



FILEX 2003 CREATING OPPORTUNITIES

*International Fitness
Convention and Expo*



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- If you wish to purchase Tapes or CD's after the Conference, you will find our contact details below, just fill out the order form and contact us either by phone, fax, mail or email.

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Double CDs \$30 each (incl GST)		
Full set Packages:		
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- CDs \$280		
* All Personal Training: 12 Sessions in total – Tapes \$150		
- CDs \$200		
* All Kids Sessions & Diabetes Sessions: 5 Sessions in total – Tapes \$50		
- CDs \$80		
* All Nutrition & Fat Loss: 6 Sessions in total – Tapes \$70		
- CDs \$100		
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10-19 Tapes/CDs	\$17.00	SAU 28.00	SAU 39.00
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Please Note – For orders paid for after the Event the Minimum Order Amount is \$50 + Postage



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Friday 13 June 2003

<i>Tape No.</i>	<i>Qty</i>	<i>CD No.</i>	<i>Qty</i>	<i>Title</i>
				<u>BUSINESS</u>
1		1		Exercise Therapy – the new opps for the fitness industry <i>Grant Pavia, Mark Awerbch & Owen Curtis, Fiona Belton, West Loh & Mike Climstein</i>
2		2		Managing to Keep You Ahead of the Game <i>Victor Brick</i>
3		3		Planning ahead through Creative Facilitation <i>Gary Bertwistle</i>
4		4		The Difference between Management and Leadership <i>Jim McPartland</i>
				<u>PERSONAL TRAINING</u>
5		5		Pant, Paddle and Peddle Adventure Training for All <i>Mike Hayes</i>
6		6		All about Muscle and More <i>Dr Len Kravitz</i>
7		7		Successfully Selling PT <i>Mark McKean and Andrew Trevaskis</i>
8		8		Capital P for Profit <i>John Mailer</i>
9		9		Program Design for PTs <i>Douglas Brooks</i>
10		10		Delaying the onset of Ageing <i>Jim Teatum</i>
				<u>SPECIALITY</u>
11		11		Physical Activity and Children with Special Needs CHISM <i>Dr. Paul Hutchins & Dr. Sandra Anderson</i>
12		12		Sporting Injuries and Eating Disorders in Children and Adolescents CHISM <i>Dr. Carolyn Broderick & Ms. Kylie Whitten</i>
				<u>NUTRITION & FAT LOSS</u>
13		13		Putting the GI into practice <i>Joanna McMillan-Price</i>



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Saturday 14 June 2003 cont.

<i>Tape No.</i>	<i>Qty</i>	<i>CD No.</i>	<i>Qty</i>	<i>Title</i>
				<u>BUSINESS</u>
14		14		Building Something from Nothing <i>Jan Spatticcia</i>
15		15		Business Keynote Address: 2003 – 2004 Your Best Years Yet! <i>Jim McPartland</i>
16		16		Your Mission in Commission <i>Stuart Zadel</i>
17		17		Is Programming Enough? <i>David Welsh</i>
18		18		Integrating Members for Life <i>Victor Brick</i>
19		19		Retention Report '03 <i>Paul Brown</i>
20		20		Embracing a Customer Service Business Model <i>Stuart Allen</i>
				<u>PERSONAL TRAINING</u>
21		21		Successful Low Back Strength Training <i>Xen Angelides</i>
22		22		How to Set Up and Run a Sports Squad <i>Tony Boutagy and Andrew Verdon</i>
				<u>SPECIALTY</u>
23		23		Successful Physical Programs for Kids I CHISM <i>Peter Hickey, Dr. Robbie Parker, and Suzanne Burrell</i>
24		24		Successful Physical Programs for Kids II CHISM <i>Arthur Chapman, Liz Wells & Gina Stewart</i>
				<u>NUTRITION & FAT LOSS</u>
25		25		Metabolism Made Easy <i>Adam Fraser</i>
26		26		The Facts on Protein <i>Joanna McMillan-Price</i>



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Sunday 15 June 2003

<i>Tape No.</i>	<i>Qty</i>	<i>CD No.</i>	<i>Qty</i>	<i>Title</i>
				<u>BUSINESS</u>
27		27		'Oh, so that's What You Wanted!' <i>David Welsh</i>
28		28		Changing a Sales Culture by Exceeding Customer Expectations <i>Paul Brown</i>
29		29		Jump Start Your Business with Strength Training Design and Management <i>Xen Angelides</i>
30		30		Strategies for Success – an Owners Perspective <i>Sandy Franco</i>
31		31		20 ways to instantly increasing Your Bottom Line <i>Victor Brick</i>
				<u>PERSONAL TRAINING</u>
32		32		Designing 12 + week programs <i>Tony Boutagy</i>
33		33		Harnessing Hormones For Optimal Results <i>Stephen Bird</i>
34		34		Current Controversies in Exercise <i>Dr Len Kravitz</i>
35		35		Cardiovascular Training Recipes For Your Clients <i>Douglas Brooks</i>
				<u>SPECIALTY</u>
36		36		Getting Strong with Diabetes <i>Dr David Dunstan</i>
				<u>NUTRITION & FAT LOSS</u>
37		37		Fat Oxidation During Exercise <i>Nick Kimber</i>
38		38		A GP's Highly Successful Approach to Weight Control <i>Dr Neil Peace</i>
39		39		Programming for Fat Loss <i>Joanna McMillan-Price</i>



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