Thurs., March 12

Preconferences

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

FMS™ Level 1 Certification Course
(Industry-Presented Session: Functional Movement Systems™)
Lee Burton

Keiser® Indoor Cycling: Foundations
(Industry-Presented Session: Keiser®)
Krista Popowycz

8:00 a.m.-5:15 p.m.

International Association for Worksite Health Promotion:
Implementing Innovation
Jason Lang, Talya Williams, Joel Spoonheim

8:30 a.m.-4:00 p.m.

ACSM/Exercise Connection Autism Exercise Specialist
Certificate Workshop
David Geslak, Amber Pantaleo

9:30 a.m.-2:30 p.m.

Training to the MAX: The Ultimate in Cardio and Resistance
Exercise
Tony Nunez, Trisha VanDusseldorp, Len Kravitz

12:00-4:00 p.m.

RAD Mobility Level 1
(Industry-Presented Session: RAD Roller)
Kevin Hendry

2:45-4:15 p.m.

Student Accelerator: Building Skills for Success
Brad Roy, Deb Riebe, Christopher Cleary, Keli Roberts

4:30-5:15 p.m.

First-Time Attendee Session
Deb Riebe, Paul Gallo

5:30-6:30 p.m.

Keynote: Tiny Habits and Behavior Change: How to Create
Lasting Change
BJ Fogg

Fri., March 13

6:30-7:30 a.m.

Workout: Counterflow Yoga
Summer Sides

Workout: Get LIIT on the Dance Floor
Alex McLean

Workout: Keiser® Indoor Cycling: Interactive Games
(Industry-Presented Session: Keiser®)
Keiser Instructor

Mini-Workshop: The New Art of Circuit Mastery
Michael Piercy

8:00-9:15 a.m.

Keynote: The Astonishing Effects of Exercise on the Brain
Wendy Suzuki

9:30-10:30 a.m.

5 on 5: Five Worksite Wellness Pros Share Their Best Programs
1X
Lawre Metcalfe, Phil Smeltzer, David Brown, Barry Roa, Reed Engel

After School Physical Activity Programs: A Unique New
Business Opportunity for Fitness Professionals 1X
Walt Thompson

Exercise Doesn’t Play Fair
Beth Taylor

Is it Science or Sensationalism? Reading Through the
Headlines to Fuel Optimal Performance
(Industry-Presented Session: National Dairy Council)
Jim White

Making it Personal: How to use Personality to Prescribe
Exercise
Annmarie Obieszewski

The Exercise is Medicine® Solution - Integrating Technology to
Optimize Fitness Programming - The EIM-OC Technogym Trial 1X
Renee Jeffreys-Heil, Carena Winters

Why Do We Seem So Confused about Exercise and Appetite?
Barry Braun

Shannon Roentved

Workout: Spartan Strong
Aimee Nicotera

Content current as of December 20, 2019
Fri., March 13 (continued)

10:45-11:45 a.m.

Breaking News: Evolving Field of Health and Wellness Coaching 1X
Margaret Moore, Gary Sforzo

Fueling Women’s Health at the Critical Stages of Life
(Industry-Presented Session: Nebraska/Kansas Beef Councils)
Jessica Crandall Snyder

Technology and Lifestyle for Weight Management Treatment: Challenges, Gaps, and Promising Opportunities
Renee Rogers

Workout: Happy Hips
Linda Webster

Workout: Keiser® Indoor Cycling: Taking on the Tech Challenge
(Industry-Presented Session: Keiser®)
Keiser Instructor

Workout: Total Body Tabata
Stephanie Cooper

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

Workshop: ABC’s of Core Training
(Industry-Presented Session: Functional Movement Systems™)
Lee Burton

Workshop: Do It Right - Teaching Barbell Movements and Implementing a Premium Strength Program in Your Facility
Kyle Kercher, Brad Roy, Pete Ronai

Workshop: Stack the Deck for Success: Keeping Recreational Runners Healthy 1X
Janet Hamilton

Workshop: Tiny Habits® Workshop
BJ Fogg

1:30-2:45 p.m.

Featured Lecture: Fitness Technology: Making it Work for Your Clients 1X
Ted Vickey

3:00-4:00 p.m.

Clean Eating: Unintended Consequences for Active People
Nancy Clark

Lessons Learned from Managing 80,000 Lifestyles Around the Globe
Melanie Poudevigne, Jae Kullar, Jessica Shigley

Workout: Let the Beat Drop
Tricia Madden, Lauren George

Workout: The Olympic Circuit
Alex McLean

3:00-4:30 p.m.

Workshop: Answering Controversial Topics Related to Mobility and Health
(Industry-Presented Session: RAD Roller)
Kevin Hendry

Workshop: Develop Essential Movement Skills for Youth Clients and Athletes
Mike Bracko

Workshop: Exercise Prescription for Individuals with Chronic Pain
Tarey Gillard, Cheryl King-VanVlack

Workshop: It’s More than Just a Selfie Shot: Making an Impact on Camera 1X
Renee Rogers

Workshop: Programming Considerations: Mechanics Matter!
Mitch Nienhuis

4:45-5:45 p.m.

Hot Topic Panel: Activity Trackers: Should they Stay or Should they Go? A Point/Counterpoint Discussion 1X
Renee Rogers, Stephanie Cooper, Ted Vickey

How Fitness Technology has Transformed the Role of a Personal Trainer – and How to Stay Ahead
(Industry-Presented Session: Trainerize)
Sharad Mohan

Get Certified! Which ACSM Certification is Right for you? 1X
Yuri Feito

Microbiome, Macros and Metabolism: What Fitness Professionals Need to Know About Feeding The Inside Tract
(Industry-Presented Session: Wheat Foods Council)
Corrie Whisner

Workout: Keiser® Indoor Cycling: Interactive Games (repeat)
(Industry-Presented Session: Keiser®)
Keiser Instructor

4:45-6:15 p.m.

Workshop: Game on!
Aimee Nicotera

Workshop: Monitoring Fitness and Neuromotor Self-tests throughout the Lifespan 1X
Lee Burton, Carol Kennedy-Armbruster

7:00-8:30 p.m.

Special Event: Attendee Networking Event

Sat., March 14

6:15-7:45 a.m.

Workshop: Game on! (repeat)
Aimee Nicotera

Shannon Roentved

6:30-7:30 a.m.

Workshop: Keiser® Indoor Cycling: Rush, Rhythm and Ride!
(Industry-Presented Session: Keiser®)
Keiser Instructor
Sat., March 14 (continued)

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

Workshop: ABC’s of Core Training (repeat)
Lee Burton

Workshop: Ergo-Energizer: How to Be Fit if You Must Sit
Pete Ronai

Workshop: The Evolving Paradigms of Stretching
David Behm

Workshop: Tiny Habits® Workshop (repeat)
BJ Fogg

1:30-2:30 p.m.

The Bortz Lecture: Exercise and Bone Health: All It’s Cracked
Up to Be?
Wendy Kohrt

Exercise and Mental Health: Are Activity Trackers Helpful or
Harmful?
Stephanie Cooper

Microbiome, Macros and Metabolism: What Fitness Professionals
Need to Know About Feeding The Inside Tract (repeat)
(Industry-Presented Session: Wheat Foods Council)
Corrie Whisner

Standardization of Community-based Supervised Exercise
Programs: a Pathway to Provider Engagement
Timothy Marshall, James Groves

Why Do We Seem So Confused about Exercise and Appetite?
(repeat)
Barry Braun

Workout: Body Weight Barre
Tricia Madden, Lauren George

Workout: Get LIIT on the Dance Floor (repeat)
Alex McLean

Workout: Strength and Flow
Keli Roberts

1:30-3:00 p.m.

Workshop: Develop Essential Movement Skills for Youth Clients
and Athletes (repeat)
Mike Bracko

Workshop: Programming Considerations: Mechanics Matter!
(repeat)
Mitch Nienhuis

3:15-4:15 p.m.

Lessons Learned from Managing 80,000 Lifestyles Around the
Globe (repeat)
Jae Kullar, Melanie Poudevigne, Jessica Shigley

Tradeoffs of Paleo, Gluten-Free, and Vegan Diets for Active
Individuals
Lynn Ciardella-Kam

Mini-Workshop: Turn Down for What? Optimizing Music Use
during Exercise
Jasmin Hutchinson

Workout: Happy Hips (repeat)
Linda Webster

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

Workshop: ABC’s of Core Training (repeat)
Lee Burton

Workshop: Ergo-Energizer: How to Be Fit if You Must Sit
Pete Ronai

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(repeat)
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Workshop: Develop Essential Movement Skills for Youth Clients
and Athletes (repeat)
Mike Bracko

Workshop: Programming Considerations: Mechanics Matter!
(repeat)
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during Exercise
Jasmin Hutchinson

Workout: Happy Hips (repeat)
Linda Webster
Sat., March 14 (continued)

Workout: Pound. Rockout. Workout. (repeat)
Shannon Roentved

3:15-4:45 p.m.

Workshop: Answering Controversial Topics Related to Mobility and Health (repeat)
(Industry-Presented Session: RAD Roller)
Kevin Hendry

Workshop: Bingocize®: An Evidence-based Health Promotion Program for Improving the Quality of Life of Older Adults
K Jason Crandall

Workshop: Do It Right - Teaching Barbell Movements and Implementing a Premium Strength Program in Your Facility (repeat)
Pete Ronai, Kyle Kercher, Brad Roy

Workshop: Exercise Prescription for Individuals with Chronic Pain (repeat)
Cheryl King-VanVlack, Tarey Gillard

5:00-6:00 p.m.

Hot Topic Panel: Nutrition in the News: The Good, the Bad, and the Biased 1X
Nancy Clark, Barry Braun, Trisha VanDusseldorp, Lynn Cialdella-Kam

How Fitness Technology has Transformed the Role of a Personal Trainer – and How to Stay Ahead (repeat)
(Industry-Presented Session: Trainerize)
Sharad Mohan

Fueling Women’s Health at the Critical Stages of Life (repeat)
(Industry-Presented Session: Nebraska/Kansas Beef Councils)
Jessica Crandall Snyder

Small Adaptations for a Big Impact: Training Individuals with Intellectual Disabilities 1X
Monica Forquer

The Value of Exercise is Medicine® through the Fitness Professional Lens 1X
Robyn Stubr, Brad Roy

Workout: Counterflow Yoga (repeat)
Summer Sides

7:00-8:30 p.m.

Special Event: All-attendee Party - Trends and Memories from the 90s

Sun., March 15

6:45-7:45 a.m.

Workout: Body Weight Barre (repeat)
Tricia Madden, Lauren George

Workout: The Olympic Circuit (repeat)
Alex McLean

Workout: Top 10 Active Recovery Movements (ARMs) for Interval Classes (repeat)
Linda Webster

8:15-9:15 a.m.

Exercise and Mental Health: Are Activity Trackers Helpful or Harmful? (repeat)
Stephanie Cooper

Standardization of Community-based Supervised Exercise Programs: a Pathway to Provider Engagement (repeat)
James Groves, Timothy Marshall

Mini-Workshop: Turn Down for What? Optimizing Music Use during Exercise (repeat)
Jasmin Hutchinson

Workout: Strength and Flow (repeat)
Keli Roberts

8:15-9:45 a.m.

Workshop: Bingocize®: An Evidence-based Health Promotion Program for Improving the Quality of Life of Older Adults (repeat)
K Jason Crandall

Workshop: Ergo-Energizer: How to Be Fit If You Must Sit (repeat)
Pete Ronai

Workshop: The Evolving Paradigms of Stretching (repeat)
David Behm

10:00-11:00 a.m.

The Bortz Lecture: Exercise and Bone Health: All It’s Cracked Up to Be? (repeat)
Wendy Kohrt

Balancing Technology with the Human Touch to Promote Exercise is Medicine: Lessons Learned from Clinical Practice (repeat)
Reed Humphrey, Robert Scales

Online Training: How to Grow Your Coaching in a Digital Landscape (repeat)
Trevor Bennion

Technology and Lifestyle for Weight Management Treatment: Challenges, Gaps, and Promising Opportunities (repeat)
Renee Rogers

Tradeoffs of Paleo, Gluten-Free, and Vegan Diets for Active Individuals (repeat)
Lynn Cialdella-Kam

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