Onsite Program and Expo Guide

Exhibit Dates:
March 12-14, 2020

Technology Moves the World
www.acsmsummit.org
Welcome!

On behalf of the Program Committee, welcome to ACSM’s International Health & Fitness Summit! The 2020 meeting theme is “Technology Moves the World”. Modern technology has transformed our lives in many ways, changing how we work, live and relax; however it is a double-edged sword. On one hand, computers and passive entertainment contribute to sedentary behavior, but on the other hand, technology has been used to promote physical activity and change exercise behavior. Several sessions throughout the conference will focus on how you can use technology to increase physical activity, motivate clients and promote your business. We continue to place more emphasis on interactive workshops to provide you with more hands-on opportunities to practice new techniques and skills and to interact more closely with top presenters. The keynote speakers will present the latest science on behavior change, exercise and the brain, fitness technology, and exercise prescription all vital information for the health fitness professional. Other leaders in the field will present sessions, panel discussions, and workouts designed to keep you up to date and provide you with “takeaways” that you can immediately use. Make sure to enjoy Atlanta while you are here and save time to visit the Expo. Thank you for joining us at the summit – we hope you learn, laugh, network, exercise, and meet new friends and colleagues.

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The Magic of Milk
For Your Athletes

It’s smooth. It’s refreshing. It’s one of a kind. It’s difficult to replicate the same natural nutrition and link to health benefits. We’re talking about cow’s milk, of course, and if it’s missing from your diet or your clients’ diets, you’re probably missing out. Don’t just take our word for it - here are 5 cold, hard, delicious facts about milk.

1. IT’S SIMPLE
Just milk, vitamin A and vitamin D. Nothing else. Naturally providing calcium, protein, phosphorus and B vitamins. Seems simple enough, doesn’t it?

2. IT’S A GOOD SOURCE OF PROTEIN
One cup of milk has 8 grams of high quality protein, meaning it has all essential amino acids and can help re-build and repair muscle tissue.

3. IT’S AVAILABLE LACTOSE-FREE
Have you or your athletes been diagnosed with lactose intolerance by a physician? Try lactose-free milk. It’s simply milk without the lactose, a naturally occurring sugar. Lactose-free cow’s milk still has the same 9 essential nutrients!

4. IT’S A SOURCE OF B VITAMINS
The B vitamins naturally in milk (riboflavin or B2, pantothenic acid or B5 and niacin or B3) help convert carbs, fats and protein into fuel for the body. Feeling energized yet?

5. IT’S YOUR ATHLETES POST-WORKOUT PAL
Sure, low-fat white and chocolate milk are delicious, but research shows they’re also an effective workout recovery drink. Its protein helps muscles recover after a tough workout and stimulates muscle growth. If that’s not good enough, carbohydrate in milk (12 g) and chocolate milk (25 g) helps refuel muscle glycogen and its fluid as well as sodium and potassium — also known as electrolytes — help rehydrate your body and replenish what’s lost in sweat. We thought you’d enjoy this a choco-LOT.

Looking for more? From recovery nutrition to bone health and from lactose intolerance to hydration, National Dairy Council (NDC) has tons of educational resources, recipes and information you can share with your clients.

In addition, NDC launched the Dairy Nourishes Network earlier this year which brings together food, nutrition and health professionals to discuss how dairy foods are part of nourishing people and communities, while also being mindful of the planet. It is not only about how the dairy community contributes to health and sustainable food systems, but also about how health and wellness experts like you can share the story in your work to help people thrive at every age.

We invite you to learn more and join by visiting NDC’s booth in the exhibit hall or checking out DairyNourishesNetwork at www.NationalDairyCouncil.org/DairyNourishesNetwork and signing up today!

Still have lingering questions about milk? Or are you looking to connect with your state/regional dairy council? Contact Kerry Clifford, MS, RD (kerry.clifford@dairy.org) at NDC today!

DairyGood.org | NationalDairyCouncil.org
UndeniablyDairy.org
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“Microbiome, Macros and Metabolism: What Fitness Professionals Need to Know About Feeding the Inside Tract

Corrie Whisner, PhD
Biodesign Center for Fundamental and Applied Microbiomics
Arizona State University

FRIDAY
MARCH 13
4:45-5:45 pm

SATURDAY
MARCH 14
1:30-2:30 pm

Download FoodFit
The new nutrition app created for Personal Trainers

Center For Nutrition and Athletics
WheatFoods.org
Career and Family. We’ve got you covered.

ACSM-sponsored member insurance plans and services have been carefully chosen for their valuable benefits at competitive group rates from a variety of reputable, highly-rated carriers.

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**Home & Auto**
- GEICO Auto / Motorcycle / Boat Insurance
- GEICO Homeowners / Condo / Renters Insurance
- GEICO Umbrella
- LegalShield™ Legal Plans and LegalShield™ Identity Theft Protection
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For more information, visit www.ftj.com/ACSM or call (800) 821-7303.

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General Registration Hours

Location: Prefunction North
Thurs., March 12
7:30 a.m.-7:00 p.m.
Fri., March 13
7:45 a.m.-4:30 p.m.
Sat., March 14
7:45 a.m.-4:00 p.m.
Sun., March 15
7:45-9:30 a.m.

Expo Hours

Location: Grand Ballroom West
Thurs., March 12
6:30-8:00 p.m. Exhibits Open/Welcome Reception
Fri., March 13
11:30 a.m.-3:00 p.m.
5:00-7:00 p.m.
Sat., March 14
11:30 a.m.-2:30 p.m. (last day)

ACSM Certification and Membership Booth #100

ACSM membership benefits, publications, certification programming and other inquiries can be answered by ACSM staff at the membership services/certification booth in the expo.

Become Your Passion with ACSM Certification

You live your passion for health and fitness every day. Whether you are new to the field of sports medicine or an experienced veteran in the profession, by choosing ACSM you’re on your way to earning one of the most highly recognized certifications in the industry.

Take the next step and visit www.acsm.org/get-certified
Networking Event: Future Pathways for your Career and Education

Fri., March 13, 7:00-8:30 p.m.
Room: Galleria 5-6

For the first time ever, we are offering a fantastic networking event Friday evening. There is something for every attendee. Light appetizers will be provided. We have designed three areas to meet your needs:

• Industry Representatives - chat one-on-one with industry representatives about jobs and internships
• Meet the Experts - meet program committee members and speakers
• Graduate Programs - chat with university representatives looking for grad students

Special Event: Trends and Memories from the ’90s Party

Sat., March 14, 7:00-8:30 p.m.
Room: Grand Ballroom East

This new, energetic event is where we merge music, movement and fun! Join Alex McLean, our spirited MC, as he kicks off the evening by showcasing memorable dance moves with our LIVE DJ. We’ll continue the evening with more music from all genres as we celebrate everything that epitomized the ’90s!

The ’90s brought us everything from the world wide web, the macarena, and grunge to P90X and Michael Jordan. Put your creative vibe on, gather your colleagues, friends and classmates to celebrate your favorite trends from the decade! Come dressed or representing one of the many fads and enjoy an evening of flashbacks!

There will be an area set up to take pictures with groups/friends to post live. There will also be a cash bar, light hors d’oeuvres and opportunity to network and meet up with speakers and attendees.
How Did We Do?
Quick speaker evaluations can be completed live, onsite during the sessions, using the conference mobile app. Within the app, click on the clipboard for that session (see page 11).
Additionally, a more detailed survey will be emailed to you post meeting, with a chance to win prizes for completed surveys. Please take a moment to complete it when it is delivered, as it helps us to improve the meeting each year.

Badges
Wear your conference name badge at all times, including preconferences, workouts, lectures and the expo. Access to the expo will be monitored by security and entrance will be denied without your official conference badge. If you lose your badge, check the ACSM registration desk. If it hasn't been turned in, you can purchase a replacement for $5.00.

Credit Hours

FOR SUMMIT ONLY
Continuing education credits will be provided post meeting to all registered attendees (see page 12).

ACSM CECs
The American College of Sports Medicine’s Professional Education Committee certifies that this continuing education offering meets the criteria for a maximum of 22.75 hours of ACSM continuing education credit.

ACE CEUs
Course Number: CEP191307
CEUs: 1.5 CEUs

FOR PRECONS ONLY
Additional hours are listed below just for the preconferences. Post meeting, you will have access to your online CECs:
- International Association for Worksite Health Promotion: Implementing Innovation: 8 CECs
- Keiser Indoor Cycling—Foundations: 8 CECs
- Training to the MAX: The Ultimate in Cardio and Resistance Exercise: 4.5 CECs
- FMS Level 1 Certification Course: 8 CECs
- RAD Mobility Level 1: 4 CECs
- ACSM/Exercise Connection Autism Exercise Specialist Certificate Workshop: 6 CECs

Industry-Presented Sessions

As part of its educational programming, ACSM’s International Health & Fitness Summit includes a selection of industry-presented sessions relevant to health and fitness practice. These industry-presented session submissions are reviewed by the Summit Program Committee using the same rigorous criteria as non-sponsored sessions. If accepted, these sessions are clearly marked as “industry presented” in all promotional material. This designation provides summit attendees with the context needed to evaluate the material that is presented. Summit participants are never unduly influenced to attend sponsored vs. non-sponsored sessions.

Consistent with ACSM’s long-standing policy, inclusion in summit programming does not imply ACSM’s endorsement of the presenting sponsor or any industry-presented content. The financial support of these and other sponsors helps keep the International Health & Fitness Summit affordable for attendees and contributes to an overall positive conference experience.
Industry-presented sessions will be seen in green font in the printed program.
Mobile App and Social Media

Download the ACSM Conferences and Meetings MOBILE APP!

Navigate the ACSM International Health & Fitness Summit like a pro with the ACSM Events mobile app by Core-apps, powered by Community Brands.

With the ACSM mobile app, you can:
• Stay organized with up-to-the-minute Exhibitor, Speaker and Event information
• Sync the app across all of your devices with Multi-Device Sync
• Receive important, real-time communications from ACSM
• Build a personalized schedule and bookmark exhibitors
• Locate sessions and exhibitors on the venue maps
• Find attendees and connect with your colleagues through Friends
• Stay in-the-know and join in on social media
• And much, much more!

Complimentary wifi is available in the meeting space, lobby, restaurants and in the guestrooms at the Hilton Atlanta.

Downloading the App is Easy!

SEARCH: The App Store or Google Play for “ACSM Conferences”

SCAN:

For All Other Device Types (including BlackBerry, Windows, and all other web-browser-enabled devices): While on your smartphone, point your mobile browser to www.core-apps.com/dl/acsm_events to be directed to the proper download version for your device.

Platform Compatibility: Android v4.4+, iOS v9+, and watchOS 2.0+

Should you have any questions, please contact support@core-apps.com

Presentation Outlines

To SAVE or PRINT session outlines in pdf format, go to: forms.acsm.org/summit2020. Outlines are also available on the mobile app. Presenters have also been given the opportunity to provide additional handouts or their presentation. If they have chosen to do so, you will also find this on the mobile app.

Get involved in the Summit – Join the conversation

Follow us on Twitter @ACSMNews #ACSMSSummit
Tag us on Instagram @ACSM1954 #ACSMSSummit

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What You Need to Know

1. **Workouts required pre-registration sign-ups**
   - All workouts required pre-registration and you need to show your name badge upon entry.
   - If you didn’t sign up for a workout ahead of time, but want to try to attend on site, feel free to wait in the stand-by line. If space permits, an ACSM attendant will admit individuals into the session on a first-come, first served, case by case basis. We cannot guarantee entry for those in the stand by line as real-time attendance is variable.

2. **CECs - an Important summit achievement for all registered attendees**
   - Approximately four weeks post meeting, we will send all attendees an email to access your certificate.
   - After receipt, you will be able to link online to the credits awarded for this meeting. (see pg. 10)
   - You can save and/or print your CEC certificate and will have access to it 24/7/365.

3. **Are you a first-time attendee?**
   - We have a session just for you on Thursday, March 12 at 4:30 p.m. in Room: 304
   - Members of the program committee will be there to walk you through a typical day in the program. Learn about navigating the meeting, schedules, mobile app tips and workouts session protocol.
   - Come with any questions you may have and meet new colleagues and friends!

4. **TWO Special Events not to miss**
   - Network with Industry Representatives, Program Committee Members and Speakers and Graduate School Programs Friday night at 7:00 p.m. in Galleria 5-6.
   - Trends and Memories from the 90’s: Saturday night at 7:00 p.m. in Grand Ballroom East

5. **Featured Lecture**
   - Friday at 1:30 p.m. Ted Vickey will present: Fitness Technology: Making it Work for Your Clients

6. **Hot Topic Panel Discussions (both with Q & A at the end)**
   - Activity Trackers: Should they Stay or Should they Go? A Point/Counterpoint Discussion Friday at 4:45 p.m. in Grand Ballroom East
   - Nutrition in the News: The Good, the Bad, and the Biased Saturday at 5:00 p.m. in Room 208-209

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2020 Lawrence A. Golding Student Health/Fitness Scholarship

**Whitney Allen**
Metropolitan State University of Denver

Join us at the start of the Larry Golding Keynote Lecture Saturday morning at 8:00 a.m. where the 2020 Lawrence A. Golding Student Health/Fitness Scholarship winner will be honored. Whitney has won a $1,000 scholarship from ACSM, complimentary registration to this year’s summit, as well as an ACSM Certification Exam Voucher.

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**IAWHP Reception**

Location: 302

Sponsored by: [HealthPartners](https://www.healthpartners.com)

You are invited to the International Association for Worksite Health Promotion (IAWHP) reception on Thursday, March 12 from 4:00-5:15 p.m. IAWHP is dedicated to serving and advancing the worksite health promotion practitioner and those interested in promoting a healthier worksite. All attendees are welcome to attend and learn more about IAWHP ([www.iawhp.org](http://www.iawhp.org)).
Beef gives you the nutrients your body needs and the taste you love! See how beef’s essential nutrients work to keep your body going.

**BEEF GIVES YOUR BODY MORE**

On average, a 3-ounce serving of cooked beef provides 175 calories and:

- **Protein**: 51% DV
- **B₁₂**: 41% DV
- **Zinc**: 39% DV
- **Selenium**: 38% DV
- **Niacin**: 25% DV
- **B₆**: 24% DV
- **Phosphorous**: 20% DV
- **Riboflavin**: 14% DV
- **Iron**: 14% DV
- **Choline**: 13% DV

**DID YOU KNOW?**

- Don’t be left unsatisfied. On average a 3-oz serving of beef provides half (25 g) of the Daily Value for protein, which is one of the most satisfying nutrients.
- Get your workout in! Exercise is more effective when paired with a higher-protein diet.

For recipes and more, visit BeefItsWhatsForDinner.com

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We offer a systems approach to movement for higher education institutions, fitness professionals, healthcare and performance specialists.

Stop by **booth 208** for exclusive ACSM H&F discounts and giveaways.
Keynotes

All keynote sessions will be held in Grand Ballroom East

Opening Keynote Lecture: Thursday, March 12, 5:30-6:30 p.m.

**Pearl Habits: The Most Direct Way to Improve Quality of Life**

Linda Fogg-Phillips, M.S., Director of Tiny Habits® Academy, Guest lecturer, Stanford University

You’ll learn from Linda Fogg-Phillips, the world’s leading expert in “Pearl Habits,” as she shares a breakthrough way to improve your clients’ quality of life. Research shows our overall happiness is degraded most not by devastating events but instead by the nagging irritations of everyday life. With this unique approach to the Tiny Habits method, you can help your clients (and yourself) turn the irritations of everyday life into uplifting, life-affirming outcomes.

Keynote Lecture: Friday, March 13, 8:00-9:15 a.m.

**The Astonishing Effects of Exercise on the Brain**

Wendy Suzuki, Ph.D., New York University, New York City, New York

We all know how exercise strengthens our body. In this talk, Professor of Neural Science and Psychology, author, speaker and entrepreneur Wendy Suzuki will describe the neuroscience underlying the immediate and long-term effects of regular physical activity on our brains. You will leave this presentation with a better understanding how and why even a single workout is good for our brain function today and how and why it can also protect our brain from aging and neurodegenerative disease states in the future.

Larry Golding Keynote Lecture: Saturday, March 14, 8:00-9:15 a.m.

**Best Workouts from Around the World**

Len Kravitz, Ph.D., University of New Mexico, Albuquerque, New Mexico

Discover several outstanding program designs from around the world that improve strength, hypertrophy, cardiovascular health and metabolic well-being. Len will also report about the qualities of the best fitness professionals throughout the world. A must-attend for personal trainers and fitness professionals seeking peak outcomes for their clients.

Highlighted Sessions

Featured Lecture: Friday, March 13, 1:30-2:45 p.m.

**Fitness Technology: Making it Work for Your Clients**

Ted Vickey, Ph.D., Point Loma Nazarene University, San Diego, California

The smartphone in your pocket right now has over 1 million times the computing power that NASA used to put a man on the moon in 1969. We use our phones countless times per day as alarm clocks, music players, GPS devices, communication devices, ways to stay connected using social media, and much much more. But what if we used that computing power to help our clients live a healthier life? During this workshop, participants will learn the history of disruptive health technology, ways to use this technology with their clients as well as some of the concerns and solutions when using technology. Let’s make better health for all our generation’s moon shot.

The Dr. Bortz Lecture: Saturday, March 14, 1:30-2:30 p.m. and Sunday, March 15, 10:00-11:00 a.m.

**Exercise and Bone Health: All It’s Cracked Up to Be?**

Wendy Kohrt, Ph.D., FACSM, University of Colorado Denver, Denver, Colorado

Physical activity is essential for bone health. The most compelling evidence for this is the rapid and profound bone loss that occurs during conditions of extreme physical inactivity (e.g., bed rest, limb immobilization). However, the optimal exercise prescription to increase or maintain bone mass and strength in adults remains uncertain. This lecture will discuss which components of an exercise program (i.e., mode, intensity, frequency, duration) are important for stimulating an anabolic response in bone, and will also present emerging evidence that exercise can invoke a potent catabolic skeletal response.
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ABC’s of Core Training

Lee Burton

Core training is utilized in everyone’s exercise training program. This type of training is often defined differently depending on the exercise professional or individual. During this session Dr. Burton will discuss the core’s purpose and function, thereby providing a better understanding on how certain exercises or activities impact the core. The focus of the session will be on how to select specific exercises or activities that will have the greatest impact in improving and enhancing core function. Dr. Burton will demonstrate exercises or drills that focus on self-awareness, breathing and motor control which positively influence core functioning.

Answering Controversial Topics Related to Mobility and Health

Kevin Hendry

RAD Roller’s Director of Education, Kevin Hendry, will discuss current controversies in the fields of injury rehabilitation and performance training and provide evidence based perspectives that have been informed by recent advancements in medical imaging technology. Examples include: Does posture matter? Can we positively affect the tissues of the body with a foam roller? Is manual therapy a good use of time in the process of rehabilitation of an injury? Can simply getting strong solve all of our mobility related ailments? This session will be a combination of lecture and movement based activities.

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

K Jason Crandall

Bingocize® is an evidence-based health promotion program that strategically combines exercise, health education, and the game of bingo. Investigations funded by the National institute on Aging and the U.S. Center for Medicare and Medicaid have shown the program is capable of improving functional performance, cognition, and health knowledge in older adults with varying levels of physical and cognitive abilities. The program is currently implemented in all types of older adult facilities using a mobile app or an offline version. A unique model is available to facilitate partnerships between older adult facilities and university staff and students.

Develop Essential Movement Skills for Youth Clients and Athletes

Mike Bracko

Participation in youth sports is increasing and there’s an increase in opportunities for kids to play traditional and non-traditional sports. Personal training and group classes for kids are hot. When training young athletes, they need to develop the key movement patterns before progressing to high levels of training. Movements such as acceleration/deceleration, jumping/landing, anti-rotation/core bracing, upper body push/pull, lower body bilateral movements, push-ups, squats, front plank, and back bridge are key to athletic development. Delegates will practice the movements and the objective evidence will bring it together for a fun and educational workshop.

Do It Right - Teaching Barbell Movements and Implementing a Premium Strength Program in Your Facility

Brad Roy, Kyle Kercher, Pete Ronai

We will provide hands-on workshops to provide attendees with Do It Right primary barbell 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.
Ergo-Energizer: How to Be Fit if You Must Sit

Peter Ronai

The average adult spends more than half the day sitting. Approximately 3.2 million deaths a year are related to physical inactivity, the 4th leading risk factor for global mortality. Employees spending extended hours at computer workstation can develop work-related musculoskeletal disorders (WMSDs) that can reduce productivity and are the most expensive form of work disability. During this practical/interactive workshop, participants will learn how to: identify and correct workstation design flaws contributing most to WMSDs, develop exercises for enhancing posture, mobility, stability and strength, and help workers who must sit, still be fit!

Exercise Prescription for Individuals with Chronic Pain

Cheryl King-VanVlack, Tarey Gillard

An oral powerpoint presentation on the physiological underpinnings of chronic pain followed by an ‘exercise class’ format for individuals with chronic pain (i.e. fibromyalgia, arthritis, post-injury, post-surgical, musculoskeletal including upper and lower back pain, etc) taking into consideration the underlying pathophysiological concepts.

Game on!

Aimee Nicotera

Incorporating play and games into your group fitness classes can add excitement and fun, as well as foster a positive perception of exercise with all ages and fitness levels! Learn how to effectively manage and organize groups, small and large, in order to add fitness focused play into your group programming. You will walk away with 20+ ideas ready to try tomorrow!

It’s More than Just a Selfie Shot: Making an Impact on Camera

Renee Rogers

A unique media training opportunity for fitness professionals to discover how a few small enhancements can make a big impact on camera. Participants will leave with practical tips for making a successful on-camera profile/exercise videos along with dynamic training on selling health and activity verbal messages both concisely and professionally.

Monitoring Fitness and Neuromotor Self-tests throughout the Lifespan

Carol Kennedy-Armbruster, Lee Burton

Is it necessary for fitness professionals to administer assessments or can we entrust our clients to perform basic self-tests they can evaluate through the lifespan? Two fitness/health professionals will explore simple screenings for fitness and functional movements in this workshop. The initial goals of health and fitness screenings are to categorize health, fitness, and movement possibilities. These categories can determine significant problems or give a green light to try movements that are more difficult. You will leave with 7-10 basic self-assessments to teach your clients/classes. This information will help you apply principles of fitness/neuromotor capacity over the lifespan.


Shannon Roentved

Unleash your inner rockstar in this cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Designed for all fitness levels, whether you’re a conditioned athlete or a beginner, POUND provides the perfect atmosphere for letting loose, getting energized, improving your health, and rocking out! Using Ripstix® lightly weighted exercise drumsticks, participants will learn how to transform drumming into an incredibly effective way of working out. In addition to providing a challenging way to train the body, participants will learn how POUND promotes positive mood, elicits confidence, enhances unity, and ultimately, inspires positive action in life. Participants will leave this session with an understanding of POUND’s effect on the mind, body, and inner rockstar.

Programming Considerations: Mechanics Matter!

Mitch Nienhuis

With the growing popularity of social media in the fitness industry, there is a seemingly limitless supply of exercises and variations a personal trainer can choose from. Unfortunately, many of these movements are less than effective based on training goals and can even increase the risk for injury. In this session, Mitch will dig into some common exercise movements, provide some variations, and convey the importance of being precise in your exercise selection and coaching.
Stack the Deck for Success: Keeping Recreational Runners Healthy

Janet Hamilton

Janet will share with participants the tools she has used to successfully coach recreational runners to success in distances from 5k up to 100 mile ultra-marathons over the course of over 20 years as a distance running coach. The focus on proper pace guidance during training is a key element that is under appreciated by the novice runner. Participants will practice using the movement screening tools, to identify issues of limited mobility or stability and will also learn basic interventions that have been successful in alleviating running injuries that are addressed at the earliest stages.

The Evolving Paradigms of Stretching

David Behm

Presentation will involve an initial lecture on the advantages and disadvantages of static and dynamic stretching within a warm-up. Primarily, I wish to highlight how the past 20 years of static stretching research has many limitations and thus static stretching should still be an important part of the warm-up if incorporated into a full dynamic warm-up.

The New Art of Circuit Mastery (Mini-Workshop)

Michael Piercy

Become a circuit programming Sensei! In this session, Mike will discuss techniques and tools to integrate unique and effective programming concepts and equipment to take your circuits to the next level no matter your population. Learn ways to create implement and coach circuit programming as well as formats that you can use in any setting. Learn the secrets to building fun and effective circuit programming along with some of the best modalities that can put a burst of energy into your circuits.

Tiny Habits® Workshop

Linda Fogg-Phillips

Learn from leading experts about how behavior change really works. By attending this exclusive Tiny Habits® workshop, you will gain skills you can use immediately in your work to create habits that are effective and sustainable. All workshop attendees will walk away with practical skills, including: How to explain the three components of human behavior in two minutes. How to apply the Tiny Habits Method and design your own Tiny Habits recipes. How to create feelings of success that will lead to transformations in how people live every day. Upon completion of the workshop, you will have fulfilled half of the class time required to obtain your Certification in the Tiny Habits Method. While Tiny Habits Certification after the workshop is optional, when you complete your Certification, you will learn how to use the Tiny Habits method in your practice to help your clients achieve the success in habit formation and behavior change that has eluded them for so long.

Turn Down for What? Optimizing Music Use during Exercise (Mini-Workshop)

Jasmin Hutchinson

Music can enhance the exercise experience in a number of ways. The benefits of music listening during exercise include more positive mood, reduced discomfort/fatigue, enhanced performance, faster recovery, and increased adherence. This session will offer a brief overview of empirical evidence supporting the positive effects of music during exercise, followed by practical tips and recommendations for leveraging the power of music and constructing optimal playlists to maximize exercise performance and participation.

Presentation Format Descriptions

Lecture (60 min.): Classroom style presentation of lecture accompanied by PowerPoint slides.

Interactive Workshop (1.5 hr.): Movement-based session with lecture material interwoven throughout the presentation. More than 50% of the session is spent in movement mode, so participants learn and practice the concepts introduced in the session.

Mini-Workshop (60 min.): Interactive Workshop done in 1 hour instead of 1.5 hr.

Master Class Workout (60 min.): Movement-based session to provide participants with the opportunity to experience well-designed workouts in a variety of different formats.
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Start your 30-day free trial.
www.trainerize.com
Thursday, March 12, 2020

8:00 a.m.-5:00 p.m.
PRECON: FMS Level 1 Certification Course
Lee Burton
Room: 208-209

PRECON: Keiser Indoor Cycling: Foundations
Linda Webster
Galleria 1

8:00 a.m.-5:15 p.m.
PRECON: International Association for Worksite Health Promotion: Implementing Innovation
Jason Lang
Talya Williams
Joel Spoonheim
Room: 302

8:30 a.m.-4:00 p.m.
PRECON: ACSM/Exercise Connection Autism Exercise Specialist Certificate Workshop
David Geslak
Room: 213-214

9:30 a.m.-2:30 p.m.
PRECON: Training to the MAX: The Ultimate in Cardio and Resistance Exercise
Trisha VanDusseldorp
Len Kravitz
Tony Nunez
Room: Galleria 5-6

12:00-4:00 p.m.
PRECON: RAD Mobility Level 1
Kevin Hendry
Room: 206-207

2:45-4:15 p.m.
Student Accelerator: Building Skills for Success
Deborah Riebe
Christopher Cleary
Brad Roy
Keli Roberts
Room: 304

4:30-5:15 p.m.
First-Time Attendee Session
Deborah Riebe
Paul Gallo
Room: 304

5:30-6:30 p.m.
Keynote: Pearl Habits: The Most Direct Way to Improve Quality of Life
Linda Fogg-Phillips
Room: Grand Ballroom East

6:30-8:00 p.m.
Expo Welcome Reception and Giveaways!
Room: Grand Ballroom West

Friday, March 13, 2020

6:30-7:30 a.m.
Workout: Counterflow Yoga Summer Sides
Room: Galleria 4

Workout: Get LIIT on the Dance Floor
Alex McLean
Room: Galleria 2

Mini-Workshop: The New Art of Circuit Mastery
Michael Piercy
Room: Galleria 5-6

8:00-9:15 a.m.
Keynote: The Astonishing Effects of Exercise on the Brain
Wendy Suzuki
Room: Grand Ballroom East

9:30-10:30 a.m.
Son 5: Five Worksite Wellness Pros Share Their Best Programs 1X
Reed Engel
Barry Roa
Philip Smeltzer
Lauve Metcalfe
David Brown
Room: 206-207
After School Physical Activity Programs: A Unique New Business Opportunity for Fitness Professionals 1X
Walt Thompson
Room: 213-214

Exercise Doesn't Play Fair
Beth Taylor
Room: Galleria 5-6

Is it Science or Sensationalism? Reading Through the Headlines to Fuel Optimal Performance
Jim White
Room: Grand Ballroom East

Making it Personal: How to use Personality to Prescribe Exercise
Annmarie Chizewski
Room: 304

The Exercise is Medicine® Solution- Integrating Technology to Optimize Fitness Programming- The EIM-OC Technogym Trial 1X
Renee Jeffreys-Heil
Carena Winters
Room: 302

President’s Lecture: Dosing Exercise for Heart Heath, Does Intensity Matter? 1X
William Kraus
Room: 208-209

Shannon Roentved
Room: Galleria 4

Workout: Spartan Strong
Aimee Nicotera
Room: Galleria 2

10:45-11:45 a.m.
Breaking News: Evolving Field of Health and Wellness Coaching 1X
Gary Sforzo
Margaret Moore
Room: 302

Fueling Women’s Health at the Critical Stages of Life
Jessica Crandall Snyder
Room: 304

Technology and Lifestyle for Weight Management Treatment: Challenges, Gaps, and Promising Opportunities
Renee Rogers
Room: Grand Ballroom East

Workout: Happy Hips
Linda Webster
Room: Galleria 2

Workout: Keiser Indoor Cycling: Taking on the Tech Challenge
Karen Peterson
Room: Galleria 1

Workout: Total Body Tabata
Stephanie Cooper
Room: Galleria 4

10:45 a.m.-12:15 p.m.
Workshop: ABC’s of Core Training
Lee Burton
Room: 208-209

Workshop: Do It Right - Teaching Barbell Movements and Implementing a Premium Strength Program in Your Facility – Low Velocity
Pete Ronai
Kyle Kercher
Brad Roy
Room: Galleria 5-6

Workshop: Stack the Deck for Success: Keeping Recreational Runners Healthy 1X
Janet Hamilton
Room: 206-207

Workshop: Tiny Habits® Workshop
Linda Fogg-Phillips
Room: 213-214

11:30 a.m.-3:00 p.m.
Expo Open - Giveaways Each day! Drawing 1:15 p.m.
Refreshments served 12:15-1:00 p.m.
Room: Grand Ballroom West

1:30-2:45 p.m.
Featured Lecture: Fitness Technology: Making it Work for Your Clients 1X
Ted Vickey
Room: Grand Ballroom East

3:00-4:00 p.m.
Clean Eating: Unintended Consequences for Active People
Nancy Clark
Room: Grand Ballroom East

Lessons Learned from Managing 80,000 Lifestyles Around the Globe 1X
Jae Kullar
Melanie Poudevigne
Jessica Shigley
Room: 304

Workout: Let the Beat Drop
Tricia Madden
Lauren George
Room: Galleria 2
Workout: The Olympic Circuit  
*Alex McLean*  
Room: Galleria 4

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

Workshop: Answering Controversial Topics Related to Mobility and Health  
*Kevin Hendry*  
Room: 206-207

Workshop: Develop Essential Movement Skills for Youth Clients and Athletes  
*Mike Bracko*  
Room: Galleria 5-6

Workshop: Exercise Prescription for Individuals with Chronic Pain  
*Cheryl King-VanVlack Tarey Gillard*  
Room: 208-209

Workshop: It’s More than Just a Selfie Shot: Making an Impact on Camera 1X  
*Renee Rogers*  
Room: 302

Workshop: Programming Considerations: Mechanics Matter!  
*Mitch Nienhuis*  
Room: 213-214

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

Get Certified! Which ACSM Certification is Right for you? 1X  
*Yuri Feito*  
Room: 213-214

Hot Topic Panel: Activity Trackers: Should they Stay or Should they Go? A Point/Counterpoint Discussion 1X  
*Mary Yoke (moderator) Stephanie Cooper Ted Vickey Renee Rogers*  
Room: Grand Ballroom East

How Fitness Technology has Transformed the Role of a Personal Trainer—and How to Stay Ahead  
*Sharad Mohan*  
Room: 304

Microbiome, Macros and Metabolism: What Fitness Professionals Need to Know About Feeding The Inside Tract  
*Corrie Whisner*  
Room: 208-209

Workout: Keiser Indoor Cycling: Interactive Games (repeat)  
*Karen Peterson*  
Room: Galleria 1

Workout: MASHUP: MindBody, Agility and Strength, HIIT  
*Jacquese Silvas Barbie Brown*  
Room: Galleria 4

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

Workshop: Game on!  
*Aimee Nicotera*  
Room: 206-207

Workshop: Monitoring Fitness and Neuromotor Self-tests throughout the Lifespan 1X  
*Lee Burton Carol Kennedy-Armbruster*  
Room: 302

**5:00-7:00 p.m.**

Expo Open! Giveaways! Drawing 6:45 p.m.  
Refreshments available 5:15-6:00 p.m.  
Room: Grand Ballroom West

**7:00-8:30 p.m.**

Networking Event: Future Pathways for your Career and Education  
Refreshments available  
Room: Galleria 5-6

Saturday, March 14, 2020

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

Workshop: Game on! (repeat)  
*Aimee Nicotera*  
Room: Galleria 5-6

Workshop: Pound.Rockout.Workout. 1X  
*Shannon Roentved*  
Room: 208-209

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

Workout: Keiser Indoor Cycling: Rush, Rhythm and Ride!  
*Karen Peterson*  
Room: Galleria 1
8:00-9:15 a.m.

Larry Golding Keynote: Best Workouts from Around the World
Len Kravitz
Room: Grand Ballroom East

9:30-10:30 a.m.

Why Do We Seem So Confused about Exercise and Appetite?
Barry Braun
Room: Grand Ballroom East

Balancing Technology with the Human Touch to Promote Exercise is Medicine: Lessons Learned from Clinical Practice
Robert Scales
Reed Humphrey
Room: 208-209

Calling All Young Professionals! Tips and Advice for Succeeding in Your Career 1X
Wendy Mastin
Lauren Korzan
Room: 302

Clean Eating: Unintended Consequences for Active People (repeat)
Nancy Clark
Room: 213-214

Exercise Doesn’t Play Fair (repeat)
Beth Taylor
Room: 304

Workout: Get LIIT on the Dance Floor (repeat)
Alex McLean
Room: Galleria 4

Workout: Keiser Indoor Cycling: Taking on the Tech Challenge (repeat)
Linda Webster
Room: Galleria 1

Workout: Spartan Strong (repeat)
Aimee Nicotera
Room: Galleria 2

Mini-Workshop: The New Art of Circuit Mastery (repeat)
Michael Piercy
Room: Galleria 5-6

10:45-11:45 a.m.

Is it Science or Sensationalism? Reading Through the Headlines to Fuel Optimal Performance (repeat)
Jim White
Room: 302

Making it Personal: How to use Personality to Prescribe Exercise (repeat)
Annmarie Chizewski
Room: 304

Online Training: How to Grow Your Coaching in a Digital Landscape
Trevor Bennion
Room: Grand Ballroom East

Workout: Keiser Indoor Cycling: Rush, Rhythm and Ride! (repeat)
Karen Peterson
Room: Galleria 1

Workout: Total Body Tabata (repeat)
Stephanie Cooper
Room: Galleria 2

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

Workshop: ABC’s of Core Training (repeat)
Lee Burton
Room: 208-209

Workshop: Ergo-Energizer: How to Be Fit if You Must Sit
Peter Ronai
Room: 206-207

Workshop: The Evolving Paradigms of Stretching
David Behm
Room: Galleria 5-6

Workshop: Tiny Habits® Workshop (repeat)
Linda Fogg-Phillips
Room: 213-214

11:30 a.m.-2:30 p.m.

Expo Open - Closing Day Giveaways! Drawing 1:15 p.m.
Refreshments available 12:15-1:00 p.m.
Room: Grand Ballroom West
Sat., March 14, 2020 (continued)

1:30-2:30 p.m.
The Bortz Lecture: Exercise and Bone Health: All It’s Cracked Up to Be?
Wendy Kohrt
Room: 213-214

Exercise and Mental Health: Are Activity Trackers Helpful or Harmful?
Stephanie Cooper
Room: Grand Ballroom East

Microbiome, Macros and Metabolism: What Fitness Professionals Need to Know About Feeding The Inside Tract (repeat)
Corrie Whisner
Room: 206-207

Standardization of Community-based Supervised Exercise Programs: a Pathway to Provider Engagement
James Groves
Timothy Marshall
Room: 302

Why Do We Seem So Confused about Exercise and Appetite? (repeat)
Barry Braun
Room: 304

Workout: Body Weight Barre
Lauren George
Tricia Madden
Room: Galleria 2

Workout: Strength and Flow
Keli Roberts
Room: Galleria 4

1:30-3:00 p.m.
Workshop: Develop Essential Movement Skills for Youth Clients and Athletes (repeat)
Mike Bracko
Room: Galleria 5-6

Workshop: Programming Considerations: Mechanics Matter! (repeat)
Mitch Nienhuis
Room: 208-209

3:15-4:15 p.m.
Tradeoffs of Paleo, Gluten-Free, and Vegan Diets for Active Individuals
Lynn Cialdella-Kam
Room: 302

3:15-4:45 p.m.
Workshop: Answering Controversial Topics Related to Mobility and Health (repeat)
Kevin Hendry
Room: 206-207

Workshop: Do It Right - Teaching Barbell Movements and Implementing a Premium Strength Program in Your Facility – High Velocity
Brad Roy
Pete Ronai
Kyle Kercher
Room: Galleria 5-6

Workshop: Exercise Prescription for Individuals with Chronic Pain (repeat)
Cheryl King-VanVlack
Tarey Gillard
Room: 208-209

5:00-6:00 p.m.
Fueling Women’s Health at the Critical Stages of Life (repeat)
Jessica Crandall Snyder
Room: 213-214

Hot Topic Panel: Nutrition in the News: The Good, the Bad, and the Biased 1X
Trisha VanDusseldorp (moderator)
Barry Braun
Lynn Cialdella-Kam
Nancy Clark
Room: 208-209
How Fitness Technology has Transformed the Role of a Personal Trainer—and How to Stay Ahead (repeat)
*Sharad Mohan*
Room: 206-207

Small Adaptations for a Big Impact: Training Individuals with Intellectual Disabilities 1X
*Monica Forquer*
Room: 302

The Value of Exercise is Medicine® through the Fitness Professional Lens 1X
*Brad Roy*
*Robyn Stuhr*
Room: 304

Workout: Counterflow Yoga (repeat)
*Summer Sides*
Room: Galleria 2

Workout: MASHUP: MindBody, Agility and Strength, HIIT (repeat)
*Jacquese Silva*
*Barbie Brown*
Room: Galleria 4

7:00-8:30 p.m.

Trends and Memories from the 90s Party!
Room: Grand Ballroom East

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**Sunday, March 15, 2020**

6:45-7:45 a.m.

Workout: Body Weight Barre (repeat)
*Tricia Madden*
*Lauren George*
Room: Galleria 2

Workout: The Olympic Circuit (repeat)
*Alex McLean*
Room: Galleria 1

Workout: Top 10 Active Recovery Movements (ARMs) for Interval Classes (repeat)
*Linda Webster*
Room: Galleria 4

8:15-9:15 a.m.

Exercise and Mental Health: Are Activity Trackers Helpful or Harmful? (repeat)
*Stephanie Cooper*
Room: 213-214

Standardization of Community-based Supervised Exercise Programs: a Pathway to Provider Engagement (repeat)
*James Groves*
*Timothy Marshall*
Room: 302

Mini-Workshop: Turn Down for What? Optimizing Music Use during Exercise (repeat)
*Jasmin Hutchinson*
Room: 304

Workout: Strength and Flow (repeat)
*Keli Roberts*
Room: Galleria 2

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

Workshop: Ergo-Energizer: How to Be Fit If You Must Sit (repeat)
*Peter Ronai*
Room: 206-207

Workshop: The Evolving Paradigms of Stretching (repeat)
*David Behm*
Room: Galleria 5-6

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10:00-11:00 a.m.

The Bortz Lecture: Exercise and Bone Health: All It’s Cracked Up to Be? (repeat)
*Wendy Kohrt*
Room: 208-209

Balancing Technology with the Human Touch to Promote Exercise is Medicine: Lessons Learned from Clinical Practice (repeat)
*Reed Humphrey*
*Robert Scales*
Room: 302

Online Training: How to Grow Your Coaching in a Digital Landscape (repeat)
*Trevor Bennion*
Room: 304

Technology and Lifestyle for Weight Management Treatment: Challenges, Gaps, and Promising Opportunities (repeat)
*Renee Rogers*
Room: 213-214

Tradeoffs of Paleo, Gluten-Free, and Vegan Diets for Active Individuals (repeat)
*Lynn Cialdella-Kam*
Room: 206-207
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Expo Hours

**Thurs., March 12**
6:30-8:00 p.m.
Reception in Exhibit Hall

**Fri., March 13**
11:30 a.m.-3:00 p.m.,
5:00-7:00 p.m.
Drawings 1:15 p.m. and 6:45 p.m.

**Sat., March 14**
11:30 a.m.-2:30 p.m.
Drawing 1:15 p.m.

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*Exhibit Hall Giveaways*

**Prizes Given Away Daily!**

Fill up your charity bag and return to ACSM’s booth #100 to receive a raffle ticket. Must be present to win!
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New this year!

Push-up challenge

Winners on Friday and Saturday will receive a PEAMS® mat.

Charity Event

Stuff a bag for charity to support After School All Stars plus be entered to win some great prizes! Please visit participating exhibitors to collect school supplies. When all items have been collected, please drop your bag off at ACSM’s Certification and Membership booth (#100) to receive a raffle ticket. Bags available at the ACSM booth (#100). SOCKS!! Once again, we will be collecting socks. This year, we are in need of socks for toddlers, children and teenagers. Please bring a new pair of socks to receive an additional raffle ticket. Socks can be dropped off at ACSM’s Advocacy booth (#115).

Atlanta After-School All-Stars

The efforts of Atlanta After-School All-Stars are geared toward middle schools in which 95% or more of the students qualify for free or reduced lunch. This decision reflects the fact that middle school children in Atlanta were largely underserved by other community programs. Atlanta After-School All-Stars offers first-rate, after-school programs to over 3,000 students every school day and even during the summer. Be sure to follow the Atlanta After-School All Stars drum line at the conclusion of the opening keynote to the exhibit hall and enjoy a performance from their dance group as well as light refreshments.
ACSM offers professional fitness certifications to support a variety of your clients’ health and fitness needs ranging from prevention to supporting those with health risks.

ACSM’s Member Service Center is your one-stop resource for information on ACSM membership, programs, and benefits. ACSM staff will be available to answer your questions throughout the meeting.

ACSM supports evidence-based public policy that encourages healthy lifestyles and the safe enjoyment of sports and other physical activities. In addition, ACSM’s members serve as expert resources for federal, state and local policy makers, ensuring that decisions are founded on the latest research.

Need advice for shooting a video on your smart phone, updating your professional Instagram bio or using LinkedIn to network your way into your dream job? Stop by the ACSM Social Media Resource Booth! ACSM’s social media manager, as well as ACSM professional members who are social media savvy, will be prepared to answer your burning questions about how using social media can boost your fitness career. You can also try out some tools that will help you create content that pops on social media, and learn about resources such as apps and online tools that will make creating and editing content a breeze.

Healthy Learning is a leading educational, multimedia publisher offering a robust library of digital and hard copy DVDs and books, as well as the host of the ACSM Store online and onsite.

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Mark your calendar now for next spring in Arlington, Virginia (Washington, D.C.). You will be first on our mailing list to receive the programming information this fall. Stay tuned to www.acsmsummit.org for updates on future programming! If you are interested in submitting a proposal to present at the 2021 summit, go to ‘Session Proposals’ under the program tab via the conference website. **Deadline: May 8, 2020**

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