

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.

this is the session code
A = Friday, B = Saturday,
C = Sunday
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

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

The diagram illustrates the structure of a conference program table. It shows a table with columns for 'Strand' and 'Business', and rows for different sessions. Callouts point to various elements:

- the strand**: Points to the 'Strand' column header.
- the page number to see for a detailed session description**: Points to the 'A1A' and 'L' in the session title.
- the name of the session**: Points to the session title 'Thought leadership'.
- the session presenter**: Points to the presenter's name 'Matt Church'.
- session sponsor**: Points to the sponsor text 'Sponsored by GoGetta'.

Strand	Business
10:30am – 12pm	A1A » Thought leadership L Matt Church
12 – 1:30pm	Break
Strand	PT
1:30 – 3pm	A2A » Moving from full service to functional training L Rick Mayo <i>Sponsored by GoGetta</i>

SESSION TYPES:

L – Lecture
WS – Workshop
OD – Outdoor
IL – Interactive lecture
MC – Master class
P – Plenary
PA – Panel
S – Shallow water
D – Deep water
F – Forum



PROGRAM AT A GLANCE



BROUGHT TO YOU BY



ELITE SPONSOR



CO-SPONSORS

HYDRATION AND
PERFORMANCE FUELLED BY

FRIDAY 19 APRIL 2013

8.30 – 10am		KEYNOTE ADDRESS Inspired! »» Presented by Matt Church »» Sponsored by Australian Institute of Fitness																						
10 – 10:30am		Break																						
	Strond	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	Lifestyle & Ex Med	Lifestyle & Ex Med	Lifestyle & Ex Med	Nutrition	Group Ex	Group Ex	Group Ex	Group Ex	Cycle	Mind Body	Mind Body	Aquo
10:30am – 12pm		A1A »» Thought leadership <i>L</i> Matt Church	A1B »» The DNA of the perfect fitness sales professional <i>L</i> Petar Lackovic <i>Sponsored by Impact Training</i>	A1C »» Renovate to re-energise your club <i>L</i> Rudy Fabiano	A1D »» Inductions with impact <i>L</i> Kris Tynan	A1E »» Inflammation, drugs and food <i>L</i> Robert Yang	A1F »» From irritating impingement to shoulder press success <i>IL</i> Tim Keeley	A1G »» Integrating corrective exercise and personal training <i>IL</i> Justin Price	A1H »» Rewired for optimal function! <i>L</i> Linda-Joy Lee	A1I »» XiT: Extreme interval training - partner and small group <i>WS</i> Helen Vanderburg	A1J »» Amazing training for the Great Outdoors <i>OD</i> Katrina Cochrane <i>Sponsored by Australian Institute of Fitness</i>	A1K »» Warding patterns for athletic gains <i>WS</i> Michol Dalcourt <i>Sponsored by QPEC</i>	A1L »» Reverse muscle loss with nutrients and exercise <i>L</i> Cam McDonald	A1M »» The science of happiness <i>L</i> Paul Taylor <i>Sponsored by PT Academy</i>	A1N »» Australian Fitness & Health Expo time for Lifestyle & Exercise Medicine delegates <i>Sponsored by Australian Fitness & Health Expo</i>	A1O »» Protein, carbs and GI: what's the latest? <i>L</i> Joanna McMillan & Helen O'Connor <i>Sponsored by Meat & Livestock Australia and The Egg Nutrition Council</i>	A1P »» The nine non-negotiables of group fitness management <i>L</i> Michelle Dean <i>Sponsored by Les Mills Asia Pacific</i>	A1Q »» Group X in the Gym®: REAL boxing for fitness <i>WS</i> Doug Rouessart <i>Sponsored by PUNCHFIT</i>	A1R »» Sensational Step party! <i>MC</i> Rebecca Small	A1S »» Timeless HiLo <i>MC</i> Steve Boedt	A1T »» DJ on a bike! <i>MC</i> Claire Norgate	A1U »» Power of tai chi: a way of life <i>MC</i> Ming Shao	A1V »» Upside down: the art of inversions <i>MC</i> Duncan Peak	A1W »» The best of both worlds – Mapped and layered choreography <i>MC</i> Annette Chatterton & Jennifer Schembri-Portelli <i>Sponsored by Australian Institute of Fitness & WETS</i>
12 – 1:30pm		Lunch »» Australian Fitness & Health Expo Time																						
	Strond	Business	Business	Business	PT Business	PT	PT	PT	PT	PT	PT	PT	PT	PT	Nutrition	Lifestyle & Ex Med	Group Ex	Group Ex	Group Ex	Cycle	Mind Body	Mind Body	Mind Body	Aquo
1:30 – 3pm		A2A »» Moving from full service to functional training <i>L</i> Rick Mayo <i>Sponsored by GoGetta</i>	12.45 – 6.45pm A2B »» The principles of business success <i>WS</i> Justin Tamsett <i>Sponsored by Active Management</i>	A2C »» Retention intensive <i>L</i> Paul Brown	A2D »» Believe you can: grow an amazing PT business <i>L</i> Andrew Simmons <i>Sponsored by Vision Personal Training</i>	A2E »» Fat loss: what's hot and what's not <i>L</i> Tony Boutagy	A2F »» Solutions for patellofemoral pain <i>IL</i> Tim Keeley	A2G »» The five vital elements of function <i>L</i> Fraser Quelch <i>Sponsored by TRX®</i>	A2H »» Stress and chronic pain <i>IL</i> Justin Price	A2I »» Attract the female training market <i>L</i> Edwina Griffin	A2J »» The mindful PT <i>L</i> Lisa Champion <i>Sponsored by Australian Fitness Network</i>	A2K »» Serious circuits: bells, bands and bodyweight <i>WS</i> Emily Friedel <i>Sponsored by Iron Edge</i>	A2L »» Room for two <i>OD</i> Rob di Francesco	A2M »» Raising the bar: Olympic lifting for beginners <i>WS</i> Chris Dounis, Bel Fong & Kathryn Weiher <i>Sponsored by Australian Fitness Network</i>	A2N »» Vegetarian diets – The healthier option? <i>L</i> Kate Marsh	A2O »» Achieve your untapped potential <i>L</i> Annette Lackovic <i>Sponsored by Impact Training</i>	A2P »» MMA Fitness: high octane pad training <i>WS</i> James McNeill, Dee McNeill & Marcelo Rezende	A2Q »» Shhhh! LES MILLS future release preview <i>MC</i> Gandalf Archer, Glenn Ostergaard, Lisa Osborne & Rachael Newsham <i>Sponsored by Les Mills Asia Pacific</i>	A2R »» ATC: Athletic Training Club <i>MC</i> Greg Sellar & Michael Steel	A2S »» Cycle class rescue remedy! <i>WS</i> Andrew Conolly	A2T »» Prenatal pilates <i>WS</i> Zosha Piotrowski	A2U »» Fusion yoga and pilates for athletes <i>MC</i> Helen Vanderburg	A2V »» Australian Fitness & Health Expo time for Mind Body delegates	A2W »» Aqua Zumba® Poolparty <i>MC</i> S Maria Browning & Maria Teresa Stone <i>Sponsored by Zumba Fitness®</i>
3 – 3:30pm		Break																						
3:30 – 5pm	Strond	Business		Business	PT Business	PT	PT	PT	PT	PT	PT	PT	Lifestyle & Ex Med	Lifestyle & Ex Med	Lifestyle & Ex Med	Nutrition	Group Ex	Group Ex	Group Ex	Cycle	Mind Body	Mind Body	Aquo	
		A3A »» Take your team from dysfunction to success! <i>L</i> Ryan Hogan <i>Sponsored by Australian Fitness Network</i>		A3C »» Speakership! <i>L</i> Matt Church	A3D »» PT marketing made easy <i>L</i> Aaron Whear	A3E »» The functional jungle: New Age periodisation <i>L</i> Gavin Aquilina	A3F »» Understanding hormones <i>L</i> Robert Yang	A3G »» Fitness research updates <i>IL</i> Mark McKean <i>Sponsored by Fitness Research</i>	A3H »» New mums, new workouts <i>L</i> Linda-Joy Lee	A3I »» ViPR 'Shift' training <i>WS</i> Michol Dalcourt <i>Sponsored by QPEC</i>	A3J »» The secrets to boot camp success <i>OD</i> Chris Keogh	A3K »» Heart rate training: the science and practical application <i>WS</i> Corey Bocking	A3L »» FILEX Forum: Strategies for behaviour change <i>F</i> Lisa Champion, Cam McDonald & Lorimer Moseley	A3M »» Working with allied health professionals to combat chronic disease <i>L</i> Andrew Boyle	A3N »» Create a culture of corporate health change <i>L</i> Troy Morgan	A3O »» Alternative proteins <i>L</i> Janelle Purcell	A3P »» Move your body – 3D-style <i>MC</i> Rebecca Small	A3Q »» Zumba Sentao™ <i>MC</i> Carolina Arias & the Zumba® Presenter Team <i>Sponsored by Zumba Fitness®</i>	A3R »» Captivate kids with themed classes <i>MC</i> Dee Reynolds	A3S »» Party with the peloton <i>WS</i> Effe Diamond <i>Sponsored by ICE</i>	A3T »» Freeform pilates <i>MC</i> Taryn Polovin	A3U »» Yoga flow ideas <i>MC</i> Claire Norgate	A3V »» Australian Fitness & Health Expo time for Aqua Fitness delegates <i>Sponsored by Australian Fitness & Health Expo</i>	
5 – 5:30pm		Break																						
5:30 – 6:45pm	Strond	Business		Business	PT Business	PT	PT	PT	PT	PT	PT	Lifestyle & Ex Med	Nutrition	Group Ex	Group Ex	Group Ex	Cycle	Mind Body	Mind Body	Aquo	6:45 Delegate Welcome Drinks See page 12 for more details.			
		A4A »» Boring KPIs that make you rich <i>L</i> Paul Brown		A4C »» Treat your PT manager like royalty <i>L</i> Rick Mayo <i>Sponsored by GoGetta</i>	A4D »» Generate leads through your website and Facebook <i>L</i> Kellie Sanders <i>Sponsored by Fit Professionals</i>	A4E »» Learn to run: what we know and what we made up <i>L</i> Max Martin	A4F »» Rotational training: good or bad? <i>L</i> Mark Buckley <i>Sponsored by FMA Strength Training</i>	A4G »» FILEX Forum: Core training philosophies <i>F</i> Julie Hides, Anna-Louise Bouvier & Bryce Hastings	A4H »» Myofascial compression for injury prevention and better movement <i>IL</i> Cassidy Phillips	A4I »» TRX® Training Zone circuit <i>WS</i> Fraser Quelch <i>Sponsored by TRX®</i>	A4J »» Integrating structural assessment into movement analysis <i>IL</i> Justin Price	A4K »» Matters of the heart <i>L</i> Thamsin Dunn	A4L »» Nutrient timing strategies – the latest research <i>L</i> Stephen Bird	A4M »» Turbo Tabata <i>MC</i> Greg Sellar	A4N »» Future function <i>MC</i> Nathan Short <i>Sponsored by The Future Drop</i>	A4O »» Indo-Row®: The perfect calorie burn <i>WS</i> John Pirlo & Andrew Conolly <i>Sponsored by WaterRower</i>	A4P »» Take the brakes off! <i>WS</i> Rachel Kalwy	A4Q »» Acro Yoga foundations: turn your world upside down <i>WS</i> Claudine Lafond	A4R »» ChiYogaDance <i>MC</i> Rebecca Davies	A4S »» Drills and skills to reinvigorate! <i>L</i> Melissa Cameron & Claire Sawatzky <i>Sponsored by WETS</i>				
6:45pm		Delegate Welcome Drinks																						

SUNDAY 21 APRIL 2013