

**31<sup>ST</sup> ANNUAL**

# **ISLAND FITNESS CONFERENCE**

**FEATURING Helen Vanderburg, Tony Webster and Kim Bond**

**October 23<sup>rd</sup> | Oak Bay High School**



**ISLAND FITNESS  
CONFERENCE**

**Mijo**

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

# PRESENTERS and SESSIONS

## TONY WEBSTER



Tony is a member of the teaching faculty in the Centre for Sport and Exercise Education (CSEE) at Camosun College. He has a B.Sc. in Biochemistry, a M.Sc. in Exercise and Health Sciences (both from the University of

Bristol) and a Ph.D. in Exercise Physiology (University of Alberta). He currently teaches courses in the CSEE within the fields of exercise physiology, pathophysiology and strength & conditioning to Kinesiology and Athletic/Exercise Therapy students.

**8:30 – 10:00am KEYNOTE**

### **Straight talk on exercise, fitness and respiratory infectious disease**

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In this lecture Tony will start by providing an overview of the most important aspects of human immunity. The majority of the talk will discuss the latest science around the relationship between physical activity, exercise, physical fitness and the health of the human immune system.

Particular attention will be given to the role of exercise/fitness and incidence of respiratory infectious disease. In short, fitness professionals are an important cornerstone in the prevention and management of infectious disease and future pandemics!

## HELEN VANDERBURG



Founder and co-owner of The ACADEMY fitness, yoga, spin studio, and author of Fusion Workouts. Helen is one of the most celebrated fitness personalities in the global fitness community today. She has been

recognized numerous times as Canada's top fitness educator by CanFitPro, the largest Canadian fitness association, and is the 2018 Lifetime Achievement Award recipient. She has been awarded the IDEA Program Director, Fitness Presenter of the Year, and the 2018 Global Top Industry Contributor. Helen's passion for fitness, health, and wellness has been recognized as one of Canada's most influential people and honored with the Women of Vision award. She is the recipient of many industry awards and is an elite athlete as a former

World Champion synchronized swimmer and honored member of the Sports Hall of Fame. She has educated fitness leaders globally for the past 25 years in over 25 countries. Helen is the Commercial Fitness Education Manager for Balanced Body and has consulted for international fitness companies such as NIKE, Total Gym, BOSU, Hedstrom Fitness, Schwinn Cycling, and Core Health and Fitness, to name a few.

**10:30am – 12pm**

### **Movement Triad: mobility, stability, and strength**

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Mobility, stability, and strength have traditionally been categorized separately when training clients. In this interactive session learn the most current science and training methods as to why mobility, stability and strength may be best achieved when they are trained together. Using loaded mobility and multidimensional movement techniques learn movement complexes to enhance function and performance. Walk away with ready to use exercises to purposefully train the movement triad of mobility, stability, and strength.

**1:00 – 2:30pm**

### **Postural Integrity**

A

Postural integrity has a direct impact on movement quality, efficiency, and load distribution. The ability to maintain correct alignment in movement allows for relaxation, freedom of motion, elastic energy production, and stability in sport, fitness, and life. Learn a series of dynamic postural assessment exercises and apply them to exercise design. This practical postural session focuses on torso and joint stability training. Participants will be taken through bodyweight strength and stability exercises that are easy to implement in any training environment and leads to enhanced performance.

**3:00 – 4:30pm**

### **Body Weight Blast**

A

Bodyweight training has gained incredible popularity in the virtual space, for home workouts and in studio. These workouts can be done anywhere without an investment in equipment and space. Designing an effective and results driven bodyweight workout takes unique exercise design, applied principles of training and creativity. In this workshop we will explore a wide variety of techniques including Tri-sets, Ladders, Threshold training, Pyramids, AMRAP, EMOM and much more!

A Active Session

L Lecture

A/L Active Lecture

## KIM BOND



Kim brings industry knowledge in program development, business development and a vast network of allied health professionals. People classify her as the “Energy in the Room”. As an educator, coach and mom

of a university athlete, her skills have developed into success application platforms that have touched many individuals in the Province of BC. Kim brings energy and enthusiasm to any venue.

**10:30am – 12pm**

### Craft a Plate

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Learn to apply simple tools and creative techniques to engage your clients in food knowledge while staying within your scope of practice. We’re going to talk tips and tricks to make cooking at home easy as 1-2-3, while embracing the coolest trend going #cookathome lifestyle. You will come away with ready to use templates for social marketing that will have everyone wanting to embrace this emerging phenomenon.

**1:00 – 2:30pm**

### BS your Balance Mechanisms

A

This workshop will review the balance mechanisms, spotting balance exercises safely, and provide 3 sequences of isolated & integrated exercise that you and your clients/members can have fun with immediately. Creativity and functionality are at the top of mind solutions for these easy to follow programs that you can use the very next day. Active participation will have us all embracing the fun adventurous side our confidence to apply some go to tips & tricks.

**3:00 – 4:30pm**

### Shoulders to SHOWlders

A

Create the SHOW stopping Shoulders our clients are looking for. Using simple tools, methods and coaching skills can be transformative. You will review fluent movement patterns for the shoulder girdle, shoulder dance visual and apply functional movements with common tools to the area to decompress it, increase it’s mobility, build it’s structural strength, decrease stiffness and pain, all while using time and space efficiently.

## TIFFANY MOFFATT



Certified as a Can-Fit-Pro Fitness Instructor Specialist, Personal Trainer Specialist and Pre and Postnatal Fitness Specialist, Tiffany Moffatt is a fitness leader, who has worked in the fitness industry for over 30 years as

an instructor, presenter, educator and freelance fitness writer. Through her online fitness business JoyBody Fitness and as a Fitness Coach at the YMCA in Kelowna, B.C., she leads various fitness and mind/body classes including yoga, HIIT training, body sculpt, cycle, POUND and Zumba among others. Tiffany is also a canfitpro PRO TRAINER, leading courses, theory and practical exams to certify new group fitness instructors.

**10:30am – 12pm**

### Fully Loaded

A

Learn to create fun, active total body training sessions that torch participants’ metabolism and target all major muscles groups. Tiffany will show you how to structure group fitness strength training sessions and how to maximize your time using simple and compound exercises that focus on form and technique, power and balance. Using minimal equipment such as dumbbells, bands and bodyweight, Tiffany will teach you how to engage your class and help them to achieve their strength goals!

**3:00 – 4:30pm**

### High Energy HIIT

A

Get ideas on how to motivate your participants to step up their fitness level, strengthen their entire bodies and boost energy in this high energy HIIT workshop! Seasoned fitness leader, Tiffany Moffatt, will lead you through 10 different approaches to plan your HIIT class formats and will highlight how to keep classes creative, fun and inclusive for all fitness levels. Leave with class plans that you can start to implement Monday morning that are creative yet easy to follow. Learn how to teach HIIT formats that are less about discipline and intensity and more about personal accomplishment, joyful, intuitive movement and about creating community!

## SONJA BIDESE



Sonja Bidese is a BCRPA Trainer of Fitness Leaders, Certified Personal Trainer and Registered Nutritionist with over 25 years of experience in the fitness industry. She has enthusiastically transformed her clients' lives, while mentoring and coaching them every step of the way. Sonja is eager and excited to pass her knowledge on to whomever is willing to listen and learn.

10:30am – 12pm

### Healthy vs Selfie L

How can we as "Wellness Leaders" help our clients make health, exercises, and nutrition a more meaningful journey? Why is it that some clients buy into what we offer and see the results while others cannot seem to make any headway, despite following our recommendations? The workshop Healthy vs Selfie sheds a light on some of the layers that create a "Do it for Life" attitude and how to help create results from relentless and consistent dedication to health. Building a beautiful body is great, but there is more to it!

## DR. BEN STEBBINS



Dr. Ben Stebbins has been involved in the Victoria health and fitness community for his whole career, he runs a successful Sports Chiropractic and Rehab practice in Saanich which focuses

on the goal-oriented. Dr. Stebbins has his Doctor of Chiropractic degree, and Master's in Sports Medicine as well as being a part of the ICSC (International Certified Sports Chiropractor). He treats everyone he works with as an athlete in their own way, with a movement-based approach that looks to build confidence and resilience in his patients. His goal continues to be to help bridge the gap between rehab and performance and move the chiropractic profession forward. You can learn more about Dr. Stebbins on his website [www.drbenjaminstebbins.com](http://www.drbenjaminstebbins.com).

1:00 – 2:30pm

### Load Management: What is it and how do I apply it to my clients? L

Load Management has become a bit of a buzzphrase in the health and sports community over the last few years. I will look to explain what it means, and how you can explain and apply it to your clients. If used correctly we can help people better understand the biopsychosocial aspects of training, and fatigue and help them reduce their risk of injury.

## DAVID RISTAU



David Ristau is the owner and head trainer for Tidal Performance, Strength & Fitness. David is a highly respected leader in Greater Victoria's fitness community, with certifications in Personal Training, Group Fitness, Kickboxing, along with experience including 15+ years in public recreation and private fitness facilities. Starting from a passion for martial arts, David specializes in powerlifting, Olympic lifting, kettlebells, and seniors programing in both small group and one-on-one training settings. David excels at creating personalized workouts that have a positive impact on his clients and their lives by creating a motivated and supportive team environment that goes way beyond a "simple workout".

3:00 – 4:30pm

### Themes, Templates & a Matrix: Working Smarter Not Harder L/A

Within this session, you will learn new systems to make life easier for you along with better workouts for your clients. Streamlining group fitness lesson planning and one-on-one workout programing. Starting with themes to reduce group fitness lesson planning and putting in the WOW workouts into your sessions. Moving onto templates and how to use 2-4 workout templates for your one-on-one programing while still providing a personal touch with options to include physical limitations, equipment availability (home vs facility) and scalability. Moving smartly into your own exercise matrix which provides you with your own exercise scalability guide.

## GRAHAM FROST



Graham Frost is an Instructor with the School of Health and Human Services at Camosun College. He is a Certified Personal Trainer with the Canadian Society for Exercise Physiology.

1:00 – 2:30pm

### Barriers to Behaviour Change L

Behaviour change is not easy! This seminar will address common barriers the general population face when trying to create positive behaviour change. The focus of the workshop will be useful solutions to assist your clients achieve their health & fitness goals.

# CONFERENCE SCHEDULE

**SUNDAY October 23<sup>th</sup> at Oak Bay High School NLC (2121 Cadboro Bay Road)**

7:00-8:30am Registration

7:00-8:00am	<b>Pre Session-Workout (Gymnasium) Sonja Bidese —</b> No Equipment Total Body Workout	(A)
8:30-10:00am	<b>Keynote Presentation: Tony Webster</b> Straight Talk on Exercise, Fitness and Respiratory Infectious Disease	(L)

10:00-10:30am Session Break

10:30am-12:00pm	<b>Tiffany Moffatt</b> Fully Loaded	<b>Kim Bond</b> Craft a Plate	<b>Sonja Bidese</b> Healthy vs Selfie	<b>Helen Vanderburg</b> Movement Triad
	NLC 1/2 (A)	NLC 3/4 (L)	Auditorium (L)	Gymnasium (A)

12:00-1:00pm Lunch Break (lunch not provided, food truck onsite) Rhythm & Soul - Dance Movement (A)

1:00-2:30pm	<b>Dr. Ben Stebbins</b> Load Management: What is it and how do I apply it to my clients?	<b>Kim Bond</b> BS Your Balance Mechanisms	<b>Graham Frost</b> Barriers to Behaviour Change	<b>Helen Vanderburg</b> Posture Integrity
	NLC 1/2 (L)	NLC 3/4 (A)	Auditorium (L)	Gymnasium (A)

2:30-3:00pm Session Break & Draw Prizes

3:00-4:30pm	<b>Tiffany Moffatt</b> High Energy HIIT	<b>Kim Bond</b> Shoulders to SHOWlders	<b>Dave Ristau</b> Themes, Templates & a Matrix: Working Smarter Not Harder	<b>Helen Vanderburg</b> Bodyweight Blast
	NLC 1/2 (A)	NLC 3/4 (A)	Auditorium (L)(A)	Gymnasium (A)

4:30-5:00pm Certificate Pick-Up

Session handouts available on line. Please bring your own mat.

## EARLY

Aug 1–Aug 31, 2022 | Single Day \$129

## REGULAR

Sep 1 – Oct 23, 2022 | Single Day \$149

Groups of 10 or more receive 15% Off. Contact Dan Atagi (dan.atagi@saanich.ca) for group registration.

Register at [www.islandfitnessconference.com](http://www.islandfitnessconference.com) starting on August 1

## History of the Vancouver Island Fitness Conference

The Island Fitness Conference began in 1989 as “Fit into the 90’s”. The purpose of the Conference was to ensure that Vancouver Island fitness leaders had access to quality educational training on Vancouver Island. In 2000, “Fit into the 90’s” became “The Island Fitness Conference”. What started 25 years ago as a small group of volunteers has grown into a committee of programmers, instructors and fitness enthusiasts representing a good portion of Southern Vancouver Island.



### CREDITS AVAILABLE FROM

British Columbia Recreation & Parks Association (BCRPA)  
Canadian Society for Exercise Physiology (CSEP)  
British Columbia Association of Kinesiologists (BCAK)  
National Strength & Conditioning Association (NSCA)\*  
American College of Sports Medicine (ACSM)  
National Federation of Professional Trainers (NFPT)  
International Sport Sciences Association (ISSA)

\*EXTRA FEES APPLY

