

SPECIALTY SESSIONS



// SPECIALTY SESSIONS

Body image dysmorphia – The truth will set you free // A10



Misty Tripoli

Misty, a 20-year fitness industry veteran, is a recovering bulimic and obsessive compulsive over-eater and exerciser. Join her as she shares her experience of obsession and self abuse in the exhausting quest for the 'perfect' body. Explore how you judge, move and care for your own body, and learn simple, powerful techniques to cultivate acceptance and understanding, and how to inspire others to do the same. L

Australian Fitness & Health Expo time for Specialty delegates // A1P

SPONSORED BY 

Pelvic fallout in the gym // A2P

Michelle Kenway

Increasing numbers of women are performing exercises with potential for pelvic floor injury, which can contribute to prolapse, incontinence, embarrassment and withdrawal from exercise. Discover which exercises can cause pelvic floor dysfunction, and learn how to design pelvic floor-safe workouts and retain satisfied female clients. Take home practical exercises and expert guidelines for training female clients with appropriate core, resistance and aerobic programs. L

SPONSORED BY 

Affairs of the heart – Cardiac rehab and fitness // A30

Stephen Stone

With the prevalence of cardiac disease in Australia, it is imperative for fitness professionals to acquire a basic knowledge of the guidelines regarding clients and members with cardiac conditions. Outlining the progression from inpatient to outpatient, Steve looks at the cardiac conditions that fitness professionals can encounter, and details exercise prescription considerations including appropriate exercise modes, dosage and progression. L

Safely training clients with high blood pressure // A4M



Dr William Sukala

Everything you wanted to know about blood pressure but were afraid to ask! Checking blood pressure is a simple skill, yet many personal trainers still rely on inaccurate blood pressure machines. In this combined lecture/ practical session William translates the latest hypertension research into simple terms so you can walk away with the knowledge and skills to maximise safety for your hypertensive clients. L

Exercising for two // A4N

Lisa Westlake

Every woman and every pregnancy is different, and there is no room for guesswork, but with sound knowledge and appropriate modifications we can help women benefit from exercise during the childbearing year. Drawing on her 20 years of working with mums-to-be, Lisa identifies the do's and don'ts of exercise during pregnancy. Take home the confidence to advise and instruct women and help them enjoy their pregnancy and preparation for labour and motherhood. L

Strong bones, stable bodies // B10

Sally Castell

Osteoporosis is a major health problem affecting an estimated half of women over the age of 60 and 1 in 3 men over the age of 70. Exercise is an important element of the overall management of the condition, but specific considerations and careful planning are required when conducting programs. Join Sally to learn the theoretical background and gain some practical hands-on applications for training osteoporotic clients. L

SPONSORED BY 

The inner power of the pelvic floor // B1P

Dianne Edmonds

Empower clients to control their 'inner fitness'. Learn how the pelvic floor works as part of the core, the steps for developing pelvic floor awareness, exercises that improve pelvic floor muscle strength and endurance and even how linking the pelvic floor to improving sexual satisfaction can increase clients' interest in your training sessions. Discover the importance of timing and coordination and expand your pelvic floor cueing repertoire. L

SPONSORED BY 

Exercising to prevent and manage osteoporosis // B2G

Prof. Kim Bennell

Osteoporosis is a bone disorder leading to skeletal fragility and increased fracture risk. To prevent osteoporotic fracture in later life, a lifespan approach to bone health must be adopted. Kim presents an evidence-based approach to the prescription of exercise to maximise bone health, encompassing exercise in children through to those diagnosed with osteoporosis and those who have sustained an osteoporotic fracture. L

Beyond the baby boomers – Boot camp or slipper brigade? // B2L



Stephanie McLennan

It's not just baby boomers who want group training opportunities – potential 'groupies' in their 70s are also indicating an interest in boot camp-style sessions. Do you have the tools to provide safe, fun, appropriate sessions with plenty of variety and challenge? Packed with take-home ideas to use outdoors with the boomers and beyond, Stephanie's session focuses on balance, strength, agility and endurance. OD

CHISM SYMPOSIUM

The emerging role of exercise medicine in children and adolescents // B2Q

**Dr Carolyn Broderick,
Dr Damien McKay, Dr Robbie Parker
& Nancy van Doorn**

In addition to the proven health benefits of exercise on the cardiovascular, metabolic and musculo-skeletal development of children and adolescents, evidence also suggests that physical activity can be used in the treatment of a range of chronic medical conditions. Exercise has been shown to improve health in children who have undergone high dose chemotherapy and bone marrow transplantation and in children with type II diabetes and insulin resistance. As a tool to fight overweight and obesity, it may also prevent the development and progression of degenerative joint disease in children.

In this symposium, leading paediatric sports medicine doctors, paediatric exercise physiologists and researchers discuss the role of physical activity in healthy children, and in those with chronic conditions. The importance of exercise professionals is also explored in light of the fact that more children are commencing gym-based exercise programs. L

**Please note: This session runs from
10am – 12pm.**

PRESENTED BY  **chism**
the children's hospital a member
of the Royal Children's Hospital

Keep it moving: exercise prescription for knee and hip osteoarthritis // B3G

Prof. Kim Bennell

Particularly prevalent in older individuals, osteoarthritis (OA) of the hip and knee is a common chronic joint disease, leading to pain, loss of functional independence and reduced quality of life. Exercise is the cornerstone of management for OA and is recommended by all clinical guidelines. Kim presents an evidence-based approach to the prescription of exercise for this patient/client population, including exercise dosage and special considerations. L

// SPECIALTY SESSIONS



Reaching out to the community // B3M

Lisa Westlake

Our population needs to move more and adopt a healthier attitude to living. As health and fitness professionals we help our clients and patients, but how can we expand our reach? Join this interactive session to discuss how we can educate and inspire the wider community to live active, healthy lives. Discover how we can each promote our industry, physical activity and good health through TV, radio, print, online media, event involvement and more. **L**

Exercise and cancer // B3P

Suzanne Cox

Training clients with cancer can be a daunting prospect for personal trainers. In many cases exercise is an important component of long term management. In this session Suzanne explores how different cancer treatments influence exercise prescription, and discusses programming considerations for trainers working with post-cancer clients. Strategies to maximise the benefits of exercise are also workshopped. **L**

SPONSORED BY  AUSTRALIAN
INSTITUTE
OF FITNESS

Kids personal training: let's make fitness fun // B4P

Simon Fox

As Australia's obesity problem escalates, children's personal training programs have become prominent in the fitness industry. The way you conduct kid's training sessions differs greatly to your regular training, not least because you have two clients – the child and their parent. Join Simon to learn how to set up goal setting and communication strategies that meet the needs of both child and parent. **L**

Recharging the batteries: stimulating the mind-body link // B4Q

Sally Castell

Older adults face physical, mental and psychological challenges caused by system changes, and these can have profound effects on quality of life. The ability to move effectively requires a great deal of physical and mental agility, so programs for older adults need to reflect this. Join Sally for a theoretical base and hands-on examples of appropriate exercise to improve cognitive and functional abilities. **WS**

SPONSORED BY  NSW HEALTH
Working as a Team

Stress, depression and diabetes: a vicious cycle // C1P

Morwenna Kirwan

Stress and depression increase the risk of developing diabetes and also negatively affect management of the

disease. Join Morwenna to learn more about the underlying psychophysiological and behavioural mechanisms linking stress, depression and diabetes, and how to empower your diabetic clients to manage this disease. Develop a deeper understanding of the relationship between these conditions and why over 250 million people in the world have diabetes. **L**

Postnatal layers and levels // C2O

Dianne Edmonds

Dianne examines the different levels of postnatal abdominal muscle exercises, while considering the protection of the pelvis and the pelvic floor. Learn how to make adjustments to clients' training programs as you check for the degree of rectus separation, incorrect patterns of recruitment and correct activation. Take home the skills to deliver the appropriate level of training for your client, whether they are six weeks or nine months postnatal. **L**

Of the head and in the body: working with people in pain // C2P

Prof. Lorimer Moseley

I can easily distinguish my pain from yours because it is in my body. It has been established that pain is produced by the brain, emerging into consciousness when an individual-specific pattern of brain activity occurs. Join Lorimer as he presents a model for understanding how the brain produces pain that can be used to facilitate the process of working with people in pain to achieve functional and activity-related goals. **L**

FILEX
THE FITNESS INDUSTRY
CONVENTION



FILEX 2011 IS A GREEN EVENT!

Remember, you must bring your session notes to FILEX as there are NO notes distributed on-site anymore.

To conserve our precious environment by saving the trees (a typical FILEX event used 100s of 1,000s of pieces of paper in notes alone!), we will be uploading session notes as they arrive from presenters, so that you can download them at your convenience, and read them via your laptop, iPad, smartphone or print them out if you absolutely must (at least this way only those who WANT them printed out will do so).

Notes will be available online from 30 March 2011. Upon registration you will receive the link and your login details to download your session notes.