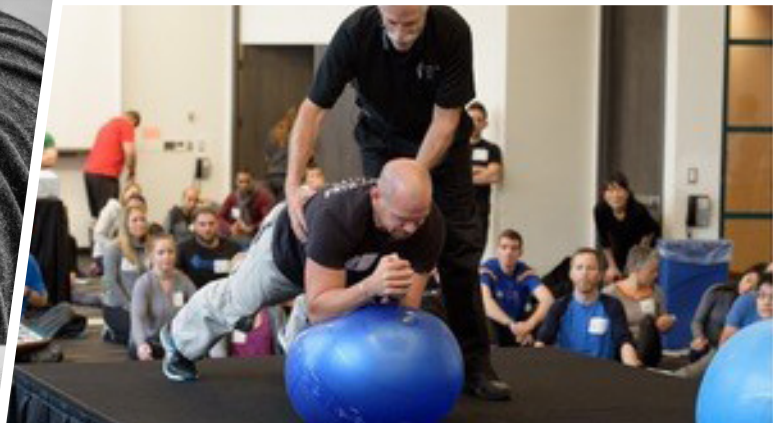
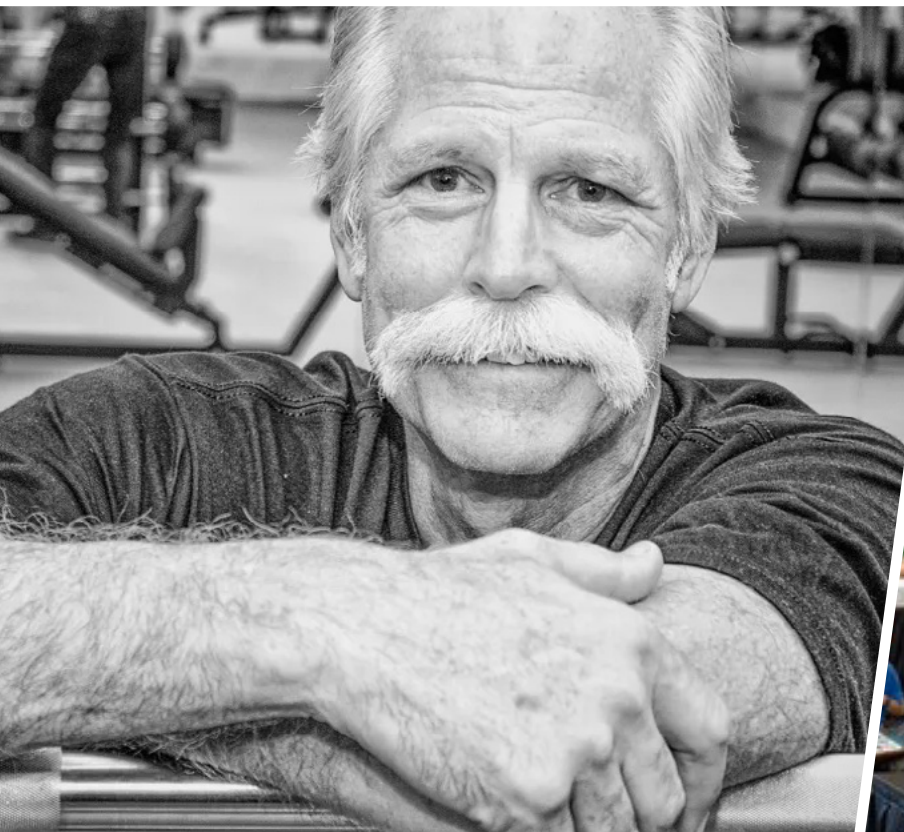


32ND ANNUAL

ISLAND FITNESS CONFERENCE

FEATURING **Stuart McGill, Andre Potvin and Brian Justin**

Sunday, October 29th, 2023 | Esquimalt Gorge Park Pavilion



islandfitnessconference.com

PRESENTERS and SESSIONS

STUART MCGILL & SARAH MCGILL



Professor Emeritus Stuart McGill has investigated back pain mechanisms for over 40 years resulting in over 300 publications and books. He is a consultant to back-pained athletes, together with governments, teams, legal and medical groups worldwide.



Sarah McGill is the President of Professor Stuart McGill's company Backfitpro Inc, and a McGill Method Certified practitioner practicing in Victoria coaching back-pained individuals.

KEYNOTE PRESENTATION Stuart McGill

8:30 – 10:00 am

Success with back pain clients?

A/L

Trainers and coaches sometimes lose clients because they are unable to reduce pain and create pain-free training capacity. Synthesizing 40 years of research probing back pain with practical experience of leading an experimental research clinic Professor McGill presents an approach that has proven success. It is based on understanding how the spine functions and becomes painful/injured, which underpins techniques to enhance success with rehabilitation and performance enhancement.

SESSIONS

10:30 am – Noon

Assessment of pain mechanisms

A/L

Learn the essential client assessments to understand their specific pain triggers and develop the most appropriate exercise approach as a result. Back pain is all specific, and gaining a deeper understanding of the nuances of your client's individual pain pathways will give you the best success at long term pain reduction and back resilience, and fitness client retention.

1:00 – 2:30 pm

Winding the Pain Down

A/L

Learn the spine sparing movement tools to coach your clients through to avoid their pain triggers and wind down their pain. Stability, mobility, pain-free movement patterns and appropriate resting positions will be covered.

3:00 – 4:30 pm

Restoring Pain-Free Ability

A/L

Once your clients have successfully reduced their pain, they are ready to train again. Learn the progressions and special considerations while developing and coaching a specific program for your client and their goals - whether that is to return to a regular lifestyle or elite athleticism.

SONJA BIDESE



Sonja Bidese, BCRPA Trainer of Fitness Leaders, Health and Fitness Presenter and Educator, BCRPA Certified Personal Trainer and IONC Registered Nutritionist with over 25 years of experience in the fitness industry. Sonja has mentored a great number of fitness professionals. Her passion is to help others succeed. Having grown, learned, and pushed through life's challenges herself, Sonja intuitively understands the needs of her mentee's and tailors her approach to each of them in a fun and supportive way. Sonja is eager and excited to pass her knowledge on to whomever is willing to listen and learn.

10:30 am – Noon

It's All About the Bands

A

Resistance Bands are a great addition to any strength training routine or rehabilitation program and come in a variety of sizes, lengths, and strengths. This portable exercise equipment is also easily stored, making it perfect for home use, hotel workouts, or when you're tight on space at the gym. Just like free weights, exercise bands come in a range of resistance levels, from highly stretchable to heavy-duty strength with comfortable handles.

TRACEY NOSEWORTHY



Tracey has dedicated herself to the practice, study and teaching of yoga since discovering its joys and benefits during her first pregnancy in 2001. She was fuelled by the inspiration

of Shiva Rea, and has further trained with teachers around the world combining elements of dynamic and inspiring alignment-based flow. Her teachings blend the traditional Eastern philosophy and asana with today's desire for physical practice, while integrating the mind body connection. Tracey completed her first certification through Shiva Rea with an emphasis on Prana Vinyasa training, followed by her RYT 500 certification with Janet Stone specializing in philosophy, intuitive sequencing and the devotion of unified breath and movement. Being a lifelong learner, she graduated from McMaster University with a degree in Physical Education.

1:00 – 2:30 pm

Flow with Ease

A

A short lecture and movement based practice anchored in alignment and ease to help you cultivate a sense of grace and balance in both the mind and body connection. Flow is the absence of resistance ~ yet we all have a little resistance buried deep below the surface. With gentle guidance and observation we will explore a variety of flowing sequences and mindful movements that promote flexibility, strength and a deeper relationship between body and breath. Start by asking yourself ~ Where can you soften? All levels are welcome as we embark on a transformative journey of self-discovery and the pure joy of flowing through life with grace and ease.

BRIAN JUSTIN



Brian is currently a full time Kinesiology Faculty Member at the University of the Fraser Valley in Abbotsford/Chilliwack BC where he teaches Exercise Physiology, Exercise Testing and Prescription,

Strength and Conditioning, and Post Rehabilitation Techniques. He earned his Masters and Bachelors degrees in Kinesiology from the University of British Columbia. Brian is a CSEP-CEP, NSCA-CSCS, Somatic Education Coach and has authored manuals and a few chapters in fitness and movement related textbooks from Human Kinetics Publishers.

10:30 am – Noon

Are you Overtraining or Under Recovering?

L

This workshop will address the factors that can lead to “overtraining” and what you can do as a trainer to help maximize recovery in your clients. The S.A.I.D. principle, increasing muscle mass, and maintaining immunity is predicated on attaining recovery. This is especially important amidst the post-pandemic environment. Join Brian as he discusses the science and practice of recovery in this 1.5 hr. short but informative lecture that will hit on training strategies and holistic self care practices to help with maximizing the 23:1 rule.

1:00 – 2:30 pm

Getting the Maximus out of your Gluteus

A

This workshop will look at the gluteal muscle group which is a key muscle group for core stability, lower body movement, aesthetics, and knee protection. This workshop will delve into various ways to help clients take their glutes to school to maximize its function, look, and performance. Learn a quick ASSESSment and then delve into programming using various techniques to take your clients from a sleepy butt to a functional one.

3:00 – 4:30 pm

“C’mon Baby Lets do the Twist”

A

Chubby Checker said it best! This workshop will go into the importance of assessing and addressing rotation. The transverse plane is where most people get injured but more importantly it is critical for one of the most important activities we do: walking! Join Brian as we delve into the importance of rotating and controlling rotation so that you can have your clients walking with some swagger in no time! Topics areas addressed are assessment, exercises for controlling rotation, and adding rotation to common gym exercises. You’ll have your clients doing the full on Chubby Checker Twist in no time!

SARAH ADAMSON



Sarah graduated honours with distinction in Biology from the University of Victoria in 2003 followed by a Master of Physical Therapy from the University of British Columbia in 2006. Since graduation she has pursued post-graduate courses in manual therapy, the vestibular system, and the pelvic floor.

3:00 – 4:30 pm

Pelvic Floor and the Female Athlete Across the Life Span

A/L

The session will be a blend of lecture and hands on functional integration of the pelvic floor into common exercises. The lecture will include: 1) a review of anatomy and physiology as it relates to the pelvic floor and exercise, 2) conditions to be aware of, 3) specific concerns at different stages of life (young nulliparous woman, postpartum, menopausal/postmenopausal), 4) red flag/screening questions. Practical component will include assessment of effective pelvic floor and core recruitment, posture, and integration of pelvic floor into higher level exercise (and signs client is ready to progress).

ANDRÉ NOËL POTVIN



André Noël Potvin, MSc, ACE PT, ACE CES, BCRPA-TFL, is an internationally accredited author, fitness educator and clinical exercise specialist with 39 years of leadership and clinical experience.

President of INFOFIT Fitness Career College, André is a distinguished figure in the fitness industry, regularly invited to speak at both public and professional conferences on an international level. His wealth of knowledge and expertise make him a highly sought-after presenter in the field of fitness and exercise science.

10:30 am – Noon

Agility Training for Seniors: Improve Balance, Coordination, and Confidence

A/L

This workshop is designed for fitness professionals working with seniors who want to improve their physical ability and maintain their independence. In this session, attendees will learn simple and effective agility drills that can be safely incorporated into group fitness classes or personal training sessions. These innovative drills will help improve balance, coordination, reaction time, and confidence while reducing the risk of falls. Participants will also learn how to modify drills to accommodate different ability levels and ensure the safety of their senior clients.

1:00 – 2:30 pm

It's the End of the R.I.C.E. Age!

L

Yes, you read that right! Join André Noël Potvin for a groundbreaking lecture that challenges the widely accepted R.I.C.E. Treatment for injuries. Recent research has shown that this treatment may not be as effective as we once thought. In this informative session, André will take you through the history and intended effects of R.I.C.E., as well as the evidence that disputes its use. He will also provide alternative approaches backed by research and logic, allowing you to make informed decisions about the best treatment options for injuries.

3:00 – 4:30 pm

Training Techniques for High-performance Older Athletes!

L

As the number of older athletes (50+) breaking records continues to rise every year, many are left wondering how they are achieving such feats. The answer lies in the latest exercise science research and innovative training tactics that can help fitness professionals create stronger, faster, and more powerful senior athletes. In this informative lecture, attendees will learn about the latest scientific research and training strategies that can help them progress older clients from average to excellent, ensuring that they stay strong, healthy, and competitive!

JUSTINA BAILEY



I have an extensive experience in the fitness industry and diverse knowledge in the areas of health and wellness.

My reputation for vastly changing how people live and move in their bodies is

based on the acquisition of specialty training in areas that are an advancing focus for health and wellness, including anti-aging movements. In addition to fitness instruction and personal training, medical practitioners also refer their clients and family members to sessions with me to assist in their chiropractic, physiotherapy, and rehabilitation care. If someone has recommended me to you, they must care very much about you and trust you will find change and care with personal, high-quality instruction I provide in each class.

CONFERENCE SCHEDULE

SUNDAY October 29th at Esquimalt Gorge Park Pavilion

6:30-8:30am

Registration

MAIN RECEPTION

7:00-8:00am	Pre Session-Workout Justina Bailey	UPPER PAVILION	(A)
8:30-10:00am	Keynote Presentation: Stuart McGill Success with back pain clients	UPPER PAVILION	(L)

Session Break

Session Break

10:30am-12:00pm	Stuart & Sarah McGill Assessment of Pain Mechanism (A) (L)	Sonja Bidese It's All About the Bands (A)	Andre Potvin Agility Training for Seniors (L)	Brian Justin Are you over training or under recovering (L)
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12:00-1:00pm

Lunch Break (lunch not provided, food truck onsite)

1:00-2:30pm	Stuart & Sarah McGill Winding the Pain Down (A) (L)	Brian Justin Getting the Maximus out of your Gluteus (A)	Tracey Noseworthy Flow with Ease (A)	Andre Potvin End of the RICE Age (A)
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2:30-3:00pm

Session Break

3:00-4:30pm	Andre Potvin High performance older athletes (A)	Brian Justin "C'mon Baby Lets do the Twist" (A)	Stuart & Sarah McGill Restoring Pain free ability (A) (L)	Sarah Adamson Pelvic Floor and the Female Athlete Across the Life Span (A) (L)
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4:30-5:00pm

Certificate Pick-Up

Session handouts available on line. Please bring your own mat.

EARLY

Aug 1–Aug 31, 2023 | Single Day \$129

REGULAR

Sep 1 – Oct 29, 2023 | Single Day \$149

Register at islandfitnessconference.com starting on August 1

History of the Vancouver Island Fitness Conference

The Island Fitness Conference began in 1989 as “Fit into the 90’s”. The purpose of the Conference was to ensure that Vancouver Island fitness leaders had access to quality educational training on Vancouver Island. In 2000, “Fit into the 90’s” became “The Island Fitness Conference”. What started 30 years ago as a small group of volunteers has grown into a committee of programmers, instructors and fitness enthusiasts representing a good portion of Southern Vancouver Island.



CREDITS AVAILABLE FROM

British Columbia Recreation & Parks Association (BCRPA)
Canadian Society for Exercise Physiology (CSEP)
British Columbia Association of Kinesiologists (BCAK)
National Strength & Conditioning Association (NSCA)*
American College of Sports Medicine (ACSM)
National Federation of Professional Trainers (NFPT)
International Sport Sciences Association (ISSA)

*EXTRA FEES APPLY

