



# Active Aging Summit

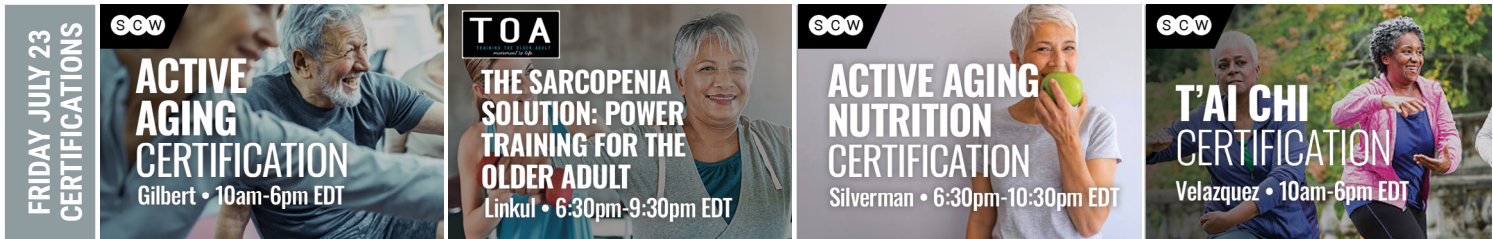
**ALL  
NEW!**



**JULY 24-25, 2021**

- **72 Sessions**
- **33 Presenters**
- **5 Certifications**
- **Up to 15 CEC/CEUs** (Continuing Education Credits)
- **30 Days Recorded Sessions**
- **Flexible Payment Options**

[ActiveAgingSummit.com](https://ActiveAgingSummit.com)



**ENLARGE & PRINT SCHEDULE**

**A**  
FUNCTION / CORE

**B**  
STRENGTH / HIIT

**C**  
MIND-BODY / CHAIR / FALL PREVENTION

SATURDAY, JULY 24	<b>SA1</b>	10:00am-11:00am EDT 9:00am-10:00am CDT 7:00am-8:00am PDT	<b>NEW</b> Restore Mobility, Reduce Pain in Feet & Hands McKinnon	<b>NEW</b> Strong Body Fountain of Youth Howard	<b>NEW</b> Woven Cardio Fusion Thomas	
	<b>SA2</b>	11:15am-12:15pm EDT 10:15am- 11:15am CDT 8:15am-9:15am PDT	<b>NEW</b> S-T-R-E-T-C-H- ology Kozacek	StairMaster: Your Brain on HIIT Appel	<b>NEW</b> Are You FallPROOF? Conti	
	<b>SA3</b>	12:30pm-1:30pm EDT 11:30am-12:30pm CDT 9:30am-10:30am PDT	<b>NEW</b> The Impact of MELT Hitzmann	<b>NEW</b> Eleven Lifts to Combat Sarcopenia Linkul	<b>NEW</b> DNA - Powered Nutrition Curry	
	1:30pm - 2:00pm EDT, 12:30pm - 1:00pm CDT, 10:30am - 11:00am PDT					
	<b>SA4</b>	2:00pm - 3:00pm EDT 1:00pm - 2:00pm CDT 11:00am - 12:00pm PDT	<b>NEW</b> Standing Exercises for Strength & Agility McKinnon	<b>NEW</b> Stairmaster: We Put the Boom in Boomer Workouts Appel	<b>NEW</b> Fall Prevention: Lateral Strength, the Missing Component Howard	
	<b>SA5</b>	3:15pm- 4:15pm EDT 2:15pm - 3:15pm CDT 12:15pm - 1:15pm PDT	<b>NEW</b> Forever Pilates Appel	<b>NEW</b> Nautilus: Functional Strength at Any Age McCall	<b>NEW</b> Falls Prevention Indoor Cycling Austin & Leadley	
<b>SA6</b>	4:30pm - 5:30pm EDT 3:30pm - 4:30pm CDT 1:30pm - 2:30pm PDT	<b>NEW</b> Balance Does Not Stand Alone VanGalen	<b>NEW</b> Active Agers From the Ground Up! Velazquez	<b>NEW</b> S.E.A.T. Supported Exercise for Ageless Training Gilbert		
SUNDAY, JULY 25	<b>SU1</b>	10:00am-11:00am EDT 9:00am-10:00am CDT 7:00am-8:00am PDT	Older Adults- The Happy Medium Wartenberg	<b>NEW</b> G.R.I.T. (Grown-up resistance training focusing on intensity and timing) Gilbert	Schwinn®: Rock Steady - Recovery Rides Sherman	
	<b>SU2</b>	11:15am-12:15pm EDT 10:15am- 11:15am CDT 8:15am-9:15am PDT	Core for Boomers Wartenberg	<b>NEW</b> The Ultimate Active Aging Cycling Methodology Austin & Leadley	<b>NEW</b> Seated Asanas Howard	
	<b>SU3</b>	12:30pm-1:30pm EDT 11:30am-12:30pm CDT 9:30am-10:30am PDT	<b>NEW</b> Why Fascia Matters Beyond Muscles Hitzmann	<b>NEW</b> Schwinn: Never Too Late for HIIT Sherman	<b>NEW</b> Embodied Strength, Balance & Fall Prevention McKinnon	
	1:30pm - 2:00pm EDT, 12:30pm - 1:00pm CDT, 10:30am - 11:00am PDT					
	<b>SU4</b>	2:00pm - 3:00pm EDT 1:00pm - 2:00pm CDT 11:00am - 12:00pm PDT	<b>NEW</b> Recovery Techniques for Active Aging Toole	<b>NEW</b> Nautilus: Does Size Really Matter? McCall	<b>NEW</b> Sitting Pretty...Strong! Gilbert	
	<b>SU5</b>	3:15pm- 4:15pm EDT 2:15pm - 3:15pm CDT 12:15pm - 1:15pm PDT	<b>NEW</b> No Equipment, No Problem! Howard	<b>NEW</b> Tai Chi+ Weights = Iron Fusion Ross	<b>NEW</b> Let's FACE It Together: Chronic Pain Relief Conti	
<b>SU6</b>	4:30pm - 5:30pm EDT 3:30pm - 4:30pm CDT 1:30pm - 2:30pm PDT	<b>NEW</b> Lower Body: Flexibility & Function Metcalf	<b>NEW</b> Fight Frailty with a Vengeance VanGalen	<b>NEW</b> Gentle Yoga For Mobility Velazquez		





# Active Aging Summit

July 24-25  
Live-Streaming  
on Zoom

<b>D</b> PROGRAMMING / COACHING		<b>E</b> AQUA		<b>F</b> BALANCE & BEYOND	
<b>NEW</b>	Life Hacks to Aging Well Miller		Functionally Fit & Current Gilbert		Balance for Active Aging Roberts <b>SA1</b>
<b>NEW</b>	DNA - Powered Nutrition Curry	<b>NEW</b>	Aquatic Balance Solutions Dziubinski		Back to Business Roselli <b>SA2</b>
<b>NEW</b>	Aging is Just a Mindset Gegg		Platinum - Silver Tsunami Velazquez		ABC's of Fall Prevention Kozacek <b>SA3</b>
<b>1:30pm - 2:00pm EDT, 12:30pm - 1:00pm CDT, 10:30am - 11:00am PDT</b>					
<b>NEW</b>	Active Aging Nutrition: Your Scope Silverman	<b>NEW</b>	Aqua HIIT & Run! Velazquez		BootCamp for Boomers Warasila <b>SA4</b>
	FUNctional Chair-Based Dance Fitness Perkins		Playful Patterns Gilbert		Seven Exercises to Overcome Injury Linkul <b>SA5</b>
	The Wheel of Well-Being Spreen-Glick		Aqua Running & Conditioning Wartenberg		Get Upright for an Upgraded Core Howard <b>SA6</b>
	Nutrition Boosters & Busters for Longevity Silverman	<b>NEW</b>	Step on to Step Up Active Aging Programming Howard		Stay Grounded Roselli <b>SU1</b>
<b>NEW</b>	Kettlebell Training for Older Adults Linkul	<b>NEW</b>	Rapid Resistance Kulp		Strength Training for Longevity & Vitality Kooperman <b>SU2</b>
	Effective Equipment for Active Agers Kooperman, Gilbert, Howard, Perkins & Frymire Cone	<b>NEW</b>	Tidal Toning Kulp		Interval Training for the Active Ager Gilbert <b>SU3</b>
<b>1:30pm - 2:00pm EDT, 12:30pm - 1:00pm CDT, 10:30am - 11:00am PDT</b>					
<b>NEW</b>	Sustaining Joint Health Miller	<b>NEW</b>	One on One Aquatic Training Dziubinski		Functionally Fit After Fifty Hagan <b>SU4</b>
	Grow Your Active Aging Clientele Kooperman, Linkul, Gilbert, VanGalen & Perkins	<b>NEW</b>	Aqua Ease Velazquez		Smart Strength for the Ageless Female Roberts <b>SU5</b>
<b>NEW</b>	Training the Over 50 Woman Toole		Aqua Core Senior Style Kulp		Moving with Purpose: Balance Strategies Green <b>SU6</b>



## ACTIVE AGING SUMMIT • JULY 24-25

Elevate your skills for leading active older adult trainings and senior group fitness sessions with SCW Fitness Education's exclusive Active Aging Summit which is Live Streaming via Zoom **(INCLUDES 45+ NEW SESSIONS!)**

### LIVE ONLY

(Was \$249)

**Now Only \$149**

### LIVE + ALL ACCESS

(Was \$279)

**Now Only \$179**

## CERTIFICATIONS

### FRIDAY, JULY 23

#### SCW ACTIVE AGING CERTIFICATION



**Ann Gilbert**

**Friday, July 23,**

**10:00am-6:00pm EST**

**9:00am-5:00pm CST**

**7:00am - 3:00pm PST**

**\$99**

As millions of baby-boomers enter their golden years, staying mentally, socially and physically active is the key to maintaining quality of life. Cutting-edge research reveals there's no secret to aging well. By focusing on mental health, cardiovascular conditioning, strength training, flexibility, fall prevention and balance, we can slow the aging process. Discover ways to empower seniors, not just teach them. Group fitness instructors, trainers and managers overseeing active aging programming will enjoy this one-day course that combines relevant research and proven practical approaches to training brains and bodies of 50+ participants.

Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (4.0), AFAA (7.0), NASM (0.7) If you can't make the Live Stream Certification, take the course online. Visit <https://www.scwfit.com/store/product/active-aging-online-certification/>

#### THE SARCOPIENIA SOLUTION: POWER TRAINING FOR THE OLDER ADULT

**Robert Linkul**

**Friday, July 23,**

**6:30pm-9:30pm EST**

**5:30pm-8:30pm CST**

**3:30pm-6:30pm PST**

**\$99**

Why is power production SO important for the Older Adult? Powerful bodies equal fall risk reduction. The body's ability to recognize, react, move quickly and support itself in odd or awkward positions is how "Fall Prevention" is truly trained. We want our clients to be able to rescue their falls by moving quickly and powerfully to get themselves out of danger and if, in the worst case, they do fall down their bones and joints will be dense enough not to break. In this three-hour in-depth dive into developing power for the older adult Robert will teach you 30+ exercises where MANY different techniques will be taught, cued and coached to perfection (we hope!). This "learn-by-demonstration" style session will conclude with a certificate of completion and an invitation to join Robert at his SCW Active Aging Sessions Over the Next Two Days. SCW (3.0), ACSM (3.0)



**SCW T'AI CHI CERTIFICATION****Manuel Velazquez****Friday, July 23,****10:00am-6:00pm EST****9:00am-5:00pm CST****7:00am - 3:00pm PST****\$99**

Some claim that T'ai Chi is one of the oldest forms of group exercise on the planet. Learn exercises from Qi Gong, which can be done in any order, at any time of the day and without equipment. These exercises are also known as the age-old Yang Short Form of T'ai Chi. Teach your clients to feel more invigorated, more energized, and more balanced from this natural choreographic flow of wellness

Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (7.0), AFFA (8.0), NASM (0.8) If you can't make the Live Stream Certification, take the course online. Visit <https://www.scwfit.com/store/product/taichi-qigong-online-certification/>



Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (4.0), ACE (0.4), ACSM (4.0), AEA (4.0), AFFA (4.0), NASM (0.4). If you can't make the Live Stream Certification, take the course online. Visit <https://www.scwfit.com/store/product/active-aging-nutrition-online-certification/>

**SCW ACTIVE AGING NUTRITION CERTIFICATION****Tricia Silverman, RD, LDN, MBA****Friday, July 23,****6:30pm-10:30pm EST****5:30pm-9:30pm CST****3:30pm-7:30pm PST****\$99**

Join Tricia as she shares scientific, research-based, current insights on the distinct nutritional needs of your active-aging classes and over 50 clients. Learn practical tips for preserving and increasing lean body mass, enhancing cognition, losing excess body fat, acquiring essential vitamins and minerals and MORE. Explore nutritional strategies from regions across the globe known for longevity. Make yourself more marketable to this population by sharpening your nutritional knowledge on aging.

**SCW AQUATIC EXERCISE CERTIFICATION****Jeff Howard****Friday, July 23,****10:00am - 6:00pm EST****9:00am-5:00pm CST****7:00am-3:00pm PST****\$99**

Drawing on over 100 years of combined expertise in the aquatic fitness industry, this nationally recognized comprehensive certification serves as an essential first step into the field of teaching water exercise. Learn the benefits of aquatic exercise and gain practical skill mastery in the unique environment of water. The principles of aquatic training, as they apply to general anatomy, kinesiology, water depth, movement planes, cueing skills, musicality and special population adaptations, are thoroughly addressed. Professionalism, leadership skills, and legal considerations are reinforced. Experience on-site coaching and one-on-one assessment of teaching skills to successfully develop and deliver effective water programming.

Price includes training manual and testing fee (\$59 value). Manuals will be emailed from SCW Fitness Education. SCW (8.0), ACE (0.7), ACSM (8.0), AEA (9.0), AFFA (8.0), NASM (0.8) If you can't make the Live Stream Certification, take the course online. Visit <https://www.scwfit.com/store/product/aqua-ex-certification/>



**For more information on certifications visit:  
[activeagingsummit.com/certifications](https://activeagingsummit.com/certifications)**

# SESSIONS

## SATURDAY, JULY 24

### SA1 - SATURDAY SESSION 1

**10:00am-11:00am EDT**

**9:00am-10:00am CDT**

**7:00am-8:00am PDT**

#### RESTORE MOBILITY, REDUCE PAIN IN FEET & HANDS



**Margot McKinnon, MEd, NCPT**

Painful feet and hands can negatively impact quality of life. In this session, gain an understanding of the intricacies of feet and hands and how restoring function and comfort can positively affect other joints of the body's kinetic chain. Leave with a "hand dance" and "foot dance" to share with your participants.

**SA1A Saturday, 10:00am-11:00am EDT**

#### STRONG BODY FOUNTAIN OF YOUTH

**Jeff Howard**

Combining the latest exercise science and aging research with unique sequences, this workout is guaranteed to help participants build muscle, burn calories and slow the body's aging process. Learn easy-to-implement sequences, progressions and modifications that will increase mobility and strength and accommodate all fitness levels. Your members will feel challenged and successful after this fun, high intensity cardio workout!

**SA1B Saturday, 10:00am-11:00am EDT**

#### WOVEN CARDIO FUSION

**Donna Thomas**

Woven fabric brings beautiful elements together. Woven Cardio Fusion blends low-impact movement patterns, with short & easy-to-follow yoga flows. These dynamic movement sequences help us to lengthen, strengthen, and glow from head to toe!

**SA1C Saturday, 10:00am-11:00am EDT**

#### LIFE HACKS TO AGING WELL

**Kimberly Miller, NKT, ACE CPT**

Join holistic health practitioner Kimberly Miller, to discover 8 life hacks to aging well. Reduce the chances of chronic disease, pain and fatigue. Learn how to improve bone density and metabolism through efficient lifestyle choices designed to slow the aging process and improve vitality. (Lecture)

**SA1D Saturday, 10:00am-11:00am EDT**

#### FUNCTIONALLY FIT & CURRENT

**Ann Gilbert**

Activate the water, the most versatile fitness tool there is, in this trending aquatic format focusing on the functional needs of the active ager. Agitate, circulate, and regulate the waves around you to assure and increase in core stabilization and use of drag.

**SA1E Saturday, 10:00am-11:00am EDT**

#### BALANCE FOR ACTIVE AGING

**Keli Roberts**

Comprehensively examine the relationship between stability and mobility in the aging body. Learn effective methods to increase core stability and develop mobility in key areas, improving gait efficiency. Apply strategies for fall prevention through effectively training key areas for body balance.

**SA1F Saturday, 10:00am-11:00am EDT**

**[ RECORDED ]**

### SA2 - SATURDAY SESSION 2

**11:15am-12:15pm EDT**

**10:15am- 11:15am CDT**

**8:15am-9:15am PDT**

#### S-T-R-E-T-C-H-ology

**Cindy Kozacek**

Stretching is for EVERY BODY... for those more athletic individuals and for those less active who may be deconditioned. With increased range of motion, increased circulation and improved posture, your clients can reduce imbalances within muscles and joints that could lead to skeletal pain and injury.

**SA2A Saturday, 11:15am-12:15pm EDT**

## STAIRMASTER: YOUR BRAIN ON HIIT **CORE**

HEALTH & FITNESS

**Abbie Appel**

You have the burn, and the after burn, but High Intensities also promote brain health in big ways. Understand the science and the age-defying benefits of HIIT training that tends to be overlooked and misunderstood.

**SA2B Saturday, 11:15am-12:15pm EDT**

## ARE YOU FALLPROOF?

**Christine Conti**

Learn how to safely and effectively infuse fall prevention facts, trivia and exercises into your current class formats. Identify proven methods such as "Lights, Camera, Action!" to reduce the risk of falls and improve balance, flexibility, strength and coordination. FallPROOF your life and the life of your clients. This workshop may just save your life!

**SA2C Saturday, 11:15am-12:15pm EDT**



## DNA - POWERED NUTRITION

**Peter Curry**

Everything from macro-nutrients to how our DNA influences our weight: DNA-powered insights reveal the best ways to structure diet and nutrition plans to drastically improve your clients' results. In this course you'll learn how genetics impact your clients' bodies and how to work with their genetics to optimize their results. (Lecture)

**SA2D Saturday, 11:15am-12:15pm EDT**

## AQUATIC BALANCE SOLUTIONS

**MaryBeth Dziubinski**

The water allows you to challenge yourself more as there is minimal risk to injury when balance is lost. Muscular imbalance and weakness are significant factors and are impactful on the quality of life as you age. Learn base moves, movement patterns and how to train all skill level clients to improve balance and confidence.

**SA2E Saturday, 11:15am-12:15pm EDT**

## BACK TO BUSINESS

**Giovanni Roselli**

More than ever, clients are suffering from back pain; likely due to sedentary desk and office jobs or the constant care of small children. But, what are the actual underlying issues of frequent low back pain? Can this pain be alleviated or prevented altogether? In this session, learn unique steps and approaches to managing and handling this common, often-times distressing complaint.

**SA2D Saturday, 11:15am-12:15pm EDT**

**[ RECORDED ]**

## SA3 - SATURDAY SESSION 3

**12:30pm-1:30pm EDT**

**11:30am-12:30pm CDT**

**9:30am-10:30am PDT**

## THE IMPACT OF MELT

**Sue Hitzmann, MS, CST, NMT**



This 45 minute active session provides a glimpse into a MELT embodiment experience. Founder & creator, Sue Hitzmann, will teach you how to assess and restore the supportive qualities of your neurofascial system. Far beyond "myofascial release" concepts, you'll embody profound changes that can lead to more stability, vitality, mobility and better performance. MELT is a game-changing innovation that complements any fitness practice. Feel the true impact of MELT in just one session! Bring your MELT Tools or rolled up yoga mat or towel. For best results, get the MELT Tools bundle for SCW Members only.

**SA3A Saturday, 12:30pm-1:30pm EDT**

## ELEVEN LIFTS TO COMBAT SARCOPENIA



**Robert Linkul, MS, CSCS**

Sarcopenia is our MORTAL ENEMY!! Did you know that 58% of the US population over 50 years of age has Sarcopenia? Most fitness professionals train clients two to three times per week making the time we have with them extremely important. To do our clients justice and deliver the best results with the most efficient techniques possible, we need to give them the best bang-for-their-buck exercises. Join Robert as he teaches you eleven of his favorite pure strength anti-sarcopenia exercises that are sure to deliver great results to you and your clients.

**SA3B Saturday, 12:30pm-1:30pm EDT**

## DNA - POWERED NUTRITION

**Peter Curry**

Everything from macro-nutrients to how our DNA influences our weight: DNA-powered insights reveal the best ways to structure diet and nutrition plans to drastically improve your clients' results. In this course you'll learn how genetics impact your clients' bodies and how to work with their genetics to optimize their results. (Lecture)

**SA3C Saturday, 12:30pm-1:30pm EDT**



## AGING IS JUST A MINDSET

**Gretchen Gegg, MEd**



Did you know that there were entire businesses built around age-related stereotypes? Outside influences want your clients to believe in the “inevitable” detriment of aging bodies. Get the tools to fight back and make a real difference for all of your clients! We will unlock the 4 SECRET STRATEGIES to positive aging and give your career the long-term boost it deserves!! (Lecture)

**SA3D Saturday, 12:30pm-1:30pm EDT**

## PLATINUM - SILVER TSUNAMI

**Manuel Velazquez**



Make a splash with these brand new WATERinMOTION® Platinum-inspired routines. Experience six 64-count choreography blocks of captivating, low-impact aqua sequences and discover why moving in water is natural for our silver population. Comprehensive choreography notes are provided to enhance your teaching skills and movement mastery and inspire active aging adults to safely improve cardiovascular endurance, balance, strength and flexibility. Stay current with these fresh ideas!

**SA3E Saturday, 12:30pm-1:30pm EDT**

## ABC'S OF FALL PREVENTION

**Cindy Kozacek**

Fall prevention starts with the ABCs of training: agility, balance, and coordination. This workshop will offer specific exercises and movements that should be included in all fitness classes and private sessions to improve participants' ability to remain “steady and strong” on their feet.

**SA3F Saturday, 12:30pm-1:30pm EDT**

[ RECORDED ]

## SA4 - SATURDAY SESSION 4

**2:00pm - 3:00pm EDT**

**1:00pm - 2:00pm CDT**

**11:00am - 12:00pm PDT**

## STANDING EXERCISES FOR STRENGTH & AGILITY

**Margot McKinnon, MEd, NCPT**



Using a straightforward biomechanical map for what joints need to function optimally, this session will leave you feeling confident about designing and delivering standing classes for aging adults. Exercises and approaches in this session focus on developing functional strength and mobility in all weight-bearing joints without aggravating or causing pain and impairment.

**SA4A Saturday, 2:00pm-3:00pm EDT**

## STAIRMASTER: WE PUT THE “BOOM” IN BOOMER WORKOUTS

**Abbie Appel**



Active Agers need safe workouts that challenge their unique individual abilities and skills. Cardio, strength, flexibility and even HIIT are all integral elements of active aging programming. Discuss the benefits of strength training, review what intensity is considered “high” and how rest plays a crucial role in sustainable workouts. Experience a well-balanced workout of varying intensities with multiple modalities for all levels.

**SA4B Saturday, 2:00pm-3:00pm EDT**

## FALL PREVENTION: LATERAL STRENGTH, THE MISSING COMPONENT



**Jeff Howard**

The majority of older adult falls occur sideways, or laterally. Explore the crucial role later exercise training plays in fall prevention. Explore new and exciting equipment from ArcaRays, perfect for virtual and in-person training sessions, that can easily be implemented into your active aging programming to train your clients and strengthen the key hip area.

**SA4C Saturday, 2:00pm-3:00pm EDT**

## ACTIVE AGING NUTRITION: YOUR SCOPE

**Tricia Silverman RD, LDN, MBA**

Learn about the new recommendations for older adults according to the 2020-2025 Dietary Guidelines. Hear about helpful nutrition tips that you can use and feel comfortable to share with your clients. See what a healthy dietary pattern looks like for active agers, and feel confident you are sharing evidence-based nutrition. (Lecture)

**SA4D Saturday, 2:00pm-3:00pm EDT**

## AQUA HIIT & RUN!

**Manuel Velazquez**

Get the cardio and strength workout you need at whatever pace you choose, without the impact and weight-bearing issues that limit you on land. Research shows that your deep tissue response is greatly improved when exercising in water, which aids healing and recovery that is so important for the active aging population. Explore and get ideas for a shallow water and a deep water approach with this cardio strength progressive overload program.

**SA4E Saturday, 2:00pm-3:00pm EDT**

## BOOTCAMP FOR BOOMERS

**Connie Warasila**

This workshop puts the fun in function for active agers who want to stay strong and build skills for daily living. Review two different class designs that focus on proper warmups, building strength, improving balance, and activating core

musculature. Learn how to add affirmations and motivation techniques specifically for Boomers.

**SA4F Saturday, 2:00pm-3:00pm EDT**

[ RECORDED ]

## SA5 - SATURDAY SESSION 5

**3:15pm- 4:15pm EDT**

**2:15pm - 3:15pm CDT**

**12:15pm - 1:15pm PDT**

### FOREVER PILATES

**Abbie Appel**

Pilates is for everyone! Develop your Pilates program to help your active agers feel great and continue moving functionally to live their best life. Experience a Pilates mat program with 15 movement modifications and progression that increases mobility, balance and muscular endurance. Learn why proper technique of postural movements will improve function and overall confidence to help your clients continue doing the things they love!

**SA5A Saturday, 3:15pm-4:15pm EDT**

### NAUTILUS: FUNCTIONAL STRENGTH AT ANY AGE

**Pete McCall, MS**

The aging process can cause muscle loss, which reduces strength and slows down metabolism. Active agers need strong, functional muscles in order to achieve optimal health and perform essential activities of daily living. Learn functional strength training strategies to design workout programs that help your muscles look as good as they function.

**SA5B Saturday, 3:15pm-4:15pm EDT**



### FALLS PREVENTION INDOOR CYCLING

**Andrea Austin & Robert Leadley**



Maintaining lower body strength and muscle is paramount in the role of preventing falls in mature adults. Join the experts of Team BeatBoss (™) for all things indoor cycling for active agers. Learn how to enhance proprioception and improve gait and balance to have your clients pedaling towards greater health!

**SA5C Saturday, 3:15pm-4:15pm EDT**

### FUNCTIONAL CHAIR-BASED DANCE FITNESS

**Alexis Perkins**

We are breaking down boundaries & making fun fitness options available to anyone no matter their age or ability! Check out our session filled with dance moves, smiles, and the opportunity to add something fabulous to your fitness resume

- all you need is a chair! This is not only for seniors but also plus size, wheelchair users, those with dementia, recovering from injury, and more!

**SA5D Saturday, 3:15pm-4:15pm EDT**

### PLAYFUL PATTERNS

**Ann Gilbert**

Review and learn how to balance movement patterns to assure the safest start and finish to your next aquatic class format. Walk away with a full understanding of a well-designed aqua warm up and cool down.

**SA5E Saturday, 3:15pm-4:15pm EDT**

### SEVEN EXERCISES TO OVERCOME INJURY **TOA**

**Robert Linkul, MS, CSCS**

Robert will teach you seven exercises geared toward improving those struggling with physical limitations. These seven resistance training exercises will feature pulleys, dual tensions, landmines, pivot points, fatbells and more. Some of the most lingering injuries can be neutralized utilizing common equipment in unique ways.

**SA5F Saturday, 3:15pm-4:15pm EDT**

[ RECORDED ]

## SA6 - SATURDAY SESSION 6

**4:30pm - 5:30pm EDT**

**3:30pm - 4:30pm CDT**

**1:30pm - 2:30pm PDT**

### BALANCE DOES NOT STAND ALONE

**Pat VanGalen**

Fall risk and fall injury risk reduction interventions have been moderately successful at best. Pat will share the latest research on 'staying up', anecdotes, observations and a commonsense neuro-motor training approach gleaned from physical education/literacy, rehab, strength-conditioning and performance training, on top of her 7S 'Brake-Brace-Break' approach. DAILY practices to combat the 'fear of falling', preserve confidence and automaticity of movement will be addressed.

**SA6A Saturday, 4:30pm - 5:30pm EDT**

### ACTIVE AGERS FROM THE GROUND UP!

**Manuel Velazquez**

Work every joint and muscle from the Ground Up! Learn functional self-myofascial-release and appropriate applications for maintaining and regaining range of motion, strength, balance, and proprioceptive skills allowing clients to lead an active lifestyle. Discuss the limitations faced by older adults

and appropriate modifications. Improve functional mobility and dynamic flexibility without compromising safety and effectiveness.

**SA6B Saturday, 4:30pm - 5:30pm EDT**

### **S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING**

**Ann Gilbert**

It's time to take aging sitting down! Discover how incorporating a chair can increase access to your fitness offerings by catering to clients of all abilities. Perfect for deconditioned clients or those overcoming injuries, you'll learn how to design seat-based programming that doesn't lack intensity or fun, guaranteed to get a "seated" ovation from all of your students!

**SA6C Saturday, 4:30pm - 5:30pm EDT**

### **THE WHEEL OF WELL-BEING**

**Kimberly Spreen-Glick**

Most fitness professionals focus primarily, if not solely, on the physical. The problem? The physical doesn't tell the whole health tale. In this lecture, discuss 6 aspects of well-being that should be considered during intake assessments to assist clients in living a healthier, happier life. (Lecture)

**SA6D Saturday, 4:30pm - 5:30pm EDT**

### **AQUA RUNNING & CONDITIONING**

**Billie Wartenberg**

Join the newest Aqua Craze! We all know the many benefits to running....now is the time to take your workouts to a new depth with Aqua Running & Conditioning. This cardio/strength water workout will combine high-intensity and low-intensity exercises with little impact, strengthening muscles, and improving joints. Learn to combine running, traveling, Tabata intervals, strength and more!

**SA6E Saturday, 4:30pm - 5:30pm EDT**

### **GET UPRIGHT FOR AN UPGRADED**

**Jeff Howard**

Get off the floor and build that core! In this session, learn powerful, flowing sequences that strengthen the powerhouse of the body. Learn movements and sequences to condition and strengthen the deep, stabilizing muscles of the back that support the spine and daily movement, not just the muscles of the coveted "6-pack". Step outside your comfort zone and transform your mind and body! Come ready to sweat, laugh and grow!

**SA6D Saturday, 4:30pm - 5:30pm EDT**

**[ RECORDED ]**

## **SUNDAY, JULY 25**

### **SU1 - SUNDAY SESSION 1**

**10:00am-11:00am EDT**

**9:00am-10:00am CDT**

**7:00am-8:00am PDT**

### **OLDER ADULTS - THE HAPPY MEDIUM**

**Billie Wartenberg**

Often our Active Adults feel classes are either too hard OR too easy. Explore endless exercise options that are "just right" for your clients. Learn variations, modifications and progressions that will keep members engaged and continue to make fitness gains, reach goals and stay fit! In addition, use staple equipment most fitness facilities already have...tubing, loop bands, gliding discs, dumbbells, mats and chairs.

**SU1A Sunday, 10:00am-11:00am EDT**

### **G.R.I.T. (GROWN-UP RESISTANCE, INTENSITY & TIMING TRAINING)**

**Ann Gilbert**

Grown-up Resistance/Intensity Training is the center focus! Learn programming secrets for periodization and modifications to improve muscular tone and body composition. Discover the true "GRIT" of active agers in this must-attend session for those who train, coach or instruct seniors.

**SU1B Sunday, 10:00am-11:00am EDT**

### **SCHWINN® CYCLING: ROCK STEADY CORE RECOVERY RIDES THAT DRIVE RESULTS**

**Robert Sherman**

In all disciplines, recovery & regeneration are key to making performance gains. Learn tried and true techniques for creating a ride that delivers solid work and efficient recoveries for maximal training effect. Discover ways to effectively work these necessary rides into your training protocols. Time to Rock Steady.

**SU1C Sunday, 10:00am-11:00am EDT**

### **NUTRITION BOOSTERS & BUSTERS FOR LONGEVITY**

**Tricia Silverman RD, LDN, MBA**

Learn which dietary practices lead to a long life of vitality and optimum health across the world, and which practices work against long-term health. For example, discover how the Okinawan practice of Hara Hachi Bu can help overweight active agers lose weight and see how plant-based eating helps the Seventh Day Adventists in Loma Linda, California, add years to their lives. (Lecture)

**SU1D Sunday, 10:00am-11:00am EDT**



**AQUA BALANCE****Jeff Howard**

Challenge the core to build stability and balance in the aquatic environment. Optimizing the ArcaRays resistance band, give your clients an added challenge by increasing physical awareness and stabilization in their aquatic workout. Learn how to incorporate the latest in core and functional training using simple techniques that can be integrated into your existing class and PT formats.

**SU1E Sunday, 10:00am-11:00am EDT****STAY GROUNDED****Giovanni Roselli**

The body, much like a house, needs a good foundation to be successful. In this session, learn to build an awesome foundation, literally from the ground up! Dive deep into training methodologies using ground-based movements through developmental kinesiology. Learn progressions and modifications to provide effective, challenging, safe workouts to all clients at any fitness level.

**SU1F Sunday, 10:00am-11:00am EDT****[ RECORDED ]****SU2 - SUNDAY SESSION 2****11:15am-12:15pm EDT****10:15am- 11:15am CDT****8:15am-9:15am PDT****CORE FOR BOOMERS****Billie Wartenberg**

This session will lead you in practical exercises to meet the needs of Boomers, the largest population in America. Learn core options and modifications to meet the wide variety of fitness levels within the Active

Adult population to keep them young in their golden years!

**SU2A Sunday, 11:15am-12:15pm EDT****THE ULTIMATE ACTIVE AGING CYCLING METHODOLOGY****Andrea Austin & Robert Leadley**

Join Team BeatBoss™ for a cycling experience your active aging clients are sure to love! Explore three biking styles with modifications for every fitness level and ability, for a low-impact workout that's easy on the joints. Enhance cardiovascular endurance, build lower body strength, and ride with the beat to inspire aging well.

**SU2B Sunday, 11:15am-12:15pm EDT****SEATED ASANAS****Jeff Howard**

Chair yoga doesn't have to lack intensity! In this session, learn to transition yoga poses to chair accessible asanas. Blend into salutations involving creative strength building and movements to improve flexibility, perfect for clients of all fitness levels. Leave with innovative programming sure to receive a "seated" ovation from all of your active aging clients!

**SU2C Sunday, 11:15am-12:15pm EDT****KETTLEBELL TRAINING FOR OLDER ADULTS****Robert Linkul, MS, CSCS**

There is SO much more to kettlebell training than just deadlifts and swings. Join Robert as he introduces five different lifting components (pushes – pulls – presses – rows – carries) and at least five progressive lifts in each one that are particularly beneficial for the older adult. Taking into account physical limitations and restricted range of motion, these five lifting components will make programming easier for you and showcase exactly how to progress each lift efficiently.

**SU2D Sunday, 11:15am-12:15pm EDT****RAPID RESISTANCE****Cheri Kulp**

The age old adage "use it or lose it" definitely applies whenever we refer to balance, agility, and power. According to the CDC (Center for Disease Control), one adult over the age of 65 is treated in the emergency room for a fall every 18 seconds. Agility training improves flexibility, balance, and control, all of which can reduce the risk of falling for our aging population. This session uses water resistance and support to enhance this training without the fear of falling.

**SU2E Sunday, 11:15am-12:15pm EDT****STRENGTH TRAINING FOR LONGEVITY & VITALITY****Sara Kooperman, JD**

There is SO much more to kettlebell training than just deadlifts and swings. Join Robert as he introduces five different lifting components (pushes – pulls – presses – rows – carries) and at least five progressive lifts in each one that are particularly beneficial for the older adult. Taking into account physical limitations and restricted range of motion, these five lifting components will make programming easier for you and showcase exactly how to progress each lift efficiently.

**SU2F Sunday, 11:15am-12:15pm EDT****[ RECORDED ]**

## SU3 - SUNDAY SESSION 3

**12:30pm-1:30pm EDT**

**11:30am-12:30pm CDT**

**9:30am-10:30am PDT**

### WHY FASCIA MATTERS BEYOND MUSCLES

**Sue Hitzmann, MS, CST, NMT**



If your goal is to live a vibrant life with less aches and pains and more vitality, understanding the role fascia plays in every aspect of your health is critical to achieving that goal. Whether you're working with high performance athletes, active adults, or clients who need rehabilitation, this session will give you the tools to help others and yourself live a better life. From the cellular and molecular level of fascia's critical role in stability, to the macro level of postural and structural stability, we'll explore the extracellular matrix in detail and learn simple application concepts to tap into this system.

**SU3A Sunday, 12:30pm-1:30pm EDT**

### SCHWINN® CYCLING:

#### NEVER TOO LATE FOR HIIT

**Robert Sherman**

Do your active agers want to continue reaping the benefits of HIIT? Oh yea! Indoor cycling, a low-impact exercise modality provides the perfect solution to push intensity that sparks growth for all levels. Review the physiological benefits of Cycle HIIT for your 50+ clients and learn new ways to inspire them through effective work-to-rest protocols and purposeful coaching.

**SU3B Sunday, 12:30pm-1:30pm EDT**



### EMBODIED STRENGTH, BALANCE & FALL PREVENTIONS

**Margot McKinnon, MEd, NCPT**

Building resilience throughout the neuro-musculo-skeletal system is key to effective fall prevention and healthy aging. In this workshop, take a deep dive into multisensory training principles and techniques that easily fit into any active aging program and offer a wide variety of ways to work with the senior population.

**SU3C Sunday, 12:30pm-1:30pm EDT**



### EFFECTIVE EQUIPMENT FOR ACTIVE AGERS PANEL

**Sara Kooperman, JD, Ann Gilbert, Jeff Howard, Alexis Perkins & Elly Frymire Cone**

Join the industry's premiere active aging experts for an in-depth look at the most effective equipment for the older adult demographic. Learn how equipment can be used in various formats, in multiple modalities, and address equipment incor-

poration into programming design. This is a must-take session for anyone training or coaching seniors, as well as owners and managers of facilities with active aging programs. (Lecture)

**SU3D Sunday, 12:30pm-1:30pm EDT**

### TIDAL TONING

**Cheri Kulp**

Hate the idea of lifting weights, getting sweaty, and feeling the effects later in your joints more than your muscles, but still looking to achieve the strength and tone resistance workouts offer? This session will take a look at using resistance tubing and aqua dumbbells, and even the side of the pool, to help build a stronger, more toned body for daily living activities.

**SU3E Sunday, 12:30pm-1:30pm EDT**

### INTERVAL TRAINING FOR THE ACTIVE AGER

**Ann Gilbert**

Interval training isn't just for the young- it's for the young at heart, too! Join Ann as she discusses the benefits of interval training for mature clients. Study progressions and regressions and how to make transitions as smooth as butter! Learn ready-made sequences to implement into your live and virtual training sessions today, for measurable results and fewer injuries!

**SU3D Sunday, 12:30pm-1:30pm EDT**

[ RECORDED ]

## SU4 - SUNDAY SESSION 4

**2:00pm - 3:00pm EDT**

**1:00pm - 2:00pm CDT**

**11:00am - 12:00pm PDT**

### RECOVERY TECHNIQUES FOR ACTIVE AGERS

**Amber Toole**

Fitness is crucial for aging well, but so is recovery! This interactive session will provide a wide variety of techniques to encourage recovery, flexibility and mobility in actively aging clients. Go beyond just stretching to move better and recover, so you can get better results from your fitness program.

**SU4A Sunday, 2:00pm-3:00pm EDT**

### NAUTILUS: DOES SIZE REALLY MATTER

**Pete McCall, MS**

Lifting weights can do more than just build big muscles; from reducing the risk of type 2 Diabetes to improving the ability to perform activities of daily living. Learn which exercises are essential for clients' workouts and how to help active agers achieve the health benefits of strength training.

**SU4B Sunday, 2:00pm-3:00pm EDT**



**SITTING PRETTY...STRONG!****Ann Gilbert**

Get fit while you sit! In this session, learn innovative sequences that can be performed from a seated position for a total body workout. Perfect for virtual training sessions or social distancing in a gym setting, this low impact workout provides total body sculpting for all participants. Improve strength, mobility and balance for clients of every ability.

**SU4C Sunday, 2:00pm-3:00pm EDT****SUSTAINING JOINT HEALTH****Kimberly Miller, NKT, ACE CPT**

Join master personal trainer and holistic health practitioner, Kimberly Miller for a session packed with tips to sustain independence and a pain free life. Learn how to prevent and reduce loss of cartilage, improve joint mobility and reduce stiffness. Degeneration does not have to be part of the future. (Lecture)

**SU4D Sunday, 2:00pm-3:00pm EDT****ONE ON ONE AQUATIC TRAINING****MaryBeth Dziubinski**

Are you looking to build your business in the pool? Small groups or one on one aqua training is making waves and can be very lucrative. Learn how to design a comprehensive, personalized aqua program to improve the quality of life of your students in a safe, positive and effective way. (Lecture)

**SU4E Sunday, 2:00pm-3:00pm EDT****FUNCTIONALLY FIT AFTER 50****Maureen Hagan**

Learn Mo's contemporary approach to building a fit mind, body, and attitude after age fifty, based on 10 functional movement patterns and progressions, 7 training methods, and decades of training baby boomers. Learn how the role of functional movement and purposeful exercise plays in achieving, preserving, and maximizing fitness, health, and wellness.

**SU4F Sunday, 2:00pm-3:00pm EDT****[ RECORDED ]****SU5 - SUNDAY SESSION 5****3:15pm- 4:15pm EDT****2:15pm - 3:15pm CDT****12:15pm - 1:15pm PDT****NO EQUIPMENT, NO PROBLEM!****Jeff Howard**

No equipment, no problem! In this session, discover unique movements utilizing the most underrated piece of exercise equipment: the human body! Combine interval training, power and plyometrics, to improve muscular endurance and balance. Learn easily implementable modifications and progressions to "plateau proof" workouts for all of your active aging clients.

**SU5A Sunday, 3:15pm-4:15pm EDT****TAI CHI + WEIGHTS = IRON FUSION****David-Dorian Ross**

Fusion classes are structured to blend together Tai Chi with another movement modality in a way that one cannot really distinguish where one modality begins or ends within the choreography. Iron Fusion is a combination of Tai Chi and weights.

**SU5B Sunday, 3:15pm-4:15pm EDT****LET'S FACE IT TOGETHER™:****CHRONIC PAIN RELIEF****Christine Conti**

Experience an introduction to Let's FACE It Together Facial Exercise & Rehabilitation, a one-of-a-kind program that has shown to reduce signs of aging, decrease headaches and jaw and neck pain due to stress, and help fight symptoms of diseases such as Parkinson's, Alzheimer's, Bell's Palsy, and more. This session will also focus on myofascial release techniques to improve blood flow and lymphatic circulation to reduce chronic pain.

**SU5C Sunday, 3:15pm-4:15pm EDT****GROW YOUR ACTIVE AGING CLIENTELE PANEL**

**Sara Kooperman, JD, Robert Linkul, MS, CSCS, Ann Gilbert, Alexis Perkins & Pat VanGalen**

As life expectancy increases due to healthcare advances and rising living standards, the older adult population is experiencing exponential growth. This shift is changing our economy in extraordinary ways, as older adults focus more on their health, not to just live longer, but to live well. Join us for an in-depth look at implementable methods to attract, retain, and fulfill the demand of this niche, for business growth and sustainability. (Lecture)

**SU5D Sunday, 3:15pm-4:15pm EDT**



**AQUA EASE****Manuel Velazquez**

Aquatic exercise provides many benefits, including an ideal environment to exercise throughout the year. The buoyancy of the water supports a portion of your body weight making it easier to move in the water and improve your flexibility. Join me to review and experience at least ten of my favorite flexibility moves for the water environment and get ideas to develop sensitive sequences ideal for active aging clients.

**SU5E Sunday, 3:15pm-4:15pm EDT****SMART STRENGTH FOR THE AGELESS FEMALE****Keli Roberts**

Smart strategies for strength training to help your female clients age-less! Chronological aging is just a number: its function that counts! Interactively review critical principles for functionally training the female client. Learn essential body alignment, precise cueing and movement strategies to provide smart strength training for the ageless female.

**SU5F Sunday, 3:15pm-4:15pm EDT****[ RECORDED ]****SU6 - SUNDAY SESSION 6****4:30pm - 5:30pm EDT****3:30pm - 4:30pm CDT****1:30pm - 2:30pm PDT****LOWER BODY: FLEXIBILITY & FUNCTION****Andrea Metcalf**

As muscle imbalances become more prevalent in older active adults, it is imperative to assess functionality correctly. In this session, discuss common lower body dysfunctions, techniques for proper injury assessment, and exercises to alleviate pain and improve alignment and flexibility.

**SU6A Sunday, 4:30pm - 5:30pm EDT****FIGHT FRAILTY WITH A VENGEANCE****Pat VanGalen**

Join Pat for a no-nonsense update on pre-frailty. Strength, power and speed training, along with other lifestyle boosters, dodge and delay frailty. It's best to start in childhood, better in our 30's, but still effective after 50. Women are hit the hardest and for the longest. Ladies, unless you perform regular heavy physical labor, training to kick frailty to the curb is a non-negotiable. (Lecture)

**SU6B Sunday, 4:30pm-5:30pm EDT****GENTLE YOGA FOR MOBILITY****Manuel Velazquez**

This practice will emphasize joint health, muscle tension release, and a mindful approach to alignment through core stability offering movements that can be incorporated into your daily life. Maintain or improve mobility, stability and flexibility for functional healthy aging.

**SU6C Sunday, 4:30pm-5:30pm EDT****TRAINING THE OVER 50 WOMAN****Amber Toole**

Training women over 50 requires programming that takes into account special aspects of active aging. Delve into the psychology behind this spectacular group of individuals and understand how to create safe and effective workouts that lead them to amazing results!

**SU6D Sunday, 4:30pm-5:30pm EDT****AQUA CORE SENIOR STYLE****Cheri Kulp**

Enjoy six different segments of core training exercises for water exercise. Experience this on deck training course focused on working the abs, the back, obliques, hips and shoulders. Basically, anything core goes! Focusing on a senior market demands special emphasis on posture and alignment. Enjoy this session with one of the top aquatic presenters in the world!

**SU6E Sunday, 4:30pm-5:30pm EDT****MOVING WITH PURPOSE:****BALANCE STRATEGIES****Sharlyn Green**

Balance is vital for physical performance and health and is an essential component of activities of daily living. Explore balance-inducing and improving movement sequences. Learn how to create individualized strategies for clients of varying physical/cognitive states to mitigate risks and prevent falls.

**SU6F Sunday, 4:30pm-5:30pm EDT****[ RECORDED ]**

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