSH?

*Linda Webster*

Master Class Workout (1 hr.)

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

Join Master Presenters for LES MILLS GRIT™ Cardio, a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout will use a variety of body weight exercises and provide the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

*Nikki Snow*

Master Class Workout (1 hr.)

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

Let's face it, we're all getting older and we all want the secret formula to maintaining our amazing fitness superpowers. Want to learn the tools to help your 40+ clients unlock their superpowers on the way to super-human feats of strength? This session can provide you with what you need to help your middle-aged clients conquer the world.

*Michael Piercy*

Master Class Workout (1 hr.)

**Workout: Pilates with Props**

Add props to your Pilates mat workout to create challenges, modifications, exciting sequences and new experiences. This class takes Pilates beyond the mat to address functional exercises for everyday life, standing work, upper body, balance and dynamic flexibility exercises. Come join in for a whole body integrated experience and leave feeling both stronger and rejuvenated!

*Erika Quest*

Master Class Workout (1 hr.)

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

Often conceptualized as "for the elderly exerciser," the martial arts of Chi Gong and T'ai Chi in their true forms can be taught as powerful--and intense--mind-body cross-training disciplines for fit participants looking for new types of classes on mainstream group fitness menus. Giving athletes supreme body control (with continuous lower-body strength exercises), cardio junkies the ability to dance mindfully while barefoot (with nonstop upper-body and lower-body integration), and type "A" individuals the ability to slow down and focus (with challenging moving meditation with recovery breathing), T'ai Chi offers intensity usually unexplored in the Western world. Experience putting the "intensity" back into T'ai Chi.

*Lawrence Biscontini*

Master Class Workout (1 hr.)

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

Want to add some juice to your offerings for time-crunched clients? In this session, we'll uncover some truths about what clients want from their workouts, and learn how to create an amazing client experience in just 30 minutes. Leave with a workable system and templates so you can successfully integrate and coach 30-minute circuits. Also, get information on how to program for measurable results, price your services and market the 30-minute model in your facility or business

*Michael Piercy*

Master Class Workout (1 hr.)

**Workout: Yoga Power Flow**

This hour-long Hatha class designed as a vinyasa flow which moves with the rhythm of the breath. Designed to be the "fitness" type of yoga, we will use a combination of standing, seated, one-leg balance, prone, and supine postures. Appropriate for all levels, this class will empower your muscles with cues to keep you focused on the present moment.

*Lauren Eirk*

Preconference event (4 – 8 hrs.)

**PRECON: BOSU® Next Generation Balance Training**

BOSU® Training goes far beyond balance training! In this four-hour course you will learn the next generation of theory and science behind neuromotor training, and apply that science to practical programming that is purposeful and fun. Experience new methods to enhance movement technique and create exciting workouts with the BOSU® Balance Trainer. Using the BOSU® Exercise Library, you'll practice all of the skills necessary to deliver two dynamic total body workouts that can be integrated into training programs or classes for clients of all fitness levels. Take the versatility of BOSU® Training to a whole new level and be prepared to amplify results!

*Doris Thews*

Preconference event (4 – 8 hrs.)

**PRECON: FMS-Identifying and Tackling Mobility Issues**

Too often people have difficulty accessing fundamental movements that are required for not only higher-level activities but also simple daily tasks. This is becoming a problem more and more in our society. In order to combat this, we must first identify individuals with these issues, and then provide the best interventions possible. We must ensure there is a requisite amount of mobility, stability and strength to move well. By following this model, we are setting the stage for long-term sustainability and vitality. During this pre-conference session, the focus will be on why it is important to first identify and establish mobility. There will be specific screens and tests presented and demonstrated that serve to establish mobility baselines within movement patterns. Specific techniques and progressions to enhance mobility and flexibility problems will also be presented and demonstrated.

*Lee Burton*

Preconference event (4 – 8 hrs.)

**PRECON: Keiser Indoor Cycling-Foundations**

Keiser Indoor Cycling - PreConWe have done Foundations in the past. We have the option of our new RIDE program that we could discuss with you.

*Krista Popowych*

Preconference event (4 – 8 hrs.)

**PRECON: TriggerPoint™ Myofascial Compression™ Techniques: The Evolution of Foam Rolling**

Take your knowledge of self-myofascial release beyond just foam rolling. This 8-hour, hands-on workshop focuses on the practical application of TriggerPoint's Myofascial Compression™ Techniques, a systematic approach to address the body's soft tissue. Learn how to apply these techniques to improve mobility, increase range of motion and enhance performance for an overall improvement in the body's biomechanics. You will leave this course with an in-depth, practical knowledge of how to properly teach these techniques to increase the performance and training results your clients receive in your sessions.

*Sylvie Patrick*

**Fitness Management, Communication and Social Media**

Lecture (1 hr.)

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

High-intensity interval training (HIIT) is currently considered as one of the top fitness trends worldwide while it is evidence-based that it is about a time-effective, efficient and applicable exercise modality for both general and special populations. This round table aims to present all the latest research findings about this topic through four different perspectives examining the application of HIIT in low active, high active healthy individuals, clinical populations and the role of volume and intensity in specific training protocols and goals.

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

Lecture (1 hr.)

**Running the Show: Fitness Customer Service**

Our ACSM Certification tells us HOW and WHAT to do regarding movement, but almost nothing about how to deliver the best in service to our internal and external customers. What to do when a client screams? How to solve challenges on the spot in best way, each time? Our industry is extremely personal, yet few are the fitness textbook chapters that teach customer service. Learn updated techniques for service in the club, personal training, and group exercise environment. Learn from Lawrence's many fitness and spa roles what leaders in customer service do around the globe that is readily applicable everything we do in fitness. This lecture will help you not only gain and train, but also maintain those all guests at our facilities.

*Lawrence Biscontini*

Lecture (1 hr.)

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

Take your company and/or team to the next level by implementing fitness principals to fitness management. Sometimes when growing a successful business, we need to slow down to speed up to achieve results. Join 30+ year fitness industry veteran Doris Thews, VP of Group Fitness, Team Training and Innovation for VASA Fitness to lead you through this session that will provide you an opportunity to analyze and create an execution plan. Participants will leave the session fired up about their fitness future!

*Doris Thews*

Preconference event (4 – 8 hrs.)

**PRECON: Career Development and Leadership**

This preconference will provide the attendee with an understanding of the importance of career planning, goal setting, leadership, networking, entrepreneurship, innovative thinking, and professional development. Methods used to enhance each of the aforementioned components of career development and leadership will be discussed over a series of four presentations. Presentations will provide evidence-based strategies to career development, along with relevant examples and group work experiences, to allow for the attendee to start applying techniques to their own career pathway. The preconference will conclude with a panel discussion with all presenters. This preconference is intended for both the student and professional.

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

**Health Behavior Change and Motivation**

Lecture (1 hr.)

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

ActivEarth is an ACSM initiative to promote the physical & mental, economic and environmental health benefits of active transportation. As exercise practitioners, we want our clients/patients to incorporate physical activity into their daily lives; not only for the few hours per week that they are with us. Focus of discussion will be on incorporating evidence-based behavioral techniques to include active transportation into any lifestyle or environment. Talk will also include definitions, benefits and challenges of active transportation as well as a brief summary of the upcoming ActivEarth white paper (co-author; currently in progress).

*Melissa Roti*

Lecture (1 hr.)

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

The use of mindfulness and meditation is well documented to decrease stress, increase concentration, boost immunity, enhance sleep and improve happiness. In a society where we are conditioned to multi-task and maintain productivity, meditation can feel like a waste of valuable time. However, by pulling the mind into the present moment, we can feel control over our lives and master the art of non-reaction. Being present allows us to feel peace, do better work and actually experience the world around us.

*Sally Sherman*

Lecture (1 hr.)

**The Power of Positive Psychology**

Come learn about this exciting new field! Instead of studying what can go wrong with a person’s emotional and mental health, positive psychology seeks a more balanced view of human functioning and focuses on individual strengths, positive outcomes, and on how to live well. This experiential session will be full of personal mini-experiments designed to optimize your and your clients’ well-being.

*Mary Yoke*

Lecture (1 hr.)

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

Howard Gardner, professor of education at Harvard developed the theory of Multiple Intelligences in 1983. Today this theory is taught world-wide as a way to better reach students in education. Come and learn how to use this theory to better reach our health and fitness participants, to increase self efficacy and to keep them more engaged. Whether students are more visually intelligent, more spatial or body-kinesthetic, simple modifications can be added to our teaching in order to assist learning for students of all ages.

*Sally Sherman*

Mini Workshop (1 hr.)

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

During this fun, unique, and interactive session, participants

will learn about the history of laughter yoga, the benefits of the practice and will experience first-hand how laughter yoga will provide physical, cognitive and emotional benefits. This fun, safe, non-competitive activity is suitable for all fitness levels. No special clothing or equipment is required.

*Debbie Friend*

**Physical Activity Throughout the Lifespan**

Interactive Workshop (1.5 hr.)

**Workshop: Dynamic Programming for Active Aging**

Baby boomers who are actively aging can be your most dedicated and inspiring clients. Using the Balanced Body system, experience small group circuit programming designed to work on the strength, balance and fitness needs of the mature client. Active aging expert Erika Quest will lead you through the key principles and several circuits in this practical, experiential workshop.

*Erika Quest*

Lecture (1 hr.)

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

The human body is amazingly adept at increasing its fitness capacity, even into the ninth decade and beyond. As the population ages, so will the need for sound nutrition and exercise advice for the “grey tsunami” that will change the face of our population. This session will review the physiological changes that occur with normal aging that impact exercise capacity, muscle strength, and nutrient needs.

*Bob Murray, Christine Rosenbloom*

Lecture (1 hr.)

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

Physical function is critical to prevent physical disability and remain independently living with advancing age. The great majority of older adults are both overweight/obese and sedentary which increases the risk for physical disability, especially older females who are at greater risk for physical disability compared to their male counterparts. Regular physical activity, and especially exercise, combined with adequate dietary protein are primary health behaviors needed for a healthy body composition with advancing age, especially under conditions of weight loss. This session will explore the important question: Is it the load to be moved (body weight) or the ability to move the load (muscle quality) which mainly influences lower extremity physical function? It will also introduce a paradigm that integrates exercise and nutrition to reduce risks for physical disability in our aging society. Finally, “take homes” will be provided for the practitioner’s toolkit to enhance the translation of the research into practice.

*Ellen Evans*

Master Class Workout (1 hr.)

**Workout: Ageless Pilates Yoga Fusion**

Take a journey through Pilates & Yoga & explore the commonalities & differences between the two and what make them ideal on their own yet incredibly complimentary when combines. Learn the history & explore the mind/body connection that each yields & how this connection bridges its profound movement philosophy resulting in intelligent movement. Explore the life enhancing benefits achieved and how distinct movement patterns prove to establish brain cognition & enhanced mind/body response. It's movement that makes sense, research driven, creating functionally sound body & alert mind while enhancing long term ageless wellness benefits.

*June Kahn*

Master Class Workout (1 hr.)

**Workout: LaBlast Fitness**

Welcome to LaBlast, the only dance fitness program based on all the dances seen on “Dancing with the Stars”, ballroom dancing completely partner free and including weight training!

*Louis van Amstel*

Master Class Workout (1 hr.)

**Workout: Partner Playground**

Do you remember what it was like to be on the playground at recess? You were playing games with friends and getting exercise while having fun! Let Partner Playground take you back in time with games such as tag, duck duck goose and hopscotch while incorporating unique partner strength exercises. This class will give you a combination of strength, cardio, balance and core with a twist. Get fresh ideas for your classes with this interactive return to the playground.

*Alex McLean*



Master Class Workout (1 hr.)

**Workout: Rhythm and Grooves**

Let the rhythm move your feet and the groove set your soul on fire! Stars like MJ, Janet and JLO mesmerize viewers with their moves in their dance videos! Rhythm and Grooves is a non-stop cardio workout with heart pumping music and boundless energy to get you moving and grooving like the star you are!

*Alex McLean*

Mini Workshop (1 hr.)

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

A growing number of middle-aged adults (~45-64 years of age) are reporting physical function limitations and experiencing moderate to severe disability in areas including self-care, work-related activities, and ambulation. This session will explore what we know about this age group regarding physical function and discuss the roles physical activity and body composition play in determining physical function performance. Options for objective physical function assessment will be presented and practiced by participants.

*Christie Ward-Ritacco*

Mini Workshop (1 hr.)

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

Walking is America's most popular form of exercise--accessible to all bodies from the fit to the unfit, young to old, healthy weight to obese alike. Discover how to make this pedestrian activity a workout for every body. Learn how to help your clients get fit and fast with improved walking technique and fun drills while minimizing risk for injury. You'll go home with inspirational ideas on walking class design and programming.

*Lee Scott, Michele Stanten*

**Trends and Updates in Nutrition**

Lecture (1 hr.)

**Farm to Fork to Fitness Professional**

Fitness professionals play a critical role in several aspects of health, wellness food choices with their clients, friends, family and even social media tribe. Yet, do they have the right tools to access fact-based information about food nutrition and sustainability directly from the farmer and agricultural professionals who specialize in this area? Join this panel to hear from farmers and other health and wellness professionals discuss how we can work across the food value chain to ensure healthy and sustainable food systems of the future, and together, contribute to a more informed and balanced lifestyle.

*Mickey Rubin, Sam Schneider*

Lecture (1 hr.)

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

If you google "nutrition", you will get over a billion hits. So how do you navigate this information? If a client asks you if they should follow the latest diet craze, how should you respond? In this session, you will have a chance to ask the experts your nutrition questions. You will have the opportunity to submit your questions ahead of time using ACSM Health and Summit mobile app. This is a great chance to learn about the pros and cons of diets like The Carnivore Diet, The Ketogenic Diet, and Clean Eating from our expert panel.

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

Lecture (1 hr.)

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

Dr. Leidy will summarize the most recent research illustrating acute and longer-term improvements in weight management, glycemic control, and performance following the daily consumption of increased dietary protein specifically at breakfast. In addition, the effects of protein quantity, quality, and 'food form' at breakfast will be explored. Lastly, Dr. Leidy will provide practical recommendations, guidance, and strategies on ways to implement the daily consumption of higher-protein breakfasts in a free-living environment.

*Heather Leidy*

Lecture (1 hr.)

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

Emerging research has demonstrated the benefits of higher protein diets (within Acceptable Macronutrient Distribution Range), particularly as it relates to sports nutrition, weight management and aging. But quantity doesn't always equal quality—and in the context of diet recommendations, can get lost in translation—especially given the complexity of our food system. Evolving science is uncovering the effects of type of protein, it's makeup and timing (of consumption) to help optimize intake. This session aims to clear up misinformation while presenting current recommendations, trends, and research examining the impact of quantity and quality on various health outcomes and the planet.

*Nancy Rodriguez*

Lecture (1 hr.)

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

The S.O.S. (Supplement Overload Syndrome): Science to the R.E.S.C.U.E. (Research and Education on Supplements Causes Understanding and Education) Session will be an interactive workshop to teach professionals how to effectively evaluate the safety and effectiveness of supplements. There are thousands of supplements on the market today, with many of these supplements geared toward active individuals. However, due to the lack of regulation of these dietary supplements, health professionals need to be able to separate media hype from the scientific evidence about these products. This session will use a variety of interactive techniques in order to educate health professionals how to be critical thinkers when it comes to supplement use.

*Amy Rickman*

**Worksite Health Promotion**

Lecture (1 hr.)

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

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

Lecture (1 hr.)

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

A successful well-being initiative is not about programs. It's about an established workplace culture and environment that consists of a consciousness for health. This session will help organizations learn how to develop, grow and sustain an inherent theme of well-being within their workplace, such as: "It's not wellness, it's just the way we do things around here."

*Stephen Cherniak*

Preconference event (4 – 8 hrs.)

**PRECON: IAWHP- The Expansion of Worksite Health Promotion: Integration, Improvement, and Impact**

This IAWHP workshop will highlight the key areas of concentration required for health promotion practitioners to successfully navigate the worksite health landscape. Industry leaders will share current best practices and specific practitioner skills needed for creating and sustaining a healthy organizational culture.

*Alberto Ogata, George Pfeiffer, Talya Williams*