

Friday | August 12

HEALTH & NUTRITION STAGE

Session Name	Sponsor	Start Time	End Time	Presenter	Session Description
Why your whole day matters: Sweat, Step, Sleep, Sit	ParticipACTION	12:00PM	12:40PM	Natalie Toman	We place much emphasis on the few hours that individuals (yourself or clients) spend in a dedicated fitness session. But what if we told you that the key to physical fitness success depends on a full 24-hour cycle? The time spent outside a training session is just as critical. Learn how to harness a fully integrated day of Sweat, Step, Sleep and Sit to enhance mental, physical and social wellness in yourself and others.
Protein, Power & Performance	ALLO	12:50PM	1:30PM	Abby Langer	Protein is one of the most important macronutrients for building muscle and is essential for properly fueling your workouts, but knowing when and how much protein intake is optimal can be complicated. In this session registration dietician and nutrition consultant Abby Langer will review the latest in protein intake timing and offer new solutions for increasing your protein intake throughout the day with Allo protein for hot coffee.
Best Ways to Fuel for Optimal Sport Performance	One Day to Wellness	1:45PM	2:45PM	Bruce and Mindy Mylrea	Whether your students and clients are weekend warriors, triathletes, or just lovable gym rats the #1 question we are asked as fitness pros is what should I be eating and drinking for optimal performance before, during, and after my workout. Bruce will disseminate the most current information on best evidence based fueling practices
Healthy Gut, Brain, Nutrition		3:00PM	4:00PM	David Lee	Are you experiencing or have you in the past experienced bloating, too much gas, acid reflux, indigestion, cramping, constipation, low energy after eating, chronic fatigue, lack of mental clarity and brain fog. Well, in this course you will learn how to use good quality probiotics, enzymes and your own home made probiotic culture kombucha drink that will alleviate many of the mentioned symptoms. Also, you will learn how to choose certain whole foods and recipes that really help the "gut" and keep your immune system strong.
Sugar Strike		4:15PM	5:15PM	Tosca Reno	Sugar can have some serious and devastating effects on health. Learn how to break-up with sugar and improve your health.
Exercise and Nutrition for Mental Health		5:30PM	6:30PM	Igor Klibanov	We know that exercise in general is good for mental health. But what are the specific mechanisms in which it affects your mood? What about specific protocols for different conditions, like anxiety and depression? After all, doesn't it make sense to tailor the exercise to the specific condition? In this presentation, you'll learn how to do just that.

ACTIVITY STAGE

Session Name	Sponsor	Start Time	End Time	Presenter	Session Description
Let's Socasize!	Socasize	12:00PM	1:00PM	Ayanna Lee Rivers	Experience an exhilarating dance fitness class that creatively blends authentic Caribbean and African dance techniques, in harmony with effective fitness moves, resulting in a unique, non-judgmental and fun, one-of-a-kind dance fitness workout. In this session you will also learn about Socasize's signature formula.

READY – SWEAT – GO!	STRONG Nation™	1:15PM	1:45PM	Amanda Grant and Zuleidi Rodriguez	Start torching and toning now! Try the revolutionary total-body STRONG Nation workout A FULL-BODY TRANSFORMATION, FUELED BY MUSIC Experience the HIIT workout driven by music that helps students reach – and crush – their fitness goals. Cardio and muscle-conditioning routines are synced to original music customized to match every single move. Every squat, every lunge, every burpee is driven by the beat. So instead of counting reps, students can push past their limits, burn more calories, and get results faster. Burn more calories in a HIIT workout that combines cardio and muscle-conditioning moves, using just your body weight, all perfectly synced to the beat of high-energy music. LETS DO THIS!
Just2Sweat HIIT and Mix		2:00PM	2:45PM	Nike Charles	Join this 45 min interval training style with advanced and modified options available. The first 5 minutes for warm-up, 35 minutes of SWEAT, then 5 minutes cool down.
Split Down The Middle - Rebuild Your Post-Partum Core		3:00PM	3:45PM	Janette Yee	100% of pregnancies result in Diastasis Recti. Though 2/3 of these resolve by 6 months postpartum, protection and retraining of the core is imperative to positive recovery outcomes. With most postpartum athletes having a stronger relationship with their fitness professionals over their therapists, it's imperative that we learn to safely assess and prescribe rehabilitative exercises.
H.I.I.T. that CORE		4:00PM	5:00PM	Jay Raymundo	Learn about the benefits of Core HIIT training and how to build a waiting list for your fitness classes. We will break down the difference between having six pack abs and functional core strength - and how to combine both in a fat burning HIIT session.
Cultural Cardio		5:15PM	6:00PM	Cher Obediah	Cultural Cardio is an aerobics class that blends in the fun Powwow movements of Womans Fancy Shawl. This full body workout jams to mainstream music using the HIIT formula to maximize your metabolism and get your feet and heart hopping. Before we cool down we power through one Powwow song together using the 5 moves we just learned. It's fun, easy to follow and filled with awesome Cultural content. No shawls required, all ages and fitness levels welcome.
CALM SPACE: A Soothing Yoga Practice		6:10PM	6:45PM	Lisa Greenbaum	CALM SPACE: A SOOTHING YOGA PRACTICE is the ultimate Yoga focused class to release stress and tension from your body through deep and longer held stretches. Helping you calm your nervous system, improving sleep and well-being through guided meditation and Yoga based breathing practices. Quiet your mind while cultivating the nourishing aspects of Yin and Restorative Yoga.

LECTURE STAGE

Session Name	Sponsor	Start Time	End Time	Presenter	Session Description
C- Sections: The Forgotten Sports Injury		12:00PM	12:20PM	Janette Yee	C-Sections have become a new norm and oftentimes are associated with suboptimal public perinatal healthcare. Janette Yee is a perinatal athletic therapist best known for her two groundbreaking online cesarean birth recovery programs.
SPLIT-SECOND COURAGE: What if your fears were the keys to your dreams?		12:30PM	1:15PM	Christine Conti	Go ahead and quit! Be an imposter! Embrace your inner loser! You read that right! It's time to rethink the way you look at the world! Do you desperately crave the secrets to transform your life? Look no further! In this session, Christine will reveal some of the powerful tools used to grow your SPLIT-SECOND COURAGE needed to charge headfirst into your fears!
A Holistic Approach to Thyroid Health		1:45PM	2:45PM	Parvin Zarrin Ph.D.	Join Dr. Parvin Zarrin as she outlines various signs and symptoms of thyroid conditions where symptoms are the voice and language of the body and should not be suppressed. Explore a holistic approach to thyroid health where dysfunction is the result of internal chaos and disharmony and the person is treated as a whole.

Flexibility and Mobility: The Hero of Size-Inclusive Fitness		3:00PM	3:50PM	Vera Schofield	A focus on weight loss has led us to dismiss the importance of movement fundamentals. This workshop will cover how flexibility and mobility can reduce risks of injury, increase strength and instill confidence in clients of all sizes. On top of that, Vera will share expertise on body neutrality, listening and respecting your clients boundaries, and creating variations for all bodies. Remember, bodies that bend, don't break!
Move The Body, Heal The Mind		4:00PM	5:00PM	Dr. Jennifer Heisz	Dr. Jennifer Heisz, a leading expert on the neuroscience of exercise and Director of the NeuroFit Lab at McMaster University, will discuss her new book MOVE THE BODY, HEAL THE MIND: Overcome Anxiety, Depression, and Dementia and Improve Focus, Creativity, and Sleep. Structured around Dr. Heisz's personal journey from sedentary scholar to triathlete, the book combines anecdotes, research, and case studies to explain how exercise and the brain are intertwined.
DO THE WORK -How to live life on your terms with no excuses.		5:15PM	6:00PM	Diva Richards	This powerful and motivational session will give you tips and strategies on how to improve daily productivity, train yourself to have a positive mindset on a consistent basis, and how to stay focused when unexpected life occurrences happen that might derail your mindset. We will break down motivation, consistency, and discipline. During the breakdown, you will learn how to apply them to your daily life and short/long-term goals. The intention of this session is not only to inspire you but to give you real-life tools to enhance your productivity in all areas of your life. The Do Work Method is more than just daily motivation, it is a clear plan of action for you to develop a winning mindset and to improve upon daily habits with direct motivation from Diva Richards herself.
Cell Preservation for Sports Medicine	Acorn	6:10PM	6:45PM	Dr. Drew Taylor	The most important ingredient in medicine will soon be our own cells. Studies show that our cells have the power to help regrow hair, replenish skin, repair damage, and even regenerate tissue. But the clock is ticking. As we age, so do our cells, and over time they become more damaged and less capable. This means that when we need our cells the most, they may be too old and ineffective to receive the full benefits of regenerative treatments. So how can we access our best cells? Cell preservation with Acorn.

Saturday | August 13

HEALTH & NUTRITION STAGE

Session Name	Sponsor	Start Time	End Time	Presenter	Session Description
Bars & Belles: Strength Training for Women		9:15AM	10:15AM	Cassandra Chin	We want to set the standard for women and change the myth that "lifting heavy will make me bulky." Strength training for Women is focused on building confidence in women to learn barbell movements and learn how to safely lift heavy.
Shame To Shine: Living Life from the Inside Out		10:30AM	11:45AM	Cher Obediah	
Top Foods for a Healthy Gut Microbiome	One Day to Wellness	12:00PM	1:00PM	Bruce and Mindy Mylrea	A healthy gut microbiome is an essential component for long term health. Your microbiome is a complex community of over 100 trillion microorganisms that have a diverse array of health consequences that have just recently been discovered by nutritional scientists. In this lecture, you will: 1. gain a working knowledge of your intestinal tract 2. learn about the most important foods to consume for a healthy microbiome 3. learn about the thousands of substances that can positively or negatively impact your microbiome

Adding Heart to Healthcare: A Doctor's Healing Journey	1:15PM	2:15PM	Dr. Mitchell Abrams	Join Dr. Abrams as he shares his personal story and insights gained from his life-threatening illness requiring open heart surgery. Explore emerging medical research, the pivotal role the heart plays in mindfulness, self care, and healthy thriving communities. Through music and art as tools to educate, heal and inspire, Dr. Abrams will introduce a new sustainable initiative that transforms participant's learning experience into tangible value that supports mental health and resilience education for communities in need.
No One is You - That's Your Superpower!	2:30PM	3:15PM	Kim Basler	Are you comparing yourself to others, or afraid to show up, because of thoughts you believe to be true? Have you ever considered that maybe the reasons you feel you CAN'T are precisely the reasons why you SHOULD! Join Kim and discover why being YOU is no accident!
The Inclusive and Anti-Diet Culture Approach	3:30PM	4:15PM	Damali Fraiser	You may have heard of Diversity, Equity and Inclusion but have you heard of inclusive coaching? In this presentation, we will explore what inclusion looks like in the fitness industry. Maybe you're not sure what anti-diet culture really is. We will define inclusive coaching, anti-diet culture and how coaches use compassion to guide their approach to fitness for a more welcoming experience for all bodies. Finally, let's chat about how to decide if an anti-diet culture coach is the right choice for you.
Love The Skin You Are In	4:30PM	5:15PM	Camille Jones	With her continued passion for wellness, fitness and health, Camille is all about normalizing and loving the ever changing woman's body, building on self care, self love and active living for your every day mompreneur/woman in business. It's all about removing those limiting beliefs that distract, cause procrastination and start creating consistency, life long habits guided through the development of having an attitude of gratitude and taking action, without comparison unapologetically." The power of self care/love is all about looking in the mirror and love what you see from the inside out in every season of life.

ACTIVITY STAGE

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READY – SWEAT – GO!	STRONG Nation™	9:30AM	10:30AM	Amanda Grant and Zuleidi Rodriguez	Start torching and toning now! Try the revolutionary total-body STRONG Nation workout A FULL-BODY TRANSFORMATION, FUELED BY MUSIC. Experience the HIIT workout driven by music that helps students reach – and crush – their fitness goals. Cardio and muscle-conditioning routines are synced to original music customized to match every single move. Every squat, every lunge, every burpee is driven by the beat. So instead of counting reps, students can push past their limits, burn more calories, and get results faster. Burn more calories in a HIIT workout that combines cardio and muscle-conditioning moves, using just your body weight, all perfectly synced to the beat of high-energy music. LETS DO THIS!
Body Weight Only Bootcamp		10:45AM	11:45AM	Jesse Thomas	No equipment? No problem! You can take this workout anywhere, from the studio to the park to the beach. No equipment workouts mean little set up time, low overhead and it can work for any fitness level. Come see how to incorporate strength, cardio and core training in one equipment free workout.
Towel Fusion		12:00PM	1:00PM	Karla Medina	A high energy class that uses a rally towel to motivate your team through a versatile workout that fuses together HIIT training, Kickboxing, Yoga and Dance.
ZUMBA GOLD®	ZUMBA®	1:05PM	1:35PM	Andrea Sandhu	A Workout Active Older Adults Want and Enjoy! There's no age limit to Join the Zumba Party!

Soca Dance Fitness	1:45PM	2:45PM	Shakera Martin	Carnival Spice is an award-winning fitness and entertainment company devoted to showcasing and elevating Caribbean Carnival arts. They will be leading Soca Dance for the canfitpro Global Conference & Trade Show - so get ready for endless vibes and a great sweat! Soca Dance with Carnival Spice will fuse soca and dancehall music through an energy filled fitness experience that will strengthen the entire body. Bring your flag or your towel to wave!
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BMI (Body Mind Improvement)	3:00PM	3:45PM	Barbara Klein	Experience the successful, international program "Body Mind Improvement" under the guidance of its inventor Barbara Klein. BMI improves endurance, coordination and strength in just one training session. You decide how intensely you want to work, because you always remain at 70% of your maximum performance! and thus give your body optimal training incentives.
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Hot Booty Ballet	Hot Booty Ballet	4:00PM	5:00PM	Suaad Ghadban	Hot Booty Ballet™ is a new, dynamic program that's proven to give you a firm and perky posterior! Created by instructor Suaad Ghadban, Hot Booty Ballet™ builds on traditional ballet conditioning to lengthen and strengthen muscles, lift your heart rate, increase your metabolism and help you look and feel amazing. This class stands out in the barre fitness genre due to the integration of resistance training, using Booty Bands, and great music that gets every participant sweating to the beat!
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LECTURE STAGE

Session Name	Sponsor	Start Time	End Time	Presenter	Session Description
2022 canfitpro Natural Championships	CPA	10:00AM	4:00PM	CPA Presenters	