

HOW TO READ THE PROGRAM AT A GLANCE

this is the session code
A = Friday, B = Saturday, C = Sunday
The number indicates the time period of the day.
The last letter indicates the strand.

the type of session
(for example, lecture, plenary, and so on).
See right for more

grey bars are breaks between sessions.
These are great times to visit the Australian Fitness Expo

Strand	Business
10:30am – 12pm	A1A ▶ Healthy people, healthy planet L Phillip Mills (p11)
12 – 1:30pm	BREAK
Strand	Business
1:30 – 3pm	A2A ▶ Hunt, gather & develop top level performers L Donna Hutchinson (p11)

the strand

the page number to see for a detailed session description

the name of the session

the session presenter

SESSION TYPES:
L – Lecture
WS – Workshop
OD – Outdoor
SS – Super Session (2 parts)
IL – Interactive Lecture
MC – Master Class
P – Plenary
PA – Panel
S – Shallow
D – Deep water
L1 – General (content suitable for all delegates)
L2 – Intermediate to advanced (content may contain complex choreography and advanced techniques)

FILEX 2009
PROGRAM AT A GLANCE



FRIDAY 17 APRIL 2009

8:30 – 10am	Room: Parkside Auditorium ▶ Keynote Address ▶ Get out of the PIT! ▶ Terry Hawkins																				
10 – 10:30am	BREAK																				
Strand	Business	Business	Business	PT Business	PT	PT	PT	PT Prac	Outdoor	Group Exercise	Group Exercise	Group Exercise	Cycling	Mind Body	Mind Body	Nutrition	Specialty		Spa & Wellness	Aqua	Aqua
10:30am – 12pm	A1A ▶ Healthy people, healthy planet L Phillip Mills (p11)	A1B ▶ Sales and marketing secrets for the independent club L Emmett Williams & Dave Wright (p11)	A1C ▶ The 6 keys to running a successful fitness business WS Justin Tamsett (p11)	A1D ▶ Strategic planning for PTs & their managers L Krista Popowych (p16)	A1E ▶ Nutrient timing: the future of peak performance L Dr Len Kravitz (p16)	A1F ▶ Sacroiliac joint: form to function L Donal Carr (p16)	A1G ▶ Pulling technique: shoulder or elbow first? L Mark McKean (p16)	A1H ▶ TRX® Suspension Fitness Training for functional strength WS Fraser Quelch (p16)	A1I ▶ Inspire Core Camp™ 4 KIDS OD Joe Waide (p16)	A1J ▶ Boedtylicious step WS L2 Steve Boedt (p23)	A1K ▶ Sculptured HiLo MC L1 Effe Diamond (p23)	A1L ▶ PUNCHFIT powerhouse boxing WS Bruce Townhill (p23)	A1M ▶ Words that affect WS Claire Norgate (p27)	A1N ▶ Metaphors for movement MC Liz Guilhaus (p31)	A1O ▶ Synergy Moves MC Lesley Gray (p31)	A1P ▶ Star foods L Dr Joanna McMillan-Price & Judy Davie (p37)	A1Q ▶ Women's fitness ages & stages L Lisa Westlake (p16)		A1S ▶ The authentic spa L Susanne Nelson (p13)	A1U ▶ Australian Fitness Expo time – Aqua Delegates	A1V ▶ Probing the depths WS D Jennifer Schembri-Portelli (p34)
12 – 1:30pm	LUNCH & AUSTRALIAN FITNESS EXPO TIME																				
Strand	Business	Business	Business	PT Business	PT	PT	PT Prac	PT Prac	Outdoor	Group Exercise	Group Exercise	Group Exercise	Cycling	Mind Body	Mind Body	Nutrition	Specialty	Prof. Development	Spa & Wellness	Aqua	Aqua
1:30 – 3pm	A2A ▶ Hunt, gather & develop top level performers L Donna Hutchinson (p11)	A2B ▶ Use your profit centres to increase sales & profitability L Steve Jensen (p11)	A1C ▶ The 6 keys to running a successful fitness business WS Justin Tamsett (p11)	A2D ▶ Made in heaven: matching members with trainers to maximise retention L Dominic dos Remedios (p11)	A2E ▶ Combating the silent killer L Paul Taylor (p16)	A2F ▶ Neural mobilisation for PTs IL Mark Davis (p16)	A2G ▶ Benches, broomsticks & balance WS Stephanie McLennan (p16)	A2H ▶ All Ball Sport Circuit by BOSU® WS Jay Blahnik (p16)	A2I ▶ Power-packed group activities OD Paul Collins (p17)	A2J ▶ Steps, blocks & numbers WS L2 Rebecca Small (p23)	A2K ▶ Street Latino® MC L1 Alan Gomez (p23)	A2L ▶ Fight Fit WS Matt Spooner & the V Club team (p23)	A2M ▶ 10 sensational cycling sessions WS Donna Ellerton (p27)	A2N ▶ Standing Pilates MC Zosha Piotrowski (p31)	A2O ▶ Defy gravity & awaken your spine! MC Duncan Peak (p32) A2P ▶ Australian Fitness Expo time – Specialty Delegates	A2Q ▶ Fat loss superstars L Matt O'Neill (p37)	A2R ▶ Stepping on, stepping out L Assoc. Prof Lindy Clemson & Taylor Harrison (p39)	A2S ▶ Motivational secrets for PTs & instructors L Kris Tynan (p17)	A2T ▶ From global to local – the future of spa & wellness PA Chaired by Kirien Withers (p13)	A2U ▶ Aqua Balance WS S Melissa Cameron & Stacey Dolliver (p34)	A2V ▶ 8ft under: deep water choreography WS D Sara Kooperman (p34)
3 – 3:30pm	BREAK																				
Strand	Business	Business	Business	PT Business	PT	PT	PT Prac	PT Prac	Outdoor	Group Exercise	Group Exercise	Group Exercise	Cycling	Mind Body		Nutrition	Specialty	Prof. Development	Spa & Wellness	Aqua	Aqua
3:30 – 5pm	A3A ▶ Powerful e-marketing strategies to drive more prospects L Casey Conrad (p11)	A3B ▶ Team up: build a winning team & help team-mates play to their strengths L Randy Hetrick (p11)	A1C ▶ The 6 keys to running a successful fitness business WS Justin Tamsett (p11)	A3D ▶ Packaging PT for maximum profits L Heidi Dening (p17)	A3E ▶ Treating obesity & metabolic syndrome naturally SS L Tony Boutagy (p17)	A3F ▶ Overcoming chronic back pain: an integrative holistic approach L Suzi Nevell (p17) A3G ▶ Australian Fitness Expo time – PT Delegates	A3H ▶ Kinetic chain analysis & foundational movements WS Fraser Quelch (p17)	A3I ▶ Cables: the underused tool WS Donal Carr (p17)	A3J ▶ Fresh baked outdoor ideas OD Rob Di Francesco (p17)	A3K ▶ Step with strength WS L1 Krista Popowych (p23)	A3L ▶ Movin' & Groovin': an Active Kidz circuit WS Scott Ehler (p23)	A3M ▶ Aerodynamic muscle fire WS L1 Steve Boedt (p23)	A3N ▶ Back to basics MC Matty Clarke (p27)	A3O ▶ Pilates for older adults WS Marena Digby (p31)		A3Q ▶ The logistics of fat loss L Susie Burrell (p37)	A3R ▶ Empowering active ageing L James Cummins (p39)	A3S ▶ Maximising influence – be a person of power L Terry Kew (p41)	A3T ▶ Balancing spa and fitness PA Chaired by Rob Unson (p13)	A3U ▶ Kiwi JAM! WS S Linda Dorrington (p34)	A3V ▶ Combination takeaway WS S Kerri Parkinson (p34)
5 – 5:15pm	BREAK																				
Strand	Business	Business	Business	PT Business	PT	PT	PT	PT Prac	PT Business	Group Exercise	Group Exercise	Group Exercise	Cycling	Mind Body	Mind Body	Nutrition	Specialty	Prof. Development		Aqua	
5:15 – 6:45pm	A4A ▶ How to be a lead generation animal! L Amanda Bracks-Taylor (p11)	A4B ▶ Australian Fitness Expo time – Business Delegates	A1C ▶ The 6 keys to running a successful fitness business WS Justin Tamsett (p11)	A4D ▶ Success through PT sales L Ric Isaac (p17)	A3E ▶ Treating obesity & metabolic syndrome naturally SS L Tony Boutagy (p17)	A4F ▶ Pain, practice & performance: the knee IL Tim Keeley (p17)	A4G ▶ Diabetes dilemma: exploring the diabetes/obesity link L William Sukala (p17)	A4H ▶ Kettlebell power training WS Paul Collins (p17)	A4I ▶ PT studio overhaul L Scott Krywulcz (p18)	A4J ▶ Step And The City MC L1 Min Lomo, Stephen Parker & Ryan Hogan (p23)	A4K ▶ Groove FX MC L1 Rebecca Small (p23)	A4L ▶ PUNCHFIT powerhouse kickboxing WS Bruce Townhill (p24)	A4M ▶ Schwinn cycling®: world class coaching WS Jay Blahnik (p27)	A4N ▶ Yoga for energy building MC Kathy Popplewell (p31)	A4O ▶ Sen-Sai: release yourself WS Nigel Myers (p31)	A4P ▶ Shifting your nutrition focus L Tanya Lewis (p37)	A4Q ▶ Functioning not falling WS Sally Castell (p39)	A4R ▶ Instructor excellence L Sara Kooperman (p24)		A4T ▶ Jackie Chan Foam MC S Naomi Ling (p34)	
6:45pm	Delegate Welcome Drinks																				

SATURDAY 18 APRIL 2009

	Business Breakfast ▶ 7:30 – 10am ▶ Dockside Function Centre, Darling Harbour ▶ The golden rules from the golden performers PA Chaired by Emmett Williams (p11)										Personal Training Breakfast ▶ 7:30 – 9:30am ▶ The Star Room, Darling Harbour ▶ Seven Habits of highly effective personal trainers L Anthony Spark (p18)						6:30 – 10:30am ▶ The Adventure Fitness Experience OD Diane Westaway (p5)					
Strand	Business	Business	Business	PT Business	PT	PT	PT Prac	PT		Outdoor	Group Exercise	Group Exercise	Group Exercise	Cycling	Mind Body	Mind Body	Nutrition	Prof. Development		Aqua		
9 – 10:30am	B1A ▶ The future of your business lies in staff development L Donna Hutchinson (p12)	B1B ▶ Unleashing sales potential L Ish Cheyne (p12)	B1C ▶ The ultimate in Group fitness management WS SS Phillip Mills (p12)	B1D ▶ Creating world class customer service L Chris Pearce (p18)	B1E ▶ Stardate 2009: the next generation research update L Dr Len Kravitz (p18)	B1F ▶ Postural assessment – What does it tell you? IL SS Donal Carr (p18)	B1G ▶ Metabolic hard core training WS Fraser Quelch (p18)	B1H ▶ Vibration training for PTs L Scott Hopson (p18)		B1J ▶ Walk this way OD Stephanie McLennan (p18)	B1K ▶ Get the bounce right WS Marietta Mehanni (p24)	B1L ▶ HiLo momentum builder! MC L2 Steve Boedt (p24)	B1M ▶ BODYCOMBAT™ L1 Dan & Rachael Cohen (p24)	B1N ▶ Journey into sound 2009 MC Karen Bruk-Finucane (p27)	B1O ▶ Balanced baby – Pilates and yoga unite WS Liz Dene & Claire Norgate (p31)	B1P ▶ Power in presence MC Duncan Peak (p31)	B1Q ▶ Strength nutrition: maximise anabolic potential L Dr Stephen Bird (p37)	B1R ▶ Stop dreaming & start living L Terry Kew (p41)		B1T ▶ Water in Motion: WAVE 1 WS S Sara Kooperman (p34)		
10:30 – 11am	BREAK																					
Strand	Business	Business	Business	PT Business	PT	PT	PT Prac	PT Prac	PT	Outdoor	Group Exercise	Group Exercise	Business	Cycling	Mind Body	Mind Body	Nutrition	Specialty		Aqua	Aqua	
11am – 12:30pm	B2A ▶ 10 biggest marketing mistakes club operators make L Casey Conrad (p12)	B2B ▶ Club culture: fight competition & increase retention L Reece Zondag (p12)	B1C ▶ The ultimate in Group Fitness Management WS SS Phillip Mills (p12)	B2D ▶ Inspiring your clients to lasting change L Andrew Simmons (p18)	B2E ▶ Essence of periodisation: how to manage stress / recovery cycles L Suzi Nevell (p19)	B1F ▶ Postural assessment – What does it tell you? IL SS Donal Carr (p18)	B2G ▶ Circuit training partner challenge WS Jay Blahnik (p19)	B2H ▶ Training times two WS Krista Popowych (p19)	B2I ▶ Beyond core control WS Lisa Champion (p19)	B2J ▶ TWIST Athletic Strength: The linked System OD Karen & Ken Baldwin (p19)	B2K ▶ PUNCHFIT GX WS L1 Bruce Townhill & the PUNCHFIT team (p24)	B2L ▶ Hi-Loaded MC L1 Rebecca Small (p24)	B2M ▶ How to successfully add weight loss to your facility L Kevin Steele (p12)	B2N ▶ In the zone WS Lesley Gray & Alisha Smith (p27)	B2P ▶ Moving energy through the body WS Simon Borg-Olivier (p32)	B2S ▶ Australian Fitness Expo time – Mind Body Delegates	B2Q ▶ Feeding the world L Dr Joanna McMillan-Price (p37)	B2R ▶ Resistance training in children & young adolescents SS L Dr Paul Stricher & Dr Robbie Parker (p39)		B2T ▶ Brain waves for 50+ WS S Laraine Dunn (p34)	B2U ▶ Let's get wet! WS S Barbra Whitfield (p34)	
12:30 – 2pm	LUNCH & AUSTRALIAN FITNESS EXPO TIME																					
Strand	Business	Business	PT/Spec	PT Business	PT	PT	PT Prac	PT	Group Exercise	Outdoor	Group Exercise	Group Exercise	Group Exercise	Cycling	Mind Body	Mind Body	Nutrition	Specialty	Prof. Development	Aqua	Aqua	
2 – 3:30pm	B3A ▶ Healthy branding: creating a brand in health and fitness L Randy Hetrick (p12)	B3B ▶ 10 golden steps to creating a sales culture L Ryan Hogan (p12)	B3C ▶ Strong women 40+ L Sara Kooperman (p19)	B3D ▶ Mastering the invisible sale L Dominic dos Remedios (p19)	B3E ▶ Strategies to enhance fat metabolism L Dr Len Kravitz (p19)	B3F ▶ New developments in vibration training L Scott Hopson (p19)	B3G ▶ Advanced resistance training for every client WS Katrina Cochrane (p19)	B3H ▶ Take your clients beyond the physical L Duncan Peak (p19)	B3I ▶ BODYVIVE™ MC Susan Trainor & Dione Ware (p24)	B3J ▶ Summit addiction: get fit for trekking peaks OD Diane Westaway (p19)	B3K ▶ So you think you can... STEP! MC L2 Min Lomo (p24)	B3L ▶ Hip Hop Trip MC L1 Steve Boedt (p24)	B3M ▶ Boxing for fitness: old school revolution WS Christian Marchegiani (p24)	B3N ▶ Lock & load MC David Crossley (p27)	B3O ▶ Move & release WS Zosha Piotrowski (p31)	B3P ▶ Energising, strengthening and calming with YogaSynergy MC Simon Borg-Olivier (p32)	B3Q ▶ Australian Fitness Expo time – Nutrition Delegates	B2R ▶ Resistance training in children & young adolescents SS L Dr Paul Stricher & Dr Robbie Parker (p39)	B3S ▶ Help your clients release cravings with EFT L Maggie Adkins (p41)	B3T ▶ The sensational Aqua Gymstick MC S Marietta Mehanni (p34)	B3U ▶ Wet & wild WS S Kayla Duke (p34)	
3:30 – 4pm	BREAK																					
Strand	Business	Business	Business	PT	PT	PT	PT Prac	PT	PT Prac	Outdoor	Group Exercise	Group Exercise	Group Exercise	Cycling	Mind Body	Mind Body	Nutrition	Specialty	Prof. Development	Aqua	Aqua	
4 – 5:15pm	B4A ▶ What does a national hardware chain & an independent fitness business have in common? L Justin Tamsett (p12)	B4B ▶ Secrets to successful buying and selling L Richard Beddie (p12)	B4C ▶ Skyrocket your sales with an achiever's attitude L Xen Angelides (p12)	B4D ▶ Scientific rotational training L Donal Carr (p19)	B4E ▶ Tendinopathies: what are they & why are they difficult to manage? L David Bick (p20)	B4F ▶ CrookBack clinic IL John Miller (p20)	B4G ▶ Essential portable tools for PTs WS Karen & Ken Baldwin (p20)	B4H ▶ Overcoming client resistance through motivational influence L Tim Angel (p20)	B4I ▶ Stretch sequence solutions WS Jay Blahnik (p20)	B4J ▶ The complete guide to body weight training OD Aaron Whear (p20)	B4K ▶ Unbeliev-A-Ball! MC L1 Krista Popowych (p25)	B4L ▶ BODYJAM® MC L1 Gandalf Archer & Michelle Dean (p25)	B4M ▶ Australian Fitness Expo time – Group Exercise Delegates	B4N ▶ Triple threat cycle instructor WS Rachel Kalwy (p27)	B4O ▶ Never too old for toys MC Taryn Polovin (p31)	B4P ▶ Yogic Arts – Warrior Flow: Make my spirit strong WS Duncan Wong (p32)	B4Q ▶ Post-exercise nutrition techniques L Kira Sutherland (p37)	B4R ▶ The power of flexibility WS Marena Digby (p18)	B4S ▶ Wellness coaching – the next step in service L Fiona Cosgrove (p41)	B4T ▶ Making waves: the beauty of water relaxation WS S Jennifer Schembri-Portelli (p35)	B4U ▶ Ready, Steady, AQUA! MC S Manal Garcia & Dom Gili (p35)	
5:15 – 5:30pm	BREAK																					
Strand	Business Plenary			PT Plenary			PT Practical Plenary			Specialty Plenary			Cycling Plenary			Group Exercise Plenary			Mind Body Plenary			Aqua Plenary
5:30 – 6:30pm	B5A ▶ Powerful predictors of success in business L P Grant Gamble (p12)			B5B ▶ Aerobic, resistance training & diet: A scientific update L P Dr Robbie Parker (p20)			B5C ▶ TRX®: Sport performance MC P Fraser Quelch (p20)			B5D ▶ Age-proof your brain P Paul Taylor (p39)			B5E ▶ Fantastic cycle manoeuvres MC P Effe Diamond (p27)			B5F ▶ 4-Dimensional step MC P L1 Rebecca Small (p25)			B5G ▶ 360° Yoga: Turn the pose around MC P Sara Kooperman (p31)			B5H ▶ Aqua pool party MC P Lisa Westlake (p35)

SUNDAY 19 APRIL 2009

Strand	Business	Business	PT Business	PT	PT	PT Prac	PT	PT	PT	Outdoor	Group Exercise	Group Exercise	Group Exercise	Mind Body	Mind Body	Specialty	Nutrition		Aqua					
8 – 9:30am	C1A ▶ The five master tools of influence <i>L</i> Casey Conrad (p12)	C1B ▶ Make sure you're doing it right in sales <i>L</i> Petar & Annette Lackovic (p13)	C1C ▶ Succeeding in the business of weight loss <i>L</i> Jamie Hayes (p20)	C1D ▶ Effectively managing hip & groin injuries <i>L</i> Seamus Dalton (p20)	C1E ▶ Why clients terminate training – and how to stop them <i>L</i> Chad Timmermans (p21)	C1F ▶ BOSU® Skills & drills <i>WS</i> Jay Blahnik (p21)	C1G ▶ Research update on squat techniques <i>L</i> Mark McKean (p21)	C1H ▶ Inner health, outer beauty <i>L</i> Dr Joanna McMillan-Price (p21)	C1I ▶ Adventure race: fitness, team building & fun <i>OD</i> Millie Herzberg (p21)	C1J ▶ Below the belt <i>MC L1</i> Lisa Westlake (p25)	C1K ▶ For the love of Hip Hop <i>MC L1</i> Michelle Dean & Co. (p25)	C1L ▶ Tribal FyouSION <i>MC L1</i> Kathy Popplewell (p31)	C1M ▶ YoPiLo <i>MC</i> Ruth Oliver (p32)	C1N ▶ Chorus capers <i>WS</i> Stephanie McLennan (p39)	C1O ▶ Disordered eating... not just anorexia <i>L</i> Tanya Lewis (p37)				C1S ▶ Wet force <i>MC D</i> Marietta Mehanni (p35)					
9:30 – 9.45am	BREAK																							
9:45 – 11:15am	Room: Parkside Auditorium ▶ Keynote Address ▶ The brain training revolution ▶ Dr Ian Boyle																							
11:15am – 1:15pm	LUNCH & AUSTRALIAN FITNESS EXPO – LAST CHANCE TO SHOP! 11:30am – 12:30pm ▶ Networking Lunch for Business Gold Pass Delegates																							
Strand	Business	Business	Business	PT	PT	PT Prac	PT	PT Prac	Outdoor	Group Exercise	Group Exercise	Group Exercise	Mind Body	Nutrition	Prof. Development	Prof. Development	Cycling	Aqua	Aqua					
1:15 – 2:45pm	C2A ▶ We are in the business of entertaining ... <i>L</i> Simon Hall (p13)	C2B ▶ The law of the big 'Mo': create and sustain business momentum <i>L</i> Donna Hutchinson (p13)	C2C ▶ Eco-opportunities in the fitness industry <i>L</i> Danny Morgan (p13)	C2D ▶ Adventure health: tap into this lucrative market <i>L</i> Diane Westaway (p21)	C2E ▶ Lessons I've learnt as a strength coach <i>L</i> Tony Boutagy (p21)	C2F ▶ TRX® techniques to assess & improve foundational movements <i>WS</i> Fraser Quelch (p21)	C2G ▶ Pain, practice and performance: the shoulder <i>IL</i> Tim Keeley (p21)	C2H ▶ Getting things in order! Correct muscle recruitment patterns <i>WS</i> Marena Digby (p21)	C2I ▶ Outdoor blast <i>OD</i> Katrina Cochrane (p21)	C2J ▶ Advanced steps <i>WS L2</i> Rebecca Small (p25)	C2K ▶ Aerobic house <i>MC L1</i> Zosha Piotrowski (p25)	C2L ▶ Fool-proof, full-body flexibility formula <i>WS L1</i> Jay Blahnik (p25)	C2M ▶ Ball, mind & spirit <i>WS</i> Krista Popowych (p32)	C2O ▶ What's new in nutrition for active people <i>L</i> Susie Burrell (p37)	C2P ▶ Find your work/life balance <i>L</i> Mel dos Remedios (p21)	C2Q ▶ Build a dream team <i>L</i> Terry Kew (p41)	C2R ▶ Australian Fitness Expo time – Cycling Delegates	C2S ▶ Soaking it up <i>WS S</i> Jennifer Schembri-Portelli (p35)	C2T ▶ Aquatic Arms <i>WS S</i> Sara Kooperman (p35)					
2:45 – 3pm	BREAK																							
Strand	PT Plenary				Business Plenary				Mind Body Plenary				Group Exercise Plenary				Nutrition Plenary				PT Practical Plenary			
3 – 4:30pm	C3A ▶ Periodisation training: new insights into ultra training design <i>L P</i> Dr Len Kravitz (p21)			C3B ▶ Winning the weight loss customer <i>L P</i> Casey Conrad (p13)			C3C ▶ Body Quest <i>WS P</i> Lisa Champion (p32)			C3D ▶The S'n'M party <i>MC P L1</i> Steve Boedt & Michelle Dean (p25)			C3E ▶ Building your best diet ever <i>L P</i> Matt O'Neill (p37)			C3F ▶ A gym on a stick – Gymstick! <i>WS</i> Marietta Mehanni (p21)								