

Albuquerque, New Mexico

The logo features the letters 'FAI' in a bold, white, sans-serif font, centered within a light red circle. This circle is part of a larger graphic consisting of a central circle with four thick, rounded rectangular bars extending outwards in the cardinal directions (up, down, left, right), resembling a stylized sun or a hand. The background is a gradient from red to dark grey.

FAI

Functional Aging
Summit Guide 2019

WELCOME

We are so excited to be hosting the 5th annual Functional Aging Summit!

To think in 2015 in sunny, super hot Phoenix we kicked off our very first Summit with 180 attendees. This year we expect to have over 250 fitness professionals in from around the world, we already have attendees lined up from Australia and Europe, in years past we have had as many as 6 countries in the audience. Now you might still be asking why in the world would they go to Albuquerque, New Mexico? Great question! The answer is the National Senior Games kick off on June 15th with over 20,000 athletes coming to town! Our board member and speaker Paul Holbrook will be running on Sunday the 16th in the 50meter we hope you come out and support him. One of our speakers Shari Kalkstein her basketball team is competing, and even my very own father Mark Ritchie is running in the 50, 100 and 200! So we hope you plan to come early on Thursday for one of our fantastic Preconference workshops, and stay through Sunday for some of the games! We will be attending the opening ceremonies and lighting of the cauldron on Saturday night after our Summit concludes. This year is bigger than ever before with over 40 sessions to choose from! And make sure you find time to stop by and meet us, we want to personally thank you for attending!

-Dan and Cody



PRECON

[SCHEDULE]

JUNE 13



ANDREA LEONARD

8:00 am - 12:00 pm

MOBILITY AND STABILITY

The Introduction to Cancer Exercise reviews the basics on conducting assessments, designing, and implementing exercise programs for individuals diagnosed with cancer. Individuals will gain an understanding of the entire cancer process from diagnosis to treatment, recovery, prevention of lymphedema, and contraindications.



EMILY SPLICHAL

8:00 am - 12:00 pm

FOOT TO CORE SEQUENCING, AN INTEGRATED APPROACH TO DYNAMIC STABILITY

As the only contact point between the body and the ground the foot plays a critical role in all upright movement. Join Podiatrist and Human Movement Specialist Dr Emily as she explores just how integrated the foot is with proximal stability, efficient movement and force generation. In this 4 hour workshop you will learn the neuromuscular, biomechanical and fascial interconnections between the foot and core. Experience assessment skills, activation techniques and exercise progressions that will change the way you look at movement - from the ground up!



DR. EVAN OSAR

1:30 pm - 5:30 pm

THE INTEGRATIVE MOVEMENT SYTEM APPROACH TO TRAINING OLDER CLIENTS WITH HIP AND KNEE OSTEOARTHRITIS AND JOINT REPLACEMENTS

If you work with older adults, you likely work with individuals experiencing mobility, balance, and gait issues related to chronic tightness and degenerative joint changes in the hips and knees. Despite the focused attention on addressing these issues, hip and knee problems continue to plague our older clients and dramatically impact their quality of life. Additionally, we've seen an alarming increase in chronic issues including impingement issues, labral tears, and joint replacements in the younger populations. This session will explain the 3-step Degenerative Joint Process that leads to and perpetuates hip and knee problems. You will then discover the 3 most important assessments and corrective exercises as well as the most appropriate functional exercise progressions for developing and maintaining mobility and stability. You will leave this workshop with the tools and more importantly, the strategy for helping your older clients improve hip and knee stability, strength, balance, and function.



RYAN GLATT

1:30 pm - 5:30 pm

BRAIN HEALTH PROGRAM DESIGN

Health and fitness professionals have the opportunity to join allied health professionals in addressing the major epidemic of cognitive decline and neurodegenerative diseases, such as dementia and Alzheimer's disease. Although exercise has been proven to be beneficial to brain health and cognitive functioning, the precise exercise prescriptions are not clear to the general public or the industries of health and fitness. This has led to further confusion, and leaves clients, patients and caregivers wondering if they are doing all that is possible to stave off cognitive decline. This pre-con will review the research on how certain modalities of exercise can differentially effect the brain, and provide an initial framework for the assessment and programming of cognitive health within exercise programs.



ROBERT LINKUL

3:00 pm - 6:00 pm

PROGRESSIVE RESISTANCE (BAND) STRENGTH TRAINING FOR THE OLDER ADULT

Delegates will learn how to use self-anchoring resistance bands to create a progressive resistance training program that is specifically geared toward the older adult and the common physical limitation that often accompany them. * Delegates will learn over 50 different progressive resistance exercises that follow the TrainingTheOlderAdult.com program design blue print, a 12 week strength training program and some assessment techniques recording their clients starting points and showcasing the improvements they have made. * Delegates will get hands-on experience learning each exercise, its progressions and its coach cues as well as slight modifications that can be made for the more common physical limitations.

	Business & Leadership	Program Design
6:30 am - 7:15 am	MORNING WORKOUTS	
8:00 am - 8:30 am	DAN & CODY - WELCOME	
8:30 am - 9:30 am	KEYNOTE: MARC MIDDLETON 🗝️	
9:30 am - 9:45 am	BREAK - VENDORS OPEN	
9:45 am - 10:45 am	JOSH LEVE	CODY SIPE
10:45 am - 11:00 am	BREAK	
11:00 am - 12:00 pm	MARC MIDDLETON	 LESLIE FOLKS
12:00 pm - 1:15 pm	LUNCH	
1:15 pm - 2:25 pm	DAN RITCHIE & NICOLE GEBHARDT	 DR. KATHARINE FORTH
2:25 pm - 2:45 pm	BREAK	
2:45 pm - 3:55 pm	SHAWNA KAMINSKI 2:45 - 3:20 MICK OLINIK 3:20 - 3:55	 GUY ANDREWS
3:55 pm - 4:15 pm	VENDORS CLOSE	
4:20 pm - 4:29 pm	INNOVATION SPOTLIGHT - COUNTERPAGE	
4:30 pm - 5:15 pm	KEYNOTE: EVELYN FLAHERTY	
5:15 pm - 6:30 pm	VENDORS SOCIAL	

Group Training	Functional Training	Medical Fitness	Vendor Workshop
MORNING WORKOUTS			
DAN & CODY - WELCOME			
KEYNOTE: MARC MIDDLETON 🗝️			
BREAK - VENDORS OPEN			
CHRISTIAN THOMPSON		DR. EVAN OSAR	
BREAK			
DEREK MIKULSKI	CODY SIPE	 JR BURGESS	
BREAK			
DIANNE MCCAUGHEY & DEBI PILLARELLA	DUSTIN JONES	ANDREA LEONARD	 REAL RYDER WORKSHOP 1:15 -1:45 & 1:55 -2:25
BREAK			
 ROBERT LINKUL	 DR. EMILY SPLICAL	 PHIL KAPLAN	
BREAK			



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KEYNOTE SPEAKERS



MARC MIDDLETON

8:30 AM - 9:30 AM

GROWING BOLDER'S LAUNCHPAD TO WHAT'S NEXT

While the 50+ demographic is very diverse, they have common fears and shared desires. They know there is an entirely new life stage that has never before existed and they're both excited and nervous about it. They all wonder one thing-- What's Next? And how do I create it? Marc Middleton identifies their bigger fears, answers their biggest questions and inspires the lifestyle changes that lead to healthy aging and active longevity. In a session punctuated with inspiring videos, Marc shares the stories of ordinary people living extraordinary lives revealing how changing attitudes on aging are dispelling the outdated and ageist stereotypes of life in our 60s, 70s, 80s and beyond. Marc reveals how we age according to our beliefs and details the keys to reprogramming our belief system and making the fundamental and critical mind shift that allows even those with serious physical and mental impairment to embrace the opportunities of age. In a presentation tailored to the National Senior Games, Marc shares the lessons learned from interviewing the world's top master athletes for more than a decade and how what we think is as important to success in any fitness or competitive sports program as what we do.



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EVELYN FLAHARTY

4:30 PM - 5:15 PM

DEFYING AGE FROM THE BOARDROOM TO THE STAGE

I retired from a career in Corporate America that spanned 35 years. My perception of a life of leisure doing whatever I wanted was suddenly shattered by a diagnosis of cancer. This is my story of how I fought back to get healthy by charting a new career path in the fitness industry. This is my personal fight against ageist stereotypes and negative perceptions of aging to become a Figure Competitor on the verge of obtaining Professional Status (Pro Card). Defying my age to be the best possible me.

FEATURED SPEAKERS



JR BURGESS

11:00 am - 12:00 pm



THE MEDICAL FITNESS IMPACT PLAN

With the uncertainty regarding the future of the Health Care System, physicians and private practices are looking for solutions during these fearful and uncertain economic times. Facts are, with rising costs, reimbursements are sure to be cut. Fortunately, there is a new cash based model that doctors are implementing that can have both a positive financial outcome for your practice but it provides a solution to rising health care costs by reducing obesity. The obesity epidemic and the incidence of disease and injury have forced the need for a preventable, medically integrated, outcome based model of medical fitness. Today's crisis leads to a new spectrum that will combat rising health care costs and lower reimbursements. It's my focus along with several other affiliations such as the Medical Fitness Association to help bridge the gap between traditional treatments and long-term prevention.



LESLIE FOLKS

11:00 am - 12:00 pm



AGELESS RYDE | THE BENEFITS FUNCTIONAL CYCLING HAS FOR YOU, YOUR CLIENTS AND YOUR BOTTOM LINE

Does exercising on an ordinary indoor stationary bike prepare and provide the confidence for seniors to enjoy an outdoor cycling experience? As we age, regular exercise can become more difficult and intimidating. Seniors find themselves at greater risk for a variety of exercise-related injuries. A stationary bike can be safely used for their aerobic conditioning component—it is easily adjusted and monitored to appropriately challenge their current metabolic conditioning level—but is riding on a stationary bike in a fixed, single plane direction, the most effective tool to use? Learn the 'how' and the 'why' behind the RealRyder® Bike's greatest benefits—lateral and rotational movements—which allow the bike to move with the rider, greatly reducing the lateral or vector forces on the body. This not only provides muscular, physiological, functional, and emotional benefits to the end-user but also provides an exhilarating mind-body experience while riding. The benefits of training in this 3-dimensional manner go far beyond your typical stationary cycle.



DEREK MIKULSKI

11:00 am - 12:00 pm



A GLIMPSE OF THE SENSE SYSTEMS

Explore some of the most overlooked principles and systems in balance training, and learn how to easily integrate new visual, vestibular and proprioceptive challenges into your programming to leave clients stronger and more confident on their feet.



REAL RYDER WORKSHOP

1:15 pm - 1:45pm & 1:55 pm - 2:25 pm



AGELESS RYDE | INSPIRE AND CHALLENGE YOUR CLIENTS WITH INNOVATIVE PROGRAMMING AND EQUIPMENT.

A hands-on session to learn how to develop creative fitness fusion programming solutions to lead your senior population into looking and feeling their very best. Now more than ever, Personal Trainers and their clients are beginning to understand that mobility and performance are directly linked. This session will introduce you to the benefits of a multiplanar/functional indoor cycle, and how to fuse mobility practices in a class or training session with the RealRyder Cycle. These 30-minute hands-on sessions will take place in the RealRyder Booth.



PHIL KAPLAN

2:45 pm - 3:55 pm



THE SPACE BETWEEN FITNESS AND MEDICINE – THE NEW BLUE OCEAN

We are at an amazing crossroads in time. Modern medicine is rife with innovations, from genetic exploration to stem cell therapies. As pharmaceutical discoveries flood the marketplace and research reveals novel strategies for battling pathogens and extending human life, chronic disease continues to tap the bar of “all-time high.” As the mainstream seeks allopathic solutions, the resurgence of age-old approaches involving mind, spirit, and Eastern philosophies gains new footing and recognition. Perhaps the single area most promising in hope of bringing all invaluable elements together and controlling and ultimately reversing the chronic disease epidemic is the area separated from medicine, isolated as “fitness.” There exists a definitive space between the boundaries of conventional medicine and the “scope” of the personal trainer, and a thorough exploration of science can only reveal the value of using exercise, lifestyle, and nutritional strategies to not only prevent, but reverse chronic disease. There is a clear need to drawing a conduit between fitness and the medical field, ultimately filling the chasm in between with a new breed of practitioner.



DR. KATHARINE FORTH

1:15 pm - 2:25 pm



ASTRONAUTS MEASURE THEIR BALANCE. DO YOU? LEARN HOW

A fun, interactive workshop to learn why we measure balance for astronauts and why you should for your clients, too.



ROBERT LINKUL

2:45 pm - 3:55 pm



10 SANDBAG STRENGTH TRAINING EXERCISES FOR THE OLDER ADULT

In this session Robert Linkul, a Master Sandbag Instructor, will teach you 10 Sandbag Exercises specific for Training The Older Adult. He will share with you the proper progressions of the exercise and the instructions to performing them correctly and efficiently as well as the benefit of the movement in its application to the older adult demographic.



GUY ANDREWS

2:45 pm - 3:55 pm



MAKING CONNECTIONS: HOW TO MAINTAIN COGNITION

This class explores the relationship between exercise and cognition and delves into the effect of lifestyle, diet and nutrition on the older brain.



DR. EMILY SPLICAL

2:45 pm - 3:55 pm



BRAIN, BONE BALANCE: THE FUTURE OF FALL-REDUCTION PROGRAMMING

Maintaining independence and freedom of movement is one of the greatest goals as we age. It's time to take an integrated approach to fall reduction programming through an exploration of the brain and nervous system. Join Dr Emily as she explores how the brain sees movement and processes sensory stimulation for improved dynamic stabilization. Learn simple exercises that can be incorporated for all clients.

BREAKOUT SESSIONS

JOSH LEVE

9:45 am - 10:45 am

HOW TO COMPETE AND THRIVE IN YOUR FITNESS STUDIO

In this session learn where the fitness studio market is going and how the fastest growing segment of the fitness industry (studios) is going to look over the next 5 years.

CODY SIPE

9:45 am - 10:45 am

SENIOR STRENGTH: A SCIENTIFIC UPDATE

Strength training is widely considered to be the most effective intervention to improve functional capacity in older individuals but yet there are many different types of training paradigms that are used and being promoted. Do we use high loads or low loads? Primary lifts, functional moves or machines? Is our goal strength, power, speed or something else?. In this session we will review some key scientific papers to determine the role that strength training can play and the different methods that can be used.

CHRISTIAN THOMPSON

9:45 am - 10:45 am

GET IN TOUCH: ENHANCE YOUR SOMATOSENSORY EXERCISE PROGRAMMING!

The somatosensory system is implicated in balance maintenance and fall prevention by providing valuable sensory information to the central nervous system. However, with age and physical inactivity, the somatosensory system loses its sensitivity and puts the person at elevated risk for injurious falls. Fortunately, joint mobility & stability exercises can enhance this system. This workshop will describe how to construct the elements of a somatosensory exercise program for reducing fall risk. Additionally, other popular strategies for enhancing somatosensory function (i.e., barefoot walking, vibration training) will be discussed.

DR. EVAN OSAR

9:45 am - 10:45 am

SHOULDER SOLUTIONS 2.0 – ASSESS > ADDRESS > PROGRESS

Many older clients present with the forward shoulder and head positions that contribute to chronic tightness, discomfort, and inhibit them from exercising at the level they want. In this dynamic presentation, you'll learn why so many older clients present with the forward shoulder and head posture and experience chronic neck, shoulder and upper back issues. Additionally, you'll discover how the shoulder complex truly works as well as the 3 key assessments and the 3 key corrective exercises that directly address the forward shoulder and head positions. You'll discover why common exercise cues such as 'squeeze the shoulders down and back' directly contribute to shoulder and neck issues and how to utilize more appropriately cues and teach functional exercises for the shoulder complex. You will not train the shoulder the same after attending this session.

MARC MIDDLETON

11:00 am - 12:00 pm

CODY SIPE

11:00 am - 12:00 pm

SENIOR STRENGTH: THE MOVEMENTS

Strength training is widely considered to be the most effective intervention to improve functional capacity in older individuals but yet there are many different types of training paradigms that are used and being promoted. Do we use high loads or low loads? Primary lifts, functional moves or machines? Is our goal strength, power, speed or something else?. In this session we will review some key scientific papers to determine the role that strength training can play and the different methods that can be used. Special attention will be given to applying this evidence to different types of older clients.

DAN RITCHIE & NICOLE GEBHARDT

1:15 pm - 2:25 pm

GET PUBLISHED! SHARE YOUR STORY AND CHANGE MORE LIVES

Join us for an for an engaging session on the power of creating books that move people to action. Through case studies and examples, you'll learn what separates a regular book from a brand-building powerhouse and how to share a message that establishes you as an expert, grows your business, and changes more lives. Want to reach more people with your message? Join us to get started.

DIANNE MCCAUGHEY & DEBI PILLARELLA

1:15 pm - 2:25 pm

FAI GROUP EX 2.0

In this practical group training workshop, we will examine the 8 hierarchy of functional aging individuals. The focus will be on the middle level of independent so we can use our skills to progress the exercises for fit individuals and regress the exercise for frail individuals. The 6 impairment level factors for physical fitness and their extensions will be used to create our program design. Come to learn and play as we look at various group formats to create a multi-level safe and effective rich sensorimotor environment that includes social interaction and a heaping dose of fun.

DUSTIN JONES

1:15 pm - 2:25 pm

HOW TO PRIMUM NON NOCERE (DO NO HARM)

We all want to improve our clients' strength, power, and performance. Before that though, we need to ensure we "Do No Harm". With complex medical diagnoses and medication lists as long as a novel, ensuring safety and appropriate intensity can be an intimidating task. Fear no more! This session will give you a clear framework on how to:

- Screen so you know your clients are/are not appropriate for your services.
- Develop programs that are safe for people with complex medical histories.
- Accurately assess your clients' response to your interventions.
- Scale "dangerous" exercises such as the Deadlift, Squat, and Loaded Carries.

ANDREA LEONARD

1:15 pm - 2:25 pm

EXERCISE PROGRAMMING FOR BREAST CANCER SURVIVORS

Gain critical knowledge about how a properly prescribed and executed exercise program can help breast cancer patients and survivors to combat fatigue, decrease depression and pain, and how diet can play a critical role in treatment as well as long-term survivor-ship.

SHAWNA KAMINSKI

2:45 pm - 3:20 pm

THE NUTS AND BOLTS OF BUILDING YOUR ONLINE COACHING BUSINESS

1. Defining your perfect client
2. Using social media to reach your perfect client.
3. Developing your online coaching program.
4. Delivering your online coaching program.
5. Creating a digital program.
6. Avoiding costly mistakes along the way environment that includes social interaction and a heaping dose of fun.

MICK OLINIK

3:20 pm - 3:55 pm

THE TACTICAL BLUEPRINT FOR YOUR ONLINE BUSINESS

As busy, driven professionals, the challenge that we all face is not that we don't know WHAT we need to do, but that we don't necessarily have the time to consistently execute it. With new leads and different prospects in different places within the sales pipeline, crucial communications that must be done on a timely basis to increase their effectiveness can easily fall through the cracks because there are so many other important moving pieces within the business. In this workshop, Mick will show you how to identify and structure YOUR online sales and fulfillment processes in clear and measurable ways. He'll also show you how and where you can automate the RIGHT things to save you time and money, WHILE delivering a better experience to your clients and prospects!

		Business & Leadership	Program Design
6:30 am - 7:15 am	MORNING WORKOUTS		
8:00 am - 8:30 am	DAN & CODY - WELCOME		
8:30 am - 9:30 am	KEYNOTE: JEFF WEISS 🗝️		
9:30 am - 9:45 am	BREAK - VENDORS OPEN		
9:45 am - 10:45 am		LINDSAY VASTOLA	EVELYN FLAHERTY
10:45 am - 11:00 am	BREAK		
11:00 am - 12:00 pm		JEFF WEISS	KYMBERLY WILLIAMS EVANS
12:00 pm - 1:15 pm	LUNCH		
1:15 pm - 2:25 pm		SCOTT RAWCLIFFE	RYAN GLATT
2:25 pm - 2:45 pm	BREAK		
2:45 pm - 3:55 pm		MIKE GELFGOT & JOHN SPENCE	KEN BALDWIN
3:55 pm - 4:15 pm	BREAK - VENDORS CLOSE		
4:15 pm - 5:15 pm	KEYNOTE: AMY GORELY 🗝️		
5:15 pm - 5:30 pm	CLOSING REMARKS		

Group Training	Functional Training	Senior Athletes
DIANNE BAILEY	 DR. EMILY SPLICHAL	BECCA JORDRE
DEREK MIKULSKI	DAN RITCHIE	PAUL HOLBROOK
SHARI KALKSTEIN		DR. EVAN OSAR
 GUY ANDREWS	DUSTIN JONES	ATHLETE PANEL DISCUSSION

KEYNOTE SPEAKERS

FAI



JEFF WEISS

8:30 AM - 9:30 AM

MUCK THE FILLENNIALS!

Marketers are missing the largest business opportunity by virtually ignoring active aging consumers who control over 70% of the wealth and account for 40-50% of consumer spending across most categories. Yet marketers are only spending 5-10% of their budgets to market to this group, choosing instead to spend 5 times more against the younger millennial group who account for less than 20% of all consumer spending. In his presentation, Jeff Weiss will highlight the opportunity in targeting active aging consumers, defining who they are and what makes them tick. He will reveal the Dirty Dozen Myths associated with aging and crush the myths and break the stigma and stereotypes attached to older consumers. Finally, he will share advice and practical tips on how to best find, reach and engage the Active Aging consumer.



AMY GORELY

4:15 PM - 5:15 PM

BE BOLD, CLAIM OLD: CELEBRATING EVERY AGE

Who says youth has to be our gold standard? Our society fixates on the biological aspects of aging but the exciting news is that aging is also culturally defined. This means we ALL have a role in how we view aging. An advocate and spokesperson in the anti-ageism movement and the founder of Be Bold, Claim Old, Amy Gorely actively works to change how aging is viewed in our society. With humor and ease, Amy informs how we became a youth-obsessed culture and debunks ageist myths. She shares inspiring stories for how a mindful and healthy approach to aging can provide the foundation for a lifetime of fitness and overall wellness. Participants will be asked to reflect on their own individual views of aging, and as a group we will share ideas for a new narrative around growing older. Amy invites you to join the national awareness campaign, Be Bold, Claim Old and provides a toolkit to encourage and support your continued conversations and actions in your own communities. Together we can create a culture where old is as valued, significant and meaningful as young. Let's celebrate and embrace every age.

FEATURED SPEAKERS



DR. EMILY SPLICHAL

9:45 am - 10:45 am

N BOSO
BAREFOOT TECHNOLOGY

BIOHACK YOUR BODY - ANTI-AGING SECRETS TO MOVEMENT LONGEVITY

Biohacking is an empowering concept that allows clients and patients to take their health into their own hands. Join Biohacker Dr Emily Splichal as she explores how we can "hack" our way to a healthy brain & body, ensuring years of movement longevity.



GUY ANDREWS

2:45 pm - 4:00 pm

EXERCISE
ETC. INC.

STANDING TALL: NEW SCHOOL BALANCE DRILLS

Experience a variety of fun drills that can be safely done with older clients of differing experiential levels while learning ways to maintain balance as your client gets older.



DEREK MIKULSKI

11:00 am - 12:00 pm

ACTIVMOTION BAR
Let It Move You.

FUNCTIONAL AGING BALANCE CIRCUITS

Balance is so much more than single leg stability! It involves multiple sensory systems working together along with the musculoskeletal system to build body awareness, coordination and confidence. Let's explore these systems and learn how to train them for better balance, body awareness and functional capacity in this fun workout!

BREAKOUT SESSIONS

LINDSAY VASTOLA

9:45 am - 10:45 am

TAKE THE LEAP TO FITNESS BUSINESS OWNERSHIP

The common and most detrimental mistake new and aspiring business owners make is failing to invest adequate time learning the fundamentals and realities of owning and operating a successful fitness business. From business modeling and financial planning to marketing and growth strategy, and most importantly, insight into what you may not even know you need to know, you'll leave with a clear plan and the confidence to take the leap..

EVELYN FLAHERTY

9:45 am - 10:45 am

BUILD MUSCLE, SHRED FAT & LOOK FABULOUS IN YOUR 60'S AND 70'S

Are you under the impression that its to late to start to build muscle, shred fat and look fabulous over the age of fifty and beyond? Then you will be in for a surprise! During this session you will be amazed by what can be achieved by individuals who are determined to debunk various myths and stand up against ageist stereotypes. Attendees will obtain information regarding what it takes to prepare to compete in a bodybuilding event from a sixty-plus National Level Figure Competitor including nutrition and workout program. You will also see some of Aging Evolution's incredible members who are defying the aging process and breaking ageist stereotypes. You will walk away from this session with a different perspective of aging and have a better understanding how you can play a role in breaking down ageist barriers.

DIANNE BAILEY

9:45 am - 10:45 am

TAI CHI: THE BEST FALL PREVENTION PROTOCOL

The cost of falls every year is in the billions. Tai Chi is an easy to learn protocol that is proven to improve balance and reduce the risk of falling. Attendees will learn some of the moves in Tai Chi and how they apply to balance improvement. Review studies of the cost of falling. Hospital costs, fatality risk, loss of independence. Review different protocols available that address balance. Introduce Tai Chi as an option. Easy to learn. No equipment necessary. Translates to real life movement. Improvement in static and dynamic balance.

BECCA JORDE

9:45 am - 10:45 am

THE SENIOR ATHLETE FITNESS EXAM (SAFE)

Dr. Jordre will present the SAFE and describe how it can be used in your local area with senior athletes. She will present findings from more than 2,000 NSGA athletes tested.

JEFF WEISS

11:00 am - 12:00 pm

HOW TO SUCCESSFULLY POSITION YOUR BUSINESS

Positioning your business is the foundation required to effectively market and grow your business. This session will expose you to the key elements of brand positioning and allow you to draft an initial statement that will set you apart from your competition.

KYMBERLY WILLIAMS-EVANS

11:00 am - 12:00 pm

7 ELEMENTS NEEDED TO CREATE QUALITY BOOMER WORKOUTS

If you plan to address moderately active baby boomers' specific workout needst, then add these 7 elements into your programs. Create targeted, functional exercises that are low risk, yet yield high rewards for midlifers. Learn how to design exercises that allow them to maintain function and expand, not shrink their capabilities. Avoid 5 common mistakes made with this age group. Older adult bodies have over 6 decades of movement habits -- but are they good ones or ones we can help them improve? Why create "standard" sessions for 53-72 year olds when you can offer cutting edge, age-targeted movements with layered benefits?

DAN RITCHIE

11:00 am - 12:00 pm

DESIGNING SMALL GROUP TRAINING WITH 3-4 FUNCTIONAL LEVELS IN MIND.

Learn how to design programs that can easily challenge 3 functional levels at the same time without you having to modify everything on the fly! 55-65-85, no matter the age the range of functional ability can be all over the place so have fun designing programs hands on with Dr. Dan so you can spend more time training and less time modifying.

PAUL HOLBROOK

11:00 am - 12:00 pm

I FEEL THE NEED - THE NEED FOR SPEED!

Speed may be as important, if not more important, than strength as we get older. We'll look at why we have been stuck in using the traditional slow methods of training that only exacerbates the use of Type I muscle fibers and virtually ignores training the more powerful Type II muscle fibers which are preferentially lost during the aging process. A brief descripton of the latest research on the matter will be given with a focus on several key studies. A majority of the time will be spent conducting "sprint drills" such as A skips, B skips, Primetimes, Arm Swings, Standing and Sitting Starts, and others. Why sprint drills? Almost everyone can do them and they are highly effective at improving movement speed.. We will discuss where speed training fits in programming, how quality is better than quantity and how strength is also gained as a result.

SCOTT RAWCLIFFE

1:15 pm - 2:20 pm

HOW TO USE VIDEO ON SOCIAL MEDIA TO GROW YOUR BRAND

There is no quicker or easier way in 2019 to build trust and authority than using video on your social platforms. And the best thing about using videos to grow your fitness business is that most either won't create them or have no idea where to start. But by the end of Scott's talk you'll know exactly what to film and how to do it!

RYAN GLATT

1:15 pm - 2:20 pm

NEUROPLASTICITY IN MOTION - ADDING COGNITIVE LOAD TO BOOST THE BRAIN

Exercise programs are often developed in response to goals that pertain to physical adaptations, such as weight loss, mobility, balance, hypertrophy, performance, and more. However, health and fitness professionals are now faced with a new challenge; addressing the epidemic of cognitive decline and accelerated brain aging. Health professionals recognize the beneficial effects exercise can have, but have not yet been able to develop target, effective exercise and activity programs created for the sake of cognitive and brain health. In addition, fitness professionals have not been educated on the specific exercise prescriptions for enhancing cognitive functioning across the lifespan, including techniques around enhancing facilitated exercise sessions with cognitive demands. This session will aim to identify how these gaps can be filled, and allow health and fitness professionals to understand how it can become possible to train the body and brain for optimal cognitive performance.

BREAKOUT SESSIONS

SHARI KALKSTEIN

1:15 pm - 2:20 pm

POSTURE/CORE FOR THE AGING SPINE

Participants will be involved in this interactive workshop by reviewing anatomical postural changes of aging spines. Degenerative spine conditions will be discussed. Safe exercises options are presented via pictures and videos of real clients completing them giving participants the opportunity to practice them.

MIKE GELFOT & JOHN SPENCE

2:45 pm - 4:00 pm

DAVID VS GOLIATH | TWO PROGRAM THAT WILL DIFFERENTIATE YOU FROM YOUR COMPETITOR

David defeated Goliath fighting Goliath David's way. Most of us are fighting our Goliath, Goliaths way, that's why we are losing. In this session, participants will be able to take away key point to make their business more resilient and resistant in a mature market place. John and Mike will talk about how they generated over 400k in revenue between these two programs over a period of 12 months.

KEN BALDWIN

2:45 pm - 4:00 pm

EVERY BODY IS DIFFERENT - A PERSONALIZED SOLUTION TO LONGEVITY

Are you confused with all the information out there to lose weight, keep fit, eat the right foods and look and feel better? Many solutions will get us results in the short term, but they do not seem to last, or they take so long to get small gains that we just give up or say it isn't worth it. The Group approach says this works for everyone. However, each person is completely different to the next person, even if they are the same age, eat the same foods and exercise the same. Join Ken as he explains how Personalized Heath works just for you, by using science to understand your Health Type and genetics to tailor the optimal solution to sustaining your health and really taking your health personally.

DUSTIN JONES

2:45 pm - 4:00 pm

FALLING IN LOVE WITH THE FLOOR - HOW TO GET TO/FROM THE GROUND

Are your clients concerned about a fall? Many of our clients are but how many are prepared in the event of a fall? This is an element of programming that is often ignored but cannot be forgotten. This session will cover all you need to know about falls and getting to/from the ground. • The science of FEAR OF FALLING & how it impacts PERFORMANCE. • How to PREVENT your clients from falling. • How to PREPARE your clients for a fall. • How to RECOVER from a fall.

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HEALTHOVATORS

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The concept of innovative healthcare stretches far deeper into spiritual, mental health, behavior change, meditation, breathing, and stress reduction all while improving the external environmental factors that permeates disease. Using functional and regenerative models of care that offer our society affordable, minimally invasive, safe and evidence based treatments that when combined through integrative efforts produce optimal health.



WOD FITTERS

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We offer a wide variety of products and supplies for Cross training enthusiasts, from beginners to hardcore Olympic-level athletes. WODfitters serves the lifter, the gymnast, and anyone with a goal of improving their all-over physical fitness - whether for serious competition or for recreation and general health purposes. We want to help you reach your fitness goals, by supplying all of the gear and equipment you need at excellent prices, and ensuring your complete satisfaction with our industry-leading knowledge and customer service.



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Anchor Point Training is home to the ONLY UNBREAKABLE Resistance Band in the fitness industry, along with a state-of-the-art suspension strap with a unique double-wide handle that offers thousands of exercise possibilities. Plus, APT offers the most advanced anchored resistance training education in the industry, complete with NASM, ACE, and AFAA accreditation.

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nabosotechnology.com

Naboso™ Technology is a health and wellness company focused on developing products that restore function and improve movement through the stimulation of the nervous system and the science of touch. Our Medical Division has applications within neuro-rehabilitation, podiatry, orthopedics, sports medicine and pediatric development.



MEDFIT NETWORK

medfitnetwork.org

The MedFit Network (MFN) is both a professional membership organization for fitness and allied healthcare professionals, gyms, studios & integrative wellness centers, and students and a free online resource directory for the community to locate fitness and allied healthcare professionals with a background in prevention, treatment, and rehabilitation in working with those with chronic disease



ZIBRIO

www.zibrio.com

Zibrio is a balance diagnostics company commercializing NASA technology originally used on astronauts upon return from space flight, dedicated to advancing novel biometrics for human balance. Zibrio seeks to empower users to take control of their health.



ALPHA STRONG

alphastronggym.com

Alpha Strong's ultimate vision is to transform lives, bodies and experiences by approaching fitness in new, innovative ways. With streamlined studios, unparalleled equipment and holistic training methods, Alpha Strong will become a staple in the fitness and lifestyle industry.



Functional Aging Specialist Certification

The FAI Functional Aging Specialist is the complete certification program for the serious fitness professional who is ready to become an expert in functional aging and training of older adults. You will receive in-depth training on functional training strategies and movements; how to conduct meaningful assessments of function; how to create and develop effective exercise programs; and critical skills to be an effective professional with this client base.



Functional Aging Group Exercise Specialist Certification

The FAI Functional Aging Group Exercise Specialist is the complete certification program for the group exercise instructor who is ready to become an expert in functional aging and training of older adults. You will receive in-depth training on functional training strategies and movements; how to create and develop effective group exercise programs; and critical skills to be an effective group exercise professional with this client base. A focus of the program is how to safely and effectively implement these strategies in a large group setting with student that are functionally diverse.



Functional Core and Balance Program

Over the past few years, scientific research has resulted in some incredible advancements related to exercise and our aging clients. These advancements include not only exercise prescription for these individuals, but also the tools and techniques fitness professionals should use to challenge their clients in dynamic, functional ways that result in the slowing the physiological aging process. This course will guide you through they key concepts, thought processes, strategies and exercises that will help you help your clients make real progress in their fitness program. If you have the desire to truly improve the quality of life and health of your active adult and senior clients, this course will deliver incredible value for you.



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Anchor Point Training

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FUNCTIONAL AGING SUMMIT

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FAI

We created this conference because it was the conference we always longed for, hoped for, and desired to attend. No one has ever created a fitness conference focused on training, marketing, selling and running a fitness business focused on the mature client market, which is the biggest and fastest growing market.

This conference exists to serve you, so you can better change the face of aging in your community. We hope you take back what you learn here and impacts hundreds of lives for decades to come! Make sure you spread the movement, the Functional Aging Movement is not something to keep to yourself!

PFP



WINNERS WILL RECEIVE THIS GREAT \$2,045 PACKAGE:

- ▶ Two (2) VIP tickets to the Functional Aging Summit in Albuquerque, NM June 14-15th (\$600.00 value)
- ▶ Functional Aging Specialist Certification (\$399.00 value)
- ▶ Fitness Business Mastery Curriculum by Fitness Revolution (\$297.00 value)
- ▶ Standard Certification Package by NFPT (\$249.00 value)
- ▶ BOSU® NexGen™ Pro Balance Trainer from BOSU® (\$179.00 value)
- ▶ Halo Trainer Plus with Stability Ball & Pump and a Resistance Loop – Regular Strength by Merrithew (\$168.99 value)
- ▶ \$150.00 gift certificate by Power Systems
- ▶ \$100.00 voucher by FITOUR
- ▶ Foam Roller Set and Stretch Out Strap by OPTP (\$70.00 value)

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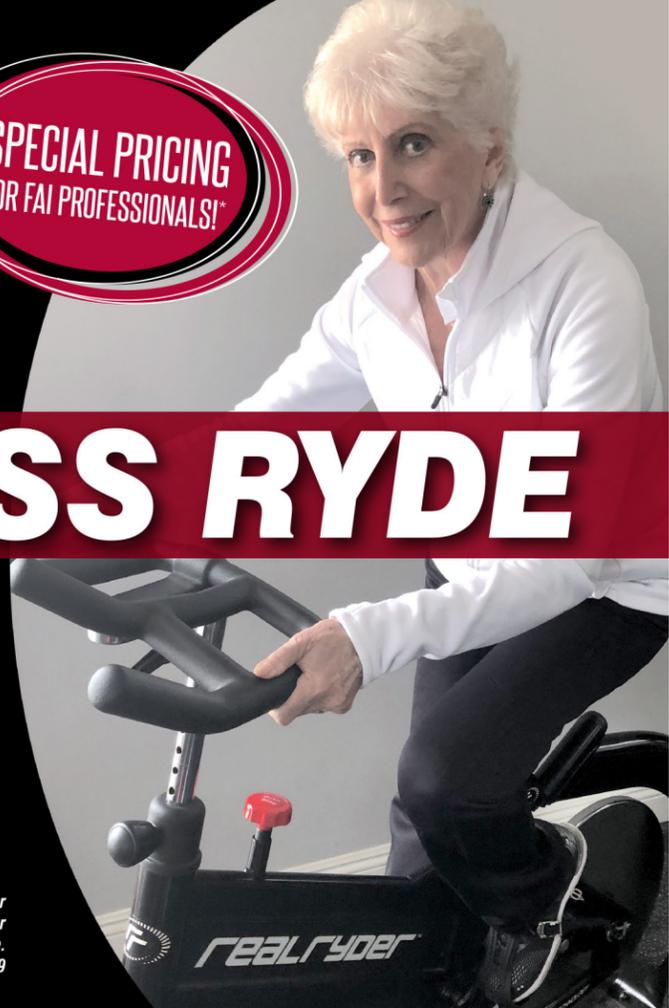
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