

2004 Conference Faculty



Keynote Speaker

DOUGLAS S. BROOKS, M.S., EXERCISE PHYSIOLOGIST

Douglas, who holds a Master's Degree in exercise physiology, is the author of six books, including the best selling *Going Solo — The Art of Personal Training and Program Design For Personal Trainers... Bridging Theory Into Application*. His latest books in print are, *Your Personal Trainer* which is being sold in book stores nation-wide, *The Complete Book of Personal Training, Effective Strength Training and BOSU: Integrated Balance Training*. He conducts lectures and workshops on exercise physiology, kinesiology, strength training, and personal training internationally.

Douglas is the consulting exercise physiologist for product research and development for several fitness companies, and is currently the Head Physiologist/Strength & Conditioning Coach for Mammoth Mountain Ski and Snowboard Team (MMSST) in California.

A personal trainer for 18 years and counting, Douglas is no stranger to video and TV production. He has been the featured talent in over 20 videos. Douglas regularly appears on cable television as a fitness expert, and the Health Club Cable Network. His Airofit™ infomercial ran #1 in the 1997 national cable rankings. Viewing audiences during these live and taped appearances can exceed 7 million. He recommends and endorses fitness products that are scientifically proven and deliver the results that he promises.

His counsel and input is sought on an international basis. He currently serves on the advisory boards of Sweden's and Belgium's most respected training and educational organizations. Douglas serves as vice president of the International Sports Trainers Association (ISTA) based in Buenos Aires, Argentina, and was named ISTA's Trainer of the Year in 2002.

Featured Presenters

Paul Aspinall, BPE, CPTN-CPT

Paul is the Director of Personal Training for Mayfair Racquet and Fitness Clubs, is a CPTN Certified Personal Trainer, CPTN Practical Assessor, and CPTN Course Conductor. He currently teaches Program Design at Seneca College and lectures to various corporations and fitness facilities in Toronto. His educational background includes a degree in Physical Education with a major in Athletic Therapy, and a Diploma in Fitness and Lifestyle Management from George Brown College.

JILL BATURA, BPHE

Jill is the Assistant Program Manager at the Faculty of Physical Education and Health. She supervises the dance, movement and fitness class programs at the University of Toronto Athletic Centre, presents leadership workshops and teaches a co-curricular course titled *Anatomy Energy for Vitality*. Jill completed her Bachelor of Physical and Health Education at the University of Toronto. She is a certified fitness, Nia and Pilates instructor with extensive training in various forms of dance and yoga.

JEFF BORIS, BPHE, CPTN-CPT

Jeff is the Education Coordinator for the Canadian Centre for Active Aging (CCAA) in London Ontario. Concurrently, he is the owner and operator of The Wellness Source, an international personal and corporate wellness business, CPTN practical assessor, CPTN course conductor, CPTN Certification Coordinator and Editor of the CPTN e-News. Jeff continues to contribute to the professional development of the fitness industry and is dedicated to helping other business professionals build successful businesses and create a life of balance.

MICHAEL CARRERA, MSC

Michael is the Vice-President of Exercise Planning and Development with Truestar Health. As an established health and lifestyle expert, Michael has fitness tested and trained elite athletes including national level swimmers and professional hockey players. He has presented across North America and has written numerous articles, chapters and manuals in the areas of fitness, health and sports conditioning. Michael collaborated with Dr. Tudor Bompa to establish certification and education courses for professional health and fitness practitioners.

LUCINDA CHRISTIAN, HBPE, CPTN-CPT

A member of the Spinning® Master Instructor Team and certified fitness professional for over 14 years, Lucinda is recognized worldwide for her specialization in mind body training and fitness program management administration skills. She held the position of Education Program Manager for Mad Dogg Athletics, Inc for three years and is currently enjoying her role of Fitness Management Consultant and Coach. Lucinda holds an Honours Bachelor of Physical Education, is a Certified Personal Trainer and a Professional Fitness & Lifestyle Consultant. She is currently working towards completing her Masters in Sports Psychology.

MAUREEN CONNOLLY, PHD, CPTN-CPT

Maureen is a Professor in Physical Education at Brock University. She is a CPTN Certified Personal Trainer, CPTN Practical Assessor, CPTN Course Conductor, Certified Strength and Conditioning Specialist and a member of the CPTN Advisory Council. Her research and teaching interests include disability and chronic conditions, NIA, conditioning training, body building and body core training.

JANET DAVIS, BSCPT, MCPA

Janet is the owner and operator of Club Physio Plus, a sports physiotherapy clinic in Mississauga. She has her sports certificate from the Sports Physiotherapy Division and treats athletes at the provincial, national, and international level in various sports. She is also a STOTT certified Pilates instructor and has her own studio called Body Sculpting Pilates. The studio serves the rehab client right up to the elite athlete trying to enhance performance. With her involvement as a clinical tutor at University of Toronto and McMaster University and lecturing for various affiliations, education to prevent injury and enhance performance has become one of her major lifetime goals. She is a consultant for the CPTN Golf Conditioning Course, the CPTN Pilates Level 2 Certification Course, and the Post Rehabilitation Course – Spine Component.

DIXIE DOUVILLE, BSC

A member of the Spinning® Master Instructor Team and certified fitness professional for 18 years, Dixie is well recognized for her knowledge in the areas of heart rate training and special populations. She is a continuing education specialist (ACE, AFAA), is a certified Pilates instructor with The Powerhouse Institute and a USA Track and Field Level 1 certified coach. An avid runner, she has completed several marathons and multi-sport events. Currently, Dixie practices as the coordinator for community based cardiac rehabilitation for a hospital in NJ, coordinates the Spinning program for Exercise in Chester, NJ and works as a school nurse for the Mt. Olive NJ school district.

CELESTE DUPUIS, BA KINESIOLOGY, CPTN-CPT

As owner of Better Built Bodies Personal Training, Celeste began teaching in 1984 working with coaches and elite athletes designing tailored programs to facilitate their performance and reduce personal injury. Since that time her work has grown to include body movement practices such as yoga and meditation, breath work, and more recently, Thai Massage. Through physical exercises and the benefits of body movement practices such as yoga and Thai Massage, Celeste integrates the flexibility and energy enhancement benefits when conducting group and individual sessions.

SUSAN LEE, BPHE, MPE, CPTN-CPT

Susan is the President of the Certified Professional Trainers Network (CPTN) Inc. and has facilitated the development of the certifications for CPTN Personal Trainer, Pilates Mat and Ballwork, Post-Rehabilitation Conditioning, Golf Conditioning, and Nutrition and Wellness. As a CPTN Certified Personal Trainer, Certified Pilates Teacher and Thai Bodywork Practitioner, she specializes in active rehabilitation, sport specific conditioning and active, healthy aging. Concurrently, she is the Program Manager at the University of Toronto Athletic Centre and is the co-author of *Business Strategies for Personal Training*.

SHELLY MCDONALD, BPE, URBAN REBOUNDER MASTER TRAINER, WATERART MASTER TRAINER

Shelly has been working in the fitness industry for many years now as a Group Fitness Coordinator, Teacher, Presenter and television personnel. She is most renowned for her involvement with TSN's Caribbean Workout where she is appearing for the ninth year and hosting for the third year. She has also been the Fitness Expert for local television news programs. Shelly also can be seen on most Air Canada flights in a Lifestyle and Wellness series aired daily. Aside from her involvement with the media, she coordinates the group fitness program at two popular fitness clubs in Montreal. Shelly also teaches physical education courses during the day and night courses at two Community Colleges.

LIBBY NORRIS, BA

Libby is a Reebok Master Trainer, national and international presenter. Libby holds a degree from Wilfrid Laurier University in Communications and Physical Education. Libby runs her own consulting company in corporate health and fitness, is on the advisory boards for FitDV and for the Humber College Lifestyle Management Program. Libby is the conditioning coach for the Brampton Blazers Midget Fast Pitch team and works with many of Canada's women's fast pitch team members.

SHELDON PERSAD, BPE, CSCS, CPTN-CPT

As a co-owner of Personal Best (www.personalbest.ca) and strength and conditioning coach service provider for the Canadian Sports Centre, Sheldon's clientele has extended to four continents. Sheldon's clients have included amateur and professional athletes who have competed at world championships, the Commonwealth Games, Pan American Games, Olympic trials and the Olympics from several different sports. A certified coach in five different sports, he is also the co-author of *Business Strategies for Personal Training*.

H.R. MARTIN PHILLS, BSC, OFC

Martin is a certified member of the Ontario Fitness Council, a member of IDEA and Supervisor of Fitness at the University of Toronto's Hart House Recreational Athletics Programme. Active in the fitness industry for over 11 years, Martin currently owns Toronto Fitness Associates. TFA was conceived in 1992 providing both corporate and private clients with a variety of fitness solutions from personal training and lifestyle management to group fitness and seniors' fitness to facility and fitness program management.

BARRIE SHEPLEY

Personal Best (www.personalbest.ca) co-owner Barrie Shepley has been Canada's National Triathlon Team coach since 1991. In that time Barrie has coached over 500 people to national championship titles, Pan American Games medals, World Championship medals as well as successful completion of the Hawaii Ironman and the Boston Marathon. Barrie was selected to go to the 2000 Sydney Olympics where Triathlon made its debut as a full medal sport. Canada won the gold medal in the men's event, a performance no one will ever forget.

JAY TABAC, BSC

Jay holds a Bachelor of Science in Exercise Sciences from Concordia University, specializing in Athletic Therapy. He is certified as a Lifestyle and Weight Management Consultant, and is the Bally Total Fitness Personal Training Supervisor for Toronto and Up State New York. He manages 11 clubs for Bally Total Fitness.

RUTH VESTERBACK, MA

Ruth is a Reebok Master Trainer, national and international presenter. Ruth holds a degree in Human Kinetics and Leisure Studies, as well as a Masters in Administrative Education. Ruth is a Regional Exercise Director with a major fitness chain. Ruth trains and coaches soccer, and also conducts dry-land training for hockey.