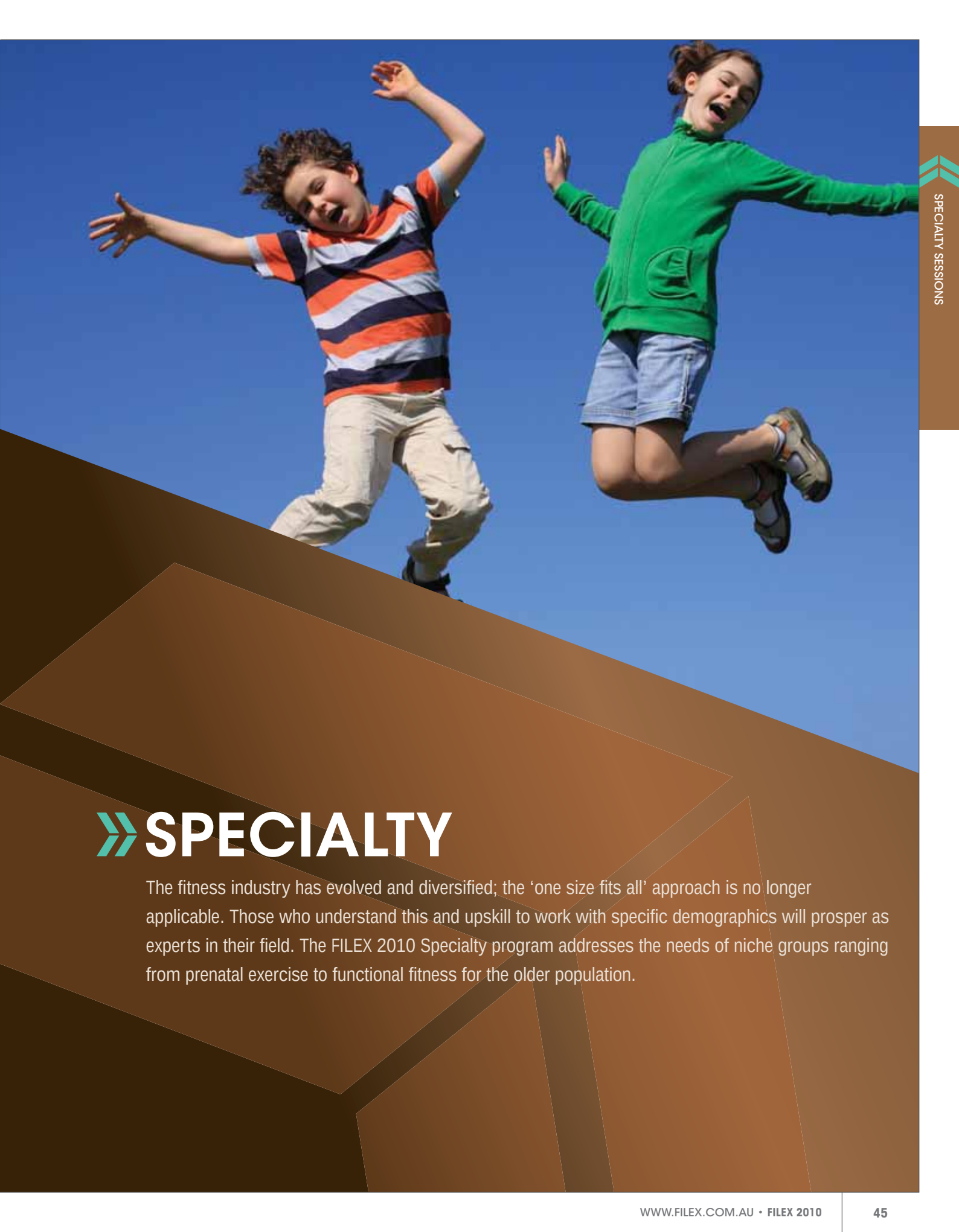




» SPECIALTY

The fitness industry has evolved and diversified; the 'one size fits all' approach is no longer applicable. Those who understand this and upskill to work with specific demographics will prosper as experts in their field. The FILEX 2010 Specialty program addresses the needs of niche groups ranging from prenatal exercise to functional fitness for the older population.

» SPECIALTY SESSIONS

Heart core: a practical guide to training cardiac clients > B2G

William Sukala

Individuals with cardiac problems still join fitness facilities. Are you prepared for the challenge of training them? William explores a variety of heart conditions and common surgical procedures and provides practical information and tips to maximise client safety during training. **L**

Baby boomers boot camp > A2I

Stephanie McLennan

Baby boomers are filling facilities and flocking to personal training sessions: do you have the tools to provide safe, fun, appropriate sessions with enough variety and challenge to keep them engaged? Packed with take-home ideas to use outdoors with the boomer generation, Stephanie's session focuses on balance, strength, agility and endurance, and also explores ways to accommodate the 50+ age group alongside those aged 65+. **OD**

Redefining the change with mind body fitness > A2L

Maureen Hagan

Today a woman who is healthy at menopause can expect to live another 30 to 40 years. In this dynamic, interactive session for personal trainers, group exercise instructors and program directors, Maureen explains the hormonal changes and symptoms that affect mind and body health during this time. Discover fitness perspectives and programming ideas that provide a 'meno-positive' mind and body fitness plan. **L**

Australian Fitness Expo time Specialty delegates > A2M

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Kids fitness solutions for generations Y & Z > A3M

David Norman

Learn how to use innovative, proven systems to deal with childhood obesity, inactivity, behavioural issues and non-participation. By using existing facility space and downtime, you can tap into this market and appeal to diverse user groups not typically interested in your current fitness offerings. David also addresses the many new forms of technology-based programs and the 'exergaming' concept that benefit both the users and facility owners. **L**

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Yoga for the 50+ > A3S

Sara Kooperman

As the 50+ population skyrockets, so does the need for innovative programming for this group. Discover yoga's potential to address the health concerns associated with ageing, including reduced sleep, chronic pain, breathing inefficiency and anxiety. Join Sara as she reveals practical tips, simple modifications and specific progressions to help combat the natural ageing process while increasing participants' self confidence. **WS**

Action balance for seniors > A3U

Laraine Dunn

High levels of balance and mobility are necessary not only for successful functioning, but also for successful ageing – with the focus changing from how *long* you live to how *well* you live. In this aqua master class Laraine addresses the multiple dimensions of balance and mobility, focusing on strategies to stimulate response/reaction, joint range of movement and muscle flexibility for better balance, strength and functioning. **WS L1 S**

N.B. This session is held off-site at Ian Thorpe Aquatic Centre, Ultimo.

Mums in motion – Pregnancy and exercise > B1N

Sara Kooperman

Learn the latest in theory, research and practice in the field of fitness and health education during pregnancy and post-partum. Sara's blend of education, exercise and obstetrics will teach you to design and implement a specialty pre/post natal program to safely integrate pregnant women into your existing exercise programs. Learn great choreography for pregnant and post-partum clients, along with superior toning techniques for every woman. **L**

» CHISM SYMPOSIUM

Childhood obesity: a scientific update > B2L

Dr Shirley Alexander, Susie Burrell, Dr Sarah Garnett, Dr Robbie Parker & Dr Kim Ramjan

Join some of Australia's leading paediatric doctors, researchers, dietitians and exercise physiologists in addressing the significant and increasing problem of childhood obesity. The panel of speakers will present evidence from current research on some of the critical determinants of obesity and insulin resistance (IR) in relation to individuals, families and the wider community. Presentations will focus on recommendations to personal trainers for both the management and prevention of weight problems in children, and will include a review of the effectiveness of diets and exercise interventions, including resistance training, as well as a discussion on the effectiveness of new and emerging technologies such as vibration platforms. This inspiring symposium is a must for all personal trainers who work, or intend to work, with obese children and adolescents. **L SS**

Please note: this session runs from 10am – 2:30pm (with a short break over lunch)

PRESENTED BY  **chism**
the children's hospital at monash
Institute of Sports Medicine

Self-management of diabetes: a practical guide for PTs > B3G

Morwenna Kirwan

By 2010 it is projected that 246 million people worldwide will have diabetes. Morwenna explains the essential approach to empowering diabetic clients to effectively manage their disease, specifically through physical activity, nutrition and glycemic control. Develop a deeper understanding of the underlying pathophysiology and practical ways in which you can promote self-care behaviours for your diabetic clients, essentially improving overall health and quality of life. **L**

Pelvic floor: fitness, function and more > B3N

Lisa Westlake & Lisa Yates

A vast number of women struggle with the physical and emotional consequences of pelvic floor-related problems, which have significant implications in exercise programming. Join Lisa and Lisa to understand more about pelvic floor problems, recognise when to refer a woman for further assistance and how to assist in prevention and management. Put theory into practice by exploring terminology and identifying training styles that are beneficial and detrimental to pelvic floor function. **L**

» SPECIALTY SESSIONS

Sizzling seniors > B3V

Laraine Dunn

Learn how to live the healthy older life. Laraine looks at major components of exercise, the processes that happen on many levels and the positive impact they have. Adding challenge and diversity to your participants' aquatic workouts doesn't necessarily equate to raised heart rate and increased resistance. Join Laraine for fun, music, dance and her tips for staying happy and healthy. **MC S**

N.B. This session is held off-site at Ian Thorpe Aquatic Centre, Ultimo.

All in the mind – Brain training for senior fitness > B4G

Dr Alan Pearce & Jennifer Schembri-Portelli

Alan the neurophysiologist and Jennifer the fitness instructor join forces to explain how the brain has underestimated itself! Learn about the hot topic of 'neuroplasticity' and then participate in effective exercises especially designed for you to take home and use with the seniors at your facility. **L**

Patterns, rhythms and repetitions for kids > B4O

Stephanie McLennan

How many ways can you click, clap, stomp or slap? This session gives teachers and group exercise instructors who work with children loads of ideas to make sessions easy to plan, straightforward to present, fun to do and, most importantly, provide excellent value for children in terms of their ability to develop and practice new movement skills. **WS L1**

Exercise for arthritis > C1K

Adam Floyd

Focusing on current research into arthritis and the beneficial effects of exercise, Adam discusses the literature's suggestions in terms of cardio, resistance and proprioceptive exercise for osteoarthritis. Specific case studies from older clients are presented alongside recommendations for creating safe programs for your own clients. A must-attend session for all those who work with older clients. **L**



Motivation and stress – The good, the bad and the ugly > C1L

Amanda Jeffreys

Stress affects us all in many different ways. Amanda explains the fascinating links and contrasts between stress and motivation and provides some great new skills that you can implement immediately to support yourself and your clients in this vital area of functioning. **L**





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Session types: MC – Master Class, WS – Workshop, L – Lecture, S – Shallow Water, L1 – General (content suitable for all delegates)