

## Workshops

### Pre-conference: Friday 4-8pm

#### Bender Ball Foundations Certificate

\$79 + HST

Note: this session held at Gordon Head Recreation Centre, 4100 Lambrick Way — all other sessions held at the Victoria Conference Centre, 720 Douglas Street.

#### Michelle Felzmann

This course is the basis of all Bender Method Training programs and teaches the principles behind the theory of the Bender Method using the Bender Ball. Strengthening the core assists in posture restoration - the "basics" of postural analysis will be covered to help you understand how different exercises assist your students achieve better posture. Acquire a better understanding of deep core muscle activation and walk away with cutting edge core training exercises that you can implement in your class or with your clients right away. Great for all fitness professionals, personal trainers and mind-body instructors.

### Saturday 7-8am

#### Yoga4Strength Wake-up

#### Melissa McLeod

Wake up with Yoga4Strength! This is not your traditional yoga class! Yoga4Strength is a fusion class that combines strength training, yoga, core conditioning and balance work. Learn how to engage your deep core - transverse abdominis and pelvic floor - using your breath. We then weave this deep core support throughout the class as we move between sun salutations, yoga poses and basic strength work. Finish with a gentle yoga cool down to leave you feeling calm, strong and ready to take on your day.

### Saturday 8:30-10am

#### Keynote: The Obesity Epidemic - To the Rescue!

#### Paul Plakas

Obesity is a huge health concern in our country and is deemed a growing epidemic according to the World Health Organization. As a Fitness Professional, what is your role? What can you do to fight the Obesity Epidemic? This session will address both the seriousness of this issue, and how you can help with this crisis. Losing fat is shown to be the number one thing people want when embarking on a fitness regime and you can make that a reality! Become empowered, make a difference and help rescue our country from this epidemic!

### Saturday 10:30am-12pm

#### Exercise Progression - Manipulating Movement

#### Paul Plakas

This combination lecture and practical workshop focuses on exercise progression and manipulating movement for all fitness levels. You'll learn how to alter basic movement patterns to appropriately fit the participant(s) you are training from beginner to professional athlete. We will work with base, levers, surface, speed, momentum, and complexity to adjust intensity levels.

### Fitness for Fascia - How to Draw the Line

#### Michelle Felzmann

Let's get out of our box in group fitness and try something new! "Anatomy Trains" are a new direction in fitness and training which can be effective for strength, endurance, mobility and flexibility in the whole body. Learn new exercise sequences that are designed to train each of the fascial lines in the body. With minimal equipment, this workout will treat your body right and work it hard at the same time!

### Sports Nutrition

#### Pure Nutrition

Bombarded with nutrition information and confused about what's fact or fiction? Wondering if sports supplements are necessary or how much protein you really need? The experts from Pure Nutrition will debunk some common diet myths and show you the role nutrition plays in helping you meet your fitness goals.

### Saturday 1-2:30pm

#### Body Weight Group-X Circuit

#### Paul Plakas

This full body functional circuit is designed to provide a challenging group fitness workout with only body weight exercises. Learn how to develop the cardiovascular and muscular systems, burn fat, and prepare the body for functional movement without needing to rely on equipment. You will take away a series of great exercises that you can do anywhere with your groups, inside or out.

### Step to Strength

#### Michelle Felzmann

Revive your step workout! Integrate challenging strength exercises to rev up your intensity and create a workout that is beyond boring! Your participants won't have time to look at the clock! This session will take you through intervals of challenging yet attainable choreography and intense body weight exercises.

### Building a Functional Shoulder

#### Dr. Harry Sese

Dr. Sese will discuss how fitness professionals can build a stronger and more functional shoulder for their client post-rehabilitation. Topics include what information should be requested from the physiotherapist or rehabilitation specialist such as the nature of the original injury or surgery and contraindications; proper shoulder biomechanics; and traditional versus modern shoulder exercises for range of motion, stability, and strength. This session is interactive and all participants will be taken through functional shoulder exercises they can use on their clients immediately.

### Saturday 3-4:30pm

#### Maximizing Fat Loss

#### Paul Plakas

Fat loss is a goal for many clients... but how do you maximize fat loss safely and effectively? This session focuses on how to create safe workouts that will shed the most fat possible. You will also learn tips and strategies to share with your clients so you can help them accelerate fat loss when they are on their own.

### MetCon for Group

#### Michelle Felzmann

Metabolic Conditioning is one of the new buzz words in the world of fitness. This workshop will provide group fitness instructors with the tools to teach metabolic conditioning to their classes. Learn how to sequence exercises together to get the maximum benefits and leave the session with a handful of workouts to share with your participants They will love to hate you for it!

### Stress Management with Yoga

#### Elizibeth Peckham

Yoga has tremendous potential for reducing stress and the effects of stress-related diseases. Come away from this session refreshed and rejuvenated as Elizabeth teaches you basic alignment in yoga poses and breathing techniques to enhance tranquility in movement and movement with tranquility.

### Golf Performance & Conditioning by the Golfing Doc

#### Dr. Harry Sese

Note: this session will be open to the public.  
Dr. Sese will discuss the major topics involved in golf performance and conditioning, including the body-swing connection, anatomical structures involved in a golf swing, biomechanics, and common golf injuries. Dr. Sese will also demonstrate basic evaluation procedures to determine if golf-specific conditioning would be safe for your client. This session is interactive and all participants will be taken through golf-specific exercises they can use on their clients immediately.

**7 BCRPA Credits • 5 CSEP Credits  
4 CFP Credits**

# 23<sup>rd</sup> Annual



## ISLAND FITNESS CONFERENCE

**Saturday November 3, 2012  
8:30am - 4:30pm**



**Feature Presenter  
Paul Plakas**

**Victoria Conference Centre**

Greater Victoria **ACTIVE  
COMMUNITIES**  
[www.fitinfitness.ca](http://www.fitinfitness.ca)



[islandfitnessconference.com](http://islandfitnessconference.com)

# Registration Form

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## Friday November 2, 2012 • Gordon Head Recreation Centre

### 4-8pm:

Pre-conference: Bender Ball Foundations Certificate \$79 + HST

## Saturday November 3, 2012 • Victoria Conference Centre

**Registration details:**  Early Bird Registration (before October 19, 2012) \$119 + HST  
 Late Registration (after October 19, 2012) \$149 + HST

**7-8am:**  504455 • Yoga4Strength Wake-up

**8:30-10am:**  504454 • Keynote: The Obesity Epidemic - To the Rescue

### 10:30am-12pm:

504456 • Exercise Progression - Manipulating Movement

504457 • Fitness for Fascia - How to Draw the Line

504458 • Sports Nutrition

**Lunch 12-1pm:** Catered lunch provided by Fairmont Empress  Regular  Vegetarian  Gluten Free

### 1-2:30pm:

504459 • Body Weight Group-X Circuit

504460 • Step to Strength

504461 • Building a Functional Shoulder

**Break 2:30-3pm:** Door Prizes

### 3-4:30pm:

504462 • Maximizing Fat Loss  504464 • Stress Management with Yoga

504463 • Metcon for Group  504504 • Golf Performance & Conditioning by the Golfing Doc

## Sunday November 4, 2012 • Gordon Head Recreation Centre

**9am-12:30pm:** Fitness First-Aid Recertification  \$30 Delegates  \$40 Non-Delegates

### 9:30am-12pm:

Public Session: Lean, Fit and Pain Free in the 21st Century with Paul Plakas \$79 + HST

1) On-line: [www.karelo.com](http://www.karelo.com) (online registration allows you a chance for a door prize)

2) Fax to Gordon Head Recreation Centre, 250-475-1771

3) In person at Gordon Head Recreation Centre, 4100 Lambrick Way

Visa  Mastercard

Cardholder Name: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiry: \_\_\_\_\_

Signature: \_\_\_\_\_

**Registration Deadline: October 31, 2012**

## Presenters

### Paul Plakas

Paul Plakas has been a personal trainer for 22 years. He has trained every level of fitness from homemaker to professional athlete. Paul has been on television for the past nine years hosting his Gemini Award winning television shows "Taking It Off" and "X-Weighted". He has been a regular contributor to television segments on CTV News, providing a variety of fitness and nutritional information. When not working in TV, Paul trains clients at his personal training studio "Custom Fit" located in Edmonton, Alberta. The motto he lives by is "Pain is temporary, quitting lasts forever."

### Michelle Felzmann Can-Fit-Pro PDS, FIS, NWS & PTS

Michelle is a highly accomplished fitness leader with nearly 20 years of experience in the fitness industry. Michelle is a Bender Ball master trainer, TRX Master Trainer, host of "The Look" Fitness video series and an international fitness presenter. Michelle specialization lies in strength, flexibility and core training classes on the ball and is a CEC provider in Calgary.

### Dr. Harry G. Sese DC, BS, RMT, TPI-CGFI Golf Performance & Conditioning Specialist

Dr. Sese is an expert in golf injury rehabilitation, performance, and conditioning. He works with professional golfers at all levels including the PGA, LPGA, European, and Canadian Tour. He is also a Titleist Performance Institute (TPI) instructor who teaches golf performance seminars around the world. With his medical background in manual therapy and chiropractic, plus his background in training and conditioning, Dr. Sese is your ultimate resource for golf injury prevention, rehabilitation, maximizing performance, and improving your golf game! Dr. Sese is "The Golfing Doc."

### Elizabeth Peckham

Elizabeth has been a yoga teacher for 19 years and has studied with several senior teachers in the Iyengar, Ashtanga, Integral and Vijnana tradition. Elizabeth also holds a BSc in Nursing and in the 1990's while working concurrently in Nursing and Musculoskeletal Injury Prevention at Vancouver Hospital she opened City Yoga in Vancouver. Elizabeth's nursing background is evident in the clarity of her teaching. She is well-known for her dynamism, good humour and attention to individual needs. Elizabeth has taught regularly in Vancouver and Victoria to both national team athletes, weekend warriors, corporate executives, advanced practitioners, clients with chronic illness and disease and in mental health.

### Melissa McLeod

Melissa teaches yoga classes through Recreation Oak Bay, MokSana Yoga Center and on her own through her company Bloom Yoga. She has worked in the health and wellness industry for over a decade as a personal trainer and yoga instructor. Outside of the studio Melissa has produced a Yoga4Strength DVD, has been featured on CHEK TV's 'Island 30' show, teaches for Ajna Yoga's teacher training certification course and teaches workshops about pelvic floor and bladder health. Melissa was nominated for BCRPA's Personal Trainer of the Year in 2005 and selected as a lululemon ambassador in 2007.

### Pure Nutrition

Pure Nutrition Consulting is Victoria's largest team of private practice Registered Dietitians, serving Greater Victoria and the Cowichan Valley. They are a team of four dedicated individuals with an interest in empowering people to make healthy choices and strive to help people achieve their goals. They offer sound nutrition advice by taking complex science and applying it to everyday life in a realistic and practical way. The Pure Nutrition team consists of Heather Dueck, Alexandra Foldes, Jarita Hiang, and Julie Kostyk.

## Conference Centre Fitness Exposition

Great deals from local to international fitness vendors.



**General Inquiries:**  
[island\\_fitness@yahoo.ca](mailto:island_fitness@yahoo.ca)  
**Volunteer Inquiries:**  
**Donna Renaud 250-387-8801**

**Conference Handouts available on-line at**  
[islandfitnessconference.com](http://islandfitnessconference.com)  
**Password: fitness**