



Manitoba Fitness Council

Presents

**MADE IN MANITOBA
2009**

**Sunday
April 19, 2009**

9:00 AM – 2:30 PM

Registration starts at 8:30 AM

**St. James Assiniboia
Centennial Pool
644 Parkdale
Winnipeg, MB**

CLASS DESCRIPTIONS

April 19, 2009

9:00 - 10:15 AM

S-T-R-E-T-C-H YOUR TUBING REPERTOIRE with Christine van der Hoek

Stretch tubing is often under appreciated in strength training programs. Providing dynamic progressive resistance, tubing is a fantastic way to recruit muscle in a unique and challenging way. Leave with several new exercises to develop limb and core strength, balance and stabilization that can be done in the weight room or in group classes as well as ideas for partner work.

.75 Practical .50 Theory

ZUMBA with Jan Keryluk

Intro to Zumba...Ditch the Routine & Join the Party! Join the millions of people that have decided that having fun & working out are not mutually exclusive. Zumba fitness is a Latin inspired dance fitness class that incorporates Latin & International music and dance movements, creating a dynamic, fun and effective workout. Using fast and slow movements, this is an opportunity to combine easy to learn dance choreography with cardio and muscle toning benefits.

.75 Practical .50 Theory

OSTEOPOROSIS AND SAFE EXERCISE with the Osteoarthritis Society

A look at Osteoporosis: we will review the cause and how to instruct those who may be dealing with osteoporosis. We will have a discussion on stability, balance and fall prevention theory, musculo-skeletal problems associated with osteoporosis. We will also discuss practical exercise prescription (tubing, balls and weights) when working with individuals with osteoporosis

.75 Practical .50 Theory

10:30 - 11:45 AM

RIDE LIKE THE WIND with Christine van der Hoek

Indoor cycling is a great cardiovascular workout that challenges the body and the mind. Jump in the saddle and learn concepts and safety for creating realistic rides that will keep your participants coming back for more! Bike set-up, pedaling drills, cadence and use of music will start the session off but will leave you with great ideas on how to create endurance rides, killer climbs and breath taking sprints. Come with a water bottle and towel and experience the ride!

.75 Practical .50 Theory

CRITICAL ASPECTS OF SPEED TRAINING with Sherwin Vasallo

Sherwin will teach how to assess improper running mechanics traits seen in male vs female athletes/clients. Understand how to administer resisted running with what tools/toys to use, proper percentages, various exercises and proper work/rest ratios. Learn how to administer necessary strength exercises to enhance speed and correct imbalances found in many athletes/clients. All participants will have the chance to participate in various speed drills.

.75 Practical .50 Theory

BREAKING DOWN THE CUEING BARRIERS with Raul Paragas

Many of our seniors face many different physical changes and challenges. Among two of those challenges are hearing and sight. Can you teach without using words? What if you have a sight impaired participant? Can you teach just by cueing? We will focus on learning basic sign language and on cueing. This will also cross over into your normally functioning clients. We will have an active session where we will experience what some of your participants deal with everyday.

.75 Practical .50 Theory

11:45 – 12:15 PM SNACK BREAK – Brown Bag Lunch

Nutritious snacks will be provided – please feel free to bring a more substantial lunch of your own

12:15 - 1:30 PM

ASANA – AS A GATEWAY TO SELF with Noah Krol

This workshop will help you truly understand what “Yoga” is and how *Asana* can help us achieve our specific goals and how alignment in *Asana* affects our chances for success. We will outline the actions necessary to create and sustain *Asana* and explore a subtle paradigm shift in thought that enlivens and deepens the practice. This will be followed by a practice time to begin to explore the concepts in practical application.

.75 Practical .50 Theory

CARDIOBALL ROOM BLITZ with Cheryl Taylor-Kashton

Cheryl will lead a session on developing a choreography-based Stability Ball cardio class as well as demonstrate the use of the ball for more advanced balance training in a group setting. Learn how to incorporate the use of the Stability Ball in your choreography based land classes and develop 32-count ball blocks to generate an awesome cardio-core-strength challenge! This workshop will teach you innovative cardio and strength combos as well as challenge solo and partner based balance exercises on the ball. “You haven’t had this much fun playing with a ball since you were a kid”!

.75 Practical .50 Theory

PLYOMETRICS with Richard Burr

The Power Principle: Power is the ultimate combination of speed and strength. Plyometric activity elicits a physiological response which the muscle responds by contracting more forcefully. Long term, when you do pure strength or hypertrophy type training, you’ll activate more fibers and increase muscular size. Increasing power is also great for busting through training plateaus...a problem that every trainee faces eventually. Learn the 5 W’s of prescribing plyometrics for your clients, professional or lifestyle athletes.

.75 Practical .50 Theory

1:45 - 2:30 PM

EXPANDING HEALTH BEYOND THE PHYSICAL with Glen Bergeron

This session will look at the holistic dimensions of health and explore opportunities that you as a fitness leader can enhance the five domains of health for your clients and for you as a professional in the area. The five domains will include mental, emotional, social, physical and spiritual. Occupational health will be an additional domain of health that will be discussed from the standpoint of you as a professional fitness trainer.

.75 Theory

BIOGRAPHIES

Jan Keryluk – Jan has been an MFC member for the past 10 years and has been actively involved in fitness and health promotion initiatives across the Interlake Region for many years. Jan has recently started the position of Community Wellness Facilitator for the Interlake Regional Health Authority. Within her role, Jan is assisting with the development of the new Community Wellness program which includes health promotion, chronic disease and injury prevention strategies in partnership with groups and organizations in the Interlake Region. Jan has recently joined the Interlake RHA after serving as the Interlake Region Regional Consultant with Manitoba Culture, Heritage, Tourism & Sport, a position she had held since 2007. Her leadership in the Gimli Wellness Club was recognized in 2008 with the Interlake RHA Health Promotion Award.

Christine van der Hoek (CPT, MFC, CFP, AFLCA) Christine was honored the MFC Fitness Instructor of the year in 2005! For more than 17 years, Christine has been a full-time fitness professional as a personal trainer, group fitness instructor, program manager and educator. She is the owner of the Training Zone and Manager of Adult Fitness Programs at the Wellness Institute. As a Trainer and Evaluator of Fitness Leaders, Christine loves to share ideas with other leaders in pursuit of encouraging more people to lead healthy lives. A two time Ironman triathlete and serious mountain biker, she enjoys adventure and travelling.

Cheryl Taylor-Kashton (MFC Certified Fitness Leader) Cheryl has been an MFC Certified leader for 13 years, teaching primarily at the Wellness Institute and the U of M Joe Doupe facilities. Cheryl leads participants in a variety of classes including hi/lo, step, cycling, shallow water, sports conditioning, balance training, fusion and STOTT reformer Pilates. An avid runner and weight lifter, Cheryl enjoys the benefits of healthy living and is passionate about helping others achieve their fitness goals and dreams.

Raul Paragas – Raul has been an MFC member since 1993 and has been involved with the Conference Committee in the past. Raul is certified in Group Fitness, Active Older Adult, Aqua Fitness, Resistance Training and as an Evaluator of fitness leaders. Raul teaches a variety of different classes and enjoys working out and learning from others especially his senior participants. In recent years, Raul has worked for the City of Winnipeg as a Fitness Coordinator and is currently employed by VON as the SMART (Senior's Maintaining Active Roles Together) Program Coordinator.

Sherwin Vasallo (BA (Kin), CAT(C), CSCS, RKC) Sherwin is the owner/operator of Acceleration Performance. To give the best results for the company's clients, Sherwin has earned a degree in Kinesiology, the distinction of Certified Athletic Therapist, Certified Strength and Conditioning Specialist, a Certified Russian Kettle Bell Instructor and is a Level 1 Weightlifting Coach. Sherwin is also the head Strength Coach for the University of Winnipeg Wesmen athletic program. Sherwin's training of elite level athletes has been a passion and philosophy for several years. His continual research and unique training methods has helped countless athletes achieve their goals and dreams.

Glen Bergeron (MSc, PhD, CAT(C)) Glen is Associate Professor and Chair of the Department of Kinesiology and Applied Health at The University of Winnipeg. He has a BPE from University of Manitoba and MSc from the University of Alberta in 1978 and a PhD from the University of Manitoba in 1992. He certified with the Canadian Athletic Therapists Association (CATA) in 1975 and served as an executive member for 8 years (4 years as President). He recently served as a member of the Canadian Medical team for the 2008 Olympic Games in Beijing, China working specifically with the four cycling disciplines.

Noah Krol "Movement is life. It is how we are meant to function. The way we heal, the ways we process are all tied into movement. Gross or subtle, we embody it." Noah is a graduate of Foothills College of Massage Therapy, specializing in structural bodywork. He holds a Diploma in Fitness and Nutrition. Noah has been accredited with a Yoga Teacher Training and Personal Development program and working as an apprentice teacher with the Canadian Wing Chun Association. "My desire is to bring out the best in everyone I contact to help them find their own inherent movement and their own natural flow."

Richard Burr – Richard is a Certified Athletic Therapist as well as a Certified Strength and Conditioning Specialist specializing in athlete conditioning and rehabilitation. Richard is a graduate of the University of Manitoba, obtaining a B.A. in 1989 and BPE in 1991. Richard is President of First Choice Fitness, a Winnipeg based strength and conditioning facility known for its reputation of achieving outstanding results for its professional and lifestyle clientele. Richard works with many different athletes within Manitoba in many different sports including professional hockey players such as Dustin Penner (Anaheim Ducks), Darren Helm (Detroit Red Wings), and Tyler Arnason (Colorado Avalanche). Richard is currently working with the Winnipeg Blue Bombers, Canadian Sports Centre, Sport Manitoba and Winnipeg Squash Club.

REGISTRATION FORM

MADE IN MANITOBA – April 19, 2009

COMPLETE YOUR SESSIONS ON THE REVERSE SIDE

Name _____

Address _____

City _____ Prov _____ Postal Code _____

Email _____

Phone (h) _____ Phone (w) _____

FEES:

April 19-Workshop at St. James Centennial Pool

- MFC Members **\$68.25** GST included
- Non MFC Members **\$84.00** GST included

Late Registration (After April 9, 2009)

- MFC Members **\$78.75** GST included
- Non MFC Members **\$94.50** GST included

TOTAL

Amount of payment included _____

All fees include GST _____

Visa MasterCard Cheque

Cheque payable to Manitoba Fitness Council

Card # _____ Expiry Date _____

Signature _____

Name of Cardholder _____

Register by phone, mail or fax.

Mail form and payment to the Manitoba Fitness Council, Room 119-102 Frank Kennedy Centre, University of Manitoba, Winnipeg MB, R3T 2N2. Or fax your registration form and credit card information to 474-7634. For more information please call 474-8644 or toll free at 1-800-432-1960 ext. 8644.

COMPLETE YOUR SESSION CHOICE BELOW

MADE IN MANITOBA 2009

Sunday, April 19, 2009

Location: St. James Assiniboia Centennial Pool,
644 Parkdale

Time: 9:00-2:30 pm

Please indicate your first and second choice

#	Class	Time	Instructor	Credits
	Zumba	9:00 – 10:15 am	Jan Keryluk	.75 P .50 T
	S-T-R-E-T-C-H Your Tubing Repertoire	9:00 – 10:15 am	Christine van der Hoek	.75 P .50 T
	Osteoporosis and Safe Exercise	9:00 – 10:15 am	Osteoarthritis Society	.75 P .50 T
Session Break 10:15 – 10:30 am				
	Ride Like the Wind	10:30 – 11:45 am	Christine van der Hoek	.75 P .50 T
	Critical Aspects of Speed Training	10:30 – 11:45 am	Sherwin Vasallo	.75 P .50 T
	Breaking Down the Cueing Barriers	10:30 – 11:45 am	Raul Paragas	.75 P .50 T
Session and Snack Break 11:45 – 12:15 pm				
	CardioBall Room Blitz	12:15 – 1:30 pm	Cheryl Taylor- Kashton	.75 P .50 T
	Plyometrics	12:15 – 1:30 pm	Richard Burr	.75 P .50 T
	Asana-As a Gateway to Self	12:15 – 1:30 pm	Noah Krol	.75 P .50 T
Session Break 1:30 – 1:45 pm				
	Expanding Health Beyond the Physical	1:45 – 2:30 pm	Glen Bergeron	.75 T