

Schedule of Events

Friday, February 2

9:00AM - 5:00PM



Pre-Conference Workshop

Cancer Exercise Specialist Pilates Mat Workshop

Presented by June Kahn, Pilates Rehab Instructor; internationally recognized fitness leader and educator

Saturday, February 3

8:30AM - 9:30AM



Keynote & Welcome

The Evolution of Medical Fitness

Presented by Bill McBride, President & CEO of Active Sports Clubs and Active Wellness, LLC

9:45AM - 11:15AM



Exercise Assessment & Program Design for Preventing Falls

Presented by Christian J. Thompson, PhD, Associate Professor of Kinesiology at University of San Francisco

11:30AM - 12:30PM



Fitness Tools for the Baby Boomers with Gretchen Zelek

Presented by Gretchen Zelek, Founder of DOD Fitness and Certified Functional Aging Specialist

12:30PM - 2:00PM – Lunch and Expo

2:00PM - 3:30PM



Everyday Health and Fitness with Multiple Sclerosis

Presented by David Lyons, Founder of the MS Fitness Challenge

3:45PM - 5:15PM



Developing Evidence-Based, Pressure-Tested Programs for Your Hypertensive Clients

Presented by Cedric X. Bryant, PhD, Chief Science Officer at the American Council on Exercise (ACE)

5:30PM - 7:00PM – Meet & Greet Mixer

Sunday, February 4

8:30AM - 9:30AM



Keynote & Welcome

Emotional Intelligence and the Fitness Professional: Unlocking Untapped Potential with Special Populations

Presented by Lindsay Vastola, Editor of PFP Media

9:45AM - 11:15AM



Your Brain on Exercise – Critical!

Presented by June Chewning, President of Fitness Learning Systems

11:30AM - 12:30PM



The Medical Fitness Impact Plan: How to Reverse Chronic Disease and Degeneration while Building Your Bottom Line

Presented by JR Burgess, CEO of Rejuv Medical

12:30PM - 2:00PM – Lunch and Expo

2:30PM - 3:30PM



Gaining Bone Health through Exercise & Nutrition

Presented by Mark Kelly, PhD, CEO of Principle Centered Health

3:45PM - 5:15PM



Health Engagement Science & Technology: Optimize Care for the 21st Century

Presented by Steve Feyrer-Melk, MEd, PhD, Chief Science Office at Nudge Coach

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