CONFERENCE 2006
JUNE 16-18, 2006
INTERNATIONAL CENTRE · TORONTO, ON CANADA

TOPICS INCLUDE:
- Speed Training
- Yoga for Athletes
- Performance Testing
- Financial Fitness
- Low Back Exercise Design
- The Energetics of Fitness
- Misconceptions of Strength Training
- Fitness Training for Baby Boomers

FEATURED SPEAKERS:
- Dr. Stuart McGill
- Dr. Ken Kinakin
- Charles Poliquin
- Dr. Natasha Turner
- Dr. Tudor Bompa
- Dr. Kate Hays
- Dr. John Berardi
- Larry Jusdanis

For: Personal Trainers, Fitness Instructors, Kinesiologists, Rehabilitation Specialists, Nutritionists, Sport Coaches, Facility Owners

Early Bird Deadline March 24th, 2006
Welcome! CPTN is exploring new frontiers as it stages this year’s Dare to be Excellent Conference 2006 at the International Centre in Toronto; reaches new markets in Canada, USA, and abroad; and above all, brings in exciting new topics to support your growth as a professional. We are pleased to continue our partnerships with FAME and Truestar to expand the industry awareness of the CPTN brand and quality in education, certification and leadership. I would like to personally invite you to explore our offerings in person at the CPTN conference and become a CPTN member. The CPTN conference will be offering insights into program design, exercise technique, nutrition consultations, business strategies, and niche markets. The CPTN membership benefits range from regular e-newsletters, specialty certifications, on-line health and wellness information, and a members’ only portal for news and archives.

Visit www.cptn.com for the latest information on the CPTN Conference 2006 developments and our value added members’ services.

We look forward to serving you in 2006.

Susan Lee, MPE, CPTN-CPT
Certified Professional Trainers Network (CPTN)
PRE-CONFERENCE SESSIONS
FRIDAY, JUNE 16, 2006

ULTIMATE BACK FITNESS: from rehabilitation to ultimate performance
- Stuart McGill, Ph.D

Join internationally renowned expert, Dr. Stuart McGill, for an 8-hour day of lecture and practical workshop application of cutting edge information from his newest book release, Ultimate Back Fitness and Performance. During the day Dr. McGill will focus on three specific areas:
1) Building the foundation: Dispel the myths about how the spine works and becomes injured.
2) The science of spine stability: There is a broad misunderstanding of what constitutes a "stabilization" exercise, how they should be prescribed, and be made more effective.
3) Training for performance – Training the back for performance (either athletic or occupational) requires different approaches and objectives than training to fulfill rehabilitation objectives. Some of the techniques developed in our work with world class athletes will be introduced and discussed within the context of valid mechanisms and evidence.

• Time: 8:30am-4:00pm
• Fee: $149 member; $189 non-member
• CECs: CPTN-6; CSEP-5

**Purchase a copy of Dr. McGill’s newest book: Ultimate Back Fitness $37.38 +gst (show price only)**

Yoga for Athletes and Personal Trainers
- Caron Shepley, HBPE

Any serious athlete will tell you that muscle balance and flexibility is a key component to staying injury-free. Caron Shepley has created Power Yoga for Athletes – a program designed specifically for increased strength, flexibility and muscle balance in athletes. This 8 hour day, geared to teaching the trainers how to incorporate yoga into their clients’ training sessions will include: a brief history of yoga, basic theory of pranayama and asana practice, discussion about different types of yoga, the practice of sun salutations and other warm-ups, the practice of specific postures and explanations of how they benefit athletes in specific sports

• Time: 9:00am-5:00pm
• Fee: $149 member; $189 non-member
• CECs: CPTN-6; CSEP-5

F.A.S.T. Program – Functional Applied Speed Training
- Larry Jusdanis, BPE, CSCS, CFT

The FAST certification is a 3-step process- Theory (e-mail text and online exam); Technical (hands-on seminar where coaches will further expand their theory protocol and learn how to design speed protocols for athletes); and Practical (coaches will be able to properly learn speed drills, strength exercises and more importantly how to implement these into a well designed program). Athletes always want to improve their speed! Join Larry Jusdanis and his Sports Specific Training team for an interactive day of speed training protocols and how to apply them to all sports.

• Time: 9:00am-5:00pm
• Fee: $149 member; $189 non-member
• CECs: CPTN-6; CSEP-5

Precision Nutrition: The Keys To Designing World Class Nutrition Programs For Everyone
- John Berardi, PhD, CSCS

While the traditional approach to nutrition has centred around the idea of portion/calorie control, this approach has lead to countless failures to optimize health, body composition, and performance. This is because optimal nutrition focuses not only on how much the client eats but what the client eats and when the client eats. As trainers, nutrition coaches, and athletes, if you’re not paying attention to these three important variables, you can’t expect to optimize the nutrition plans of your clients. Dr John Berardi will teach you the three steps to creating optimal nutrition plans. Also, you’ll take a page out of Dr Berardi’s notes on outcome based decision making, outcome vs. behavior goals, steps for facilitating behavior change, and more.

• Time: 1:30pm-5:30pm
• Fee: $119 member; $159 non-member
• CECs: CPTN-4; CSEP-4

Running Assessment and Prescription Camp
- Debra Percy, RN, CPT

If you run, work with runners, or even if you’ve thought of taking up running, then this camp is for you. Debra will lead you through running analysis and how to detect energy leaks via video and visual analysis. From there you will learn innovative and cutting edge tools and exercises to help take your runners to a whole new level of performance. What to Bring: Running gear for a short run/drill session, Water, Paper/pencil, your great attitude.

• Time: 8:30am-12:30pm
• Fee: $119 member; $159 non-member
• CECs: CPTN-4; CSEP-4
ON-SITE TESTING
VO₂/VCO₂ Metabolic Physiology Assessments
- Angie Sturtevant, BA, CPT

Why waste one more minute guessing training programs. Whether you are seeking athletic performance, weight loss or overall fitness, the BEST & QUICKEST way to achieve results starts with a VO₂/VCO₂ Metabolic Assessment. A VO₂/VCO₂ Assessment applies to anyone from the beginner in fitness to professional competitive athletes looking to achieve optimal results that last a lifetime. The VO₂/VCO₂ Metabolic Assessment evaluates your personal physiology and metabolism to immediately determine your individualized training zones. One 15-minute assessment will provide the following measurements and information: Oxygen Uptake (VO₂); VCO₂; RQ; VE; Fat% utilized, Carbohydrate % utilized; Fat Max Zone; Aerobic Max/Lactate Threshold; Anaerobic Threshold; Peak VO₂; Watts/Power Output; Exact Training Zones; Caloric burn rate; Fat caloric burn rate; Speed/Grade/Pace;

CONSULTATION

You will walk away knowing:
• Precisely how your body performs during exercise
• Your true VO₂, VCO₂, RQ, VE, Threshold, Fat/Carbohydrate % Utilized, RMR, Body Composition, Power Output, Caloric Expenditure and MORE! (using an O₂/CO₂ metabolic cart)
• Exact physiological “weaknesses” to discover exactly what areas you need to train
• Accurate training zones
• Type of fuel (fats - carbohydrates) your body uses

Your time is too precious and your life is too valuable. It’s time to STOP training in the dark.
• Times: Sat 12pm - 5pm & Sun 1pm - 5pm
• Fee: $135 members; $150 non-members

Note: Participants will be called to set up a specific testing time.

SA1B Low Back Exercise: Separating Myth from Fact (L)
Dr. Stuart McGill, Ph.D.

Many low back exercise programs through the continuum from rehabilitation to performance are based on the philosophy to enhance the range of motion and build strength. Yet performance often depends more on short range stiffness, rate of muscle activation/deactivation, and technique to minimize “energy leaks”, and optimally “steer” strength. At the rehabilitation end of the spectrum, many of these programs fail – either more patients are created or their conditions are exacerbated. Often the causes of the back troubles are replicated in the exercises! The intention of this presentation is to develop a synthesis of the scientific foundation to enable the development of the best evidence-based back exercise programs for all people. A larger progressive program involving 5 stages will also be introduced.

SA1C Tools of the Trade (WS)
Frances Michaelson

The population’s diverse needs have inspired personal trainers to offer a wide variety of programs and equipment to help people to improve and maintain their quality of life. Among the array of tools, there is something for everyone regardless of his/her goals. From the use of a simple door attachment and resistance tubing to balance discs and stability balls, Frances will spice up and Muscle Up your clients’ programs!

10:00am-11:30am

SA2A Slippery Slopes: Developing and Maintaining Appropriate Boundaries in Your Work
Dr. Kate F. Hays, Ph.D., C.Psych.

When is a client not a client? How do you decide on – and then hold to – the boundaries that will work for both you and your client? What are the important limiting elements to consider if your client is male as compared with female, and how does your own gender matter in this regard? In this presentation, you will have the opportunity to develop and clarify standards that are effective for you in your daily work.

SA2B The Energetics of Fitness (WS)
Dr. Ken Kinakin, DC, CSCS, CPTN-CPT

Learn how you can optimize energetic systems of the body like acupuncture meridians and chakra systems with fitness strategies and techniques.

SA2C Performance Testing: Stop Training in the Dark (WS)
Angie Sturtevant, BA, CPT

Your time is too precious to waste. Performance Testing is a measurement of your body’s metabolic response to work or exercise. When gathered and interpreted properly, the information immediately steers you in the right
direction to improve your health or performance goals. This session will explain various tests and the results, and discuss how to incorporate that information into an exercise prescription. For the personal trainer, learning to test or apply test data to your client, will set you high above the rest, as your clients will immediately receive results.

**12:00-1:00pm**

**SA3A** Creating the Right Environment for Nutritional Change (L)
Amanda Graydon, MA, B.Ed., BSM
All trainers know the body needs good nutrition and exercise to get results, but how do you get your clients to make the necessary nutritional changes? You need to take your advice home to the clients’ kitchens! This session will provide you with strategies to get your clients eating right and getting results. Learn how to fill the gap from the gym to the home.

**SA3B** Achieving Hormonal Balance, Wellness and Optimal Body Composition (L) Dr. Natasha Turner, ND
Recognize the signs of hormonal imbalance and use simple nutrition, exercise modifications, lifestyle changes, and supplements to encourage balance and wellness. The necessity of hormonal balance for fat loss and health will be established and clinical manifestations of common hormonal imbalances (low thyroid; high estrogen/low progesterone, low estrogen, low testosterone, high insulin, low growth hormone, high cortisol) will be discussed. Solutions for weight gain at menopause or andropause, fatigue, stubborn belly fat, low motivation, food cravings and more will be provided in this practical lecture.

**SA3C** Living Core Control (WS)
Debra Percy, RN, CPT
Walk out of a class feeling like you have never felt before. Yoga, Pilates and Functional Integrated Movement patterns make up this refreshing, yet challenging class, providing an overall foundation for core strength, range of motion and relaxation.

**2:00pm-3:30pm**

**SA4A** SCENAR Therapy — The Power of the Brain (L)
Roland Semprie, BA, BSc, MES, CFC, SCENAR
SCENAR (Self-Controlled Energo Neuro Adaptive Regulation) is a patented medical technology developed by Russian government doctors and scientists as part of the Russian space program to overcome the unique problems of space travel. It is a method of treatment that is energy-efficient, multi-applicable, portable and non-invasive; effective for acute and chronic illness. This session will expose you to the benefits of SCENAR therapy and provide you with another referral alternative that will aid in client injury prevention, increased recovery rate and retention.

**SA4B** Structural Body Balance and Program Design (L)
Charles Poliquin, B.SC., M.Sc
Structural Body Balance centers on the evaluation of strength qualities and moving patterns to determine muscle ratio balance. The Science of Program Design will teach you how to design effective strength programs.

**SA4C** Coaching Physique Competitors: Diet, Training and Presentation (L)
Frances Minias, BA, B.C.Ed, CPTN-CPT
Choosing to compete in a physique competition is becoming a popular goal for today’s fitness enthusiast. Frances will address diet, training and supplementation keys, along with the myths and the “tricks” widely used in the physique sport industry to transform the body in preparation for the competition stage.

**4:00pm-5:30pm**

**SA5A** Start Successful: Create a foundation of success (L)
Marco Iafrate, B.Sc., CPTN-CPT
You have acquired the skills to be a successful personal trainer but have you acquired the skills to run a successful personal training business? Learn what it takes to build a full personal training practice and run an efficient, successful business. Topics include: the advantages and disadvantages of working in a gym, corporate and private setting; accounting and taxation considerations; time management, organization skills and filing ideas for your business; future trends and what opportunities will exist in the future; and how to build your business vision.

**SA5B** Boost Your E.I. to Build Your Business Success (L)
Susan Lee, BPHE, MPE, CPTN-CPT
Learn how you can increase your emotional intelligence to create your business success. Build on these trainable skills to enhance your customer service, increase your sales revenues, and retain your clients. Learn to convert current members into personal training clients. Turn short-term clients into long-term fitness enthusiasts. Apply your emotional intelligence strategies to facility tours, membership sales, floor service, assessments, and in-home services. Polishing your emotional intelligence will help you shine amongst your peers and competition.

**SA5C** Misconceptions of Strength Training (WS)
Paul Aspinall, BPE, CPTN-CPT
A complete discussion of training variables, muscular movement patterns, body alignment and proper technique will clarify the misconceptions related to resistance training. Learn about some of the most common mistakes trainers make related to resistance training and receive new innovative ideas to better service your clientele. Focused attention will be given to functional muscle tests, structural exercises, and analyzing the RISK - Effectiveness ratio of resistance exercises.
### SATURDAY SCHEDULE | JUNE 17th, 2006

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<td>8:30 to 9:30</td>
<td><strong>SA1A</strong> Nutritional Awakening</td>
<td><strong>SA1B</strong> Low Back Exercise</td>
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<td>· Jeff Boris</td>
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<td>10:00 to 11:30</td>
<td><strong>SA2A</strong> Slippery Slopes</td>
<td><strong>SA2B</strong> Energetics of Fitness</td>
<td><strong>SA2C</strong> Performance Testing</td>
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<td>12:00 to 1:00</td>
<td><strong>SA3A</strong> Creating Nutritional Change</td>
<td><strong>SA3B</strong> Achieving Hormonal Balance</td>
<td><strong>SA3C</strong> Living Core Control</td>
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<td><strong>SA5A</strong> Start Successful</td>
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<td>9:30 to 10:30</td>
<td><strong>SU1A</strong> Training for Baby Boomers</td>
<td><strong>SU1B</strong> Ergonomic Applications</td>
<td><strong>SU1C</strong> Core Conditioning</td>
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<td>· Dr. Tudor Bompa</td>
<td>· Libby Norris</td>
<td>· Caron Shepley</td>
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<td>11:00 to 12:30</td>
<td><strong>SU2A</strong> Tests w/o VO₂ Equipment</td>
<td><strong>SU2B</strong> Selling By Attraction &amp; Value</td>
<td><strong>SU2C</strong> Functional Training</td>
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<td><strong>SU3A</strong> Financial Fitness</td>
<td><strong>SU3B</strong> Biosignature Modulation</td>
<td><strong>SU3C</strong> Warm up to Strength Training</td>
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<td>· Katharine McLarty</td>
<td>· Charles Poliquin</td>
<td>· John Paul Catanzaro</td>
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<td>2:45 to 4:15</td>
<td><strong>SU4A</strong> Nutritional Behaviour</td>
<td><strong>SU4B</strong> Back Exercises for People</td>
<td><strong>SU4C</strong> Anatomy of Stretching</td>
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<td>Modification Strategies</td>
<td>Who Drive Too Much</td>
<td>· Kevin Bartman</td>
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<td>· Dr. John Berardi</td>
<td>· Dr. Ken Kinakin</td>
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How did you hear about the CPTN Conference?
☐ Conference Brochure  ☐ CPTN website
☐ FAME magazine  ☐ FAME website
☐ Friend  ☐ Health Club
☐ Ms.  ☐ Miss  ☐ Mrs.  ☐ Mr.  ☐ Dr.

First Name: __________________________________
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City: __________________ Province/State: ________
Postal/Zip code: ________________________________
Country ________________________________________
CPTN # _______________________________________

Please fill in the form completely and print clearly. Use only one form per person. This form may be copied for additional registrants. Keep a copy for your records.

Registration Form · 2006 CPTN Conference · June 16, 17, 18, 2006
International Centre – Hall 5 · 6900 Airport Road, Mississauga, Ontario · L4V1E8

Method of Payment
Card Number: ________________________________
Expiry Date (mm/yy): ________________________
Authorized Signature: _______________________
Name on Card: ______________________________

CPTN Membership
$55
Take Advantage of our member rates when you become a member.

Pre-Congress Sessions:
Friday, June 16th
F.A.S.T. Functional Applied Speed Training $149 $189
Yoga for Athletes & Personal Trainers $149 $189
Ultimate Back Fitness $149 $189
Ultimate Back Fitness Book $37.38 $44.95
Running Camp $119 $159
Precision Nutrition $119 $159
VO2/VCO2 Metabolic Assessment $135 $150
Move Your Body, Tone Your Mood Book $22.91 $26.95

Pre-Congress Sessions:
Saturday, June 17th, 2006
8:30 - 9:30
SA1___ SA1___ SA1___
10:00 - 11:30
SA2___ SA2___ SA2___
12:00 - 1:00
SA3___ SA3___ SA3___
2:00 - 3:30
SA4___ SA4___ SA4___
4:00 - 5:30
SA5___ SA5___ SA5___

Pre-Congress Sessions:
Sunday, June 18th, 2006
9:30 - 10:30
SU1___ SU1___ SU1___
11:00 - 12:30
SU2___ SU2___ SU2___
1:30 - 2:30
SU3___ SU3___ SU3___
2:45 - 4:15
SU4___ SU4___ SU4___

Amount Due
Sub Total +GST (7%) Total Due

CANCELLATIONS AND NSF CHECKS
Cancellation requests must be received in writing and postmarked prior to May 15, 2006. A processing fee of $50.00 will be charged for all refunds. No refunds will be given after May 15, 2006. NSF cheques will incur a $50.00 charge.
SU1A Training for Baby Boomers (L)
Dr. Tudor Bompa, Ph.D
The Baby Boomer population is approaching the age of retirement! Their professional success, however, comes at a high cost: unhealthy and sedentary lifestyle, exposure to high levels of professional stress and risk factors such as hypertension, obesity/overweight, smoking, high cholesterol, and a weak heart. The specifics of fitness training for baby boomers need to address improvements to their life-style, and create very specific cardio and strength training programming. Specific training methods for weight loss, strengthening the heart, and increasing lean muscle mass will be emphasized during the presentation.

SU1B Ergonomic Applications: Opportunities in the Work Place (L)
Libby Norris, BA
Stress-related injuries in the workplace have increased over 350% in the past 20 years. This list of injuries results from various areas including awkward postures, muscle imbalances and weaknesses along with poor choices with eating and activity. The bottom line is that these injuries cost companies money. In this session, we will highlight the principles and issues concerning ergonomics and musculoskeletal disorders along with the opportunities in classes, training, education sessions and assessments.

SU1C Rock Hard Core Conditioning (WS)
Caron Shepley, HBPEx
Yoga guru and core conditioning specialist, Caron Shepley will bring you the most challenging and innovative core conditioning program that you have ever seen. A strong core is the foundation of a strong athlete.

SU2A Performance Tests and Fitness Assessments w/o VO2 Equipment (WS)
Angie Sturtevant, BA, CPT
Whether you ride for weight loss, rehab, competition, or just for fun; fitness testing is for anybody who wants to achieve fitness goals. This session explains imperative assessments you can perform, WITHOUT drawing blood, exhaling into a mask or working at maximal efforts. You will learn indirect testing for anaerobic threshold, lactate threshold, aerobic progress and rate of recovery. By conducting these tests, you can identify your student’s training zones, establish their conditioning level, show their progress and provide individualized exercise prescriptions. You can also offer these assessments as a personal training service to boost that weekly paycheque!

SU2B Selling by Attraction and Value (L)
Marco Iafrate, MSc., CPTN-CPT
In this session you will learn how to build the confidence to make your sales and marketing successful and have clients naturally drawn to you; traits of successful personal trainers and entrepreneurs; Principles of Value and Attraction Selling – how people really want to buy rather than by being sold by traditional methods.

SU2C Functional Training (WS)
Larry Jusdanis, BPE, CSCS, CFT
Are you tired of standing on a stability ball and calling this Functional training! Unstable work is not necessarily Functional. Discover what TRUE Functional training will do to improve body composition and performance. In this session you will: experience hands-on practical teaching; learn how to use unusual implement-training in your clients’ and athletes’ training phases; discover the benefits of tire-flipping; find out what implement will burn a huge amount of body fat in a very little amount of time; learn great core exercises while using a simple Canadian Tire tool and much more!

SU3A Financial Fitness (L)
Katharine McIarcy, BPAS, CSCS
Are you a full time trainer and not seeing the return you envisioned? Employee, entrepreneur or employer – which do you want to be? Looking for a way to increase your revenue while working less? If suddenly you were not able to work, would you be able to survive financially? Learn a few of the must-know secrets of the fitness industry that will make you a financial success!

SU3B Biosignature Modulation (L)
Charles Poliquin, B.SC., M.Sc
Biosignature Modulation is a system Charles Poliquin devised to improve the overall condition of the body while specifically targeting areas where people have a tendency to store fat. This theory says that each person has a unique biochemistry which means they respond differently to stress in environments as well as nutrients. The method in which Charles Poliquin measures body fat shows what hormones need to be optimized and which supplements can be used to achieve optimal and rapid results.

SU3C Warm Up to Strength Training (WS)
John Paul Catanzaro, BSc, PFLC, CK
This presentation is a compilation of material from various strength and conditioning authorities. In this workshop you will learn: How to increase pushing and pulling strength, methods to increase arm strength by up to 10%, explosive drills for the upper and lower body, general and specific warm-ups, balance & mobility drills, weightlifting routines, a wake-up routine when you’re feeling tired, how to increase speed & power, a Stretching demonstration, warm-up for the spine, and much more.
SU4A Nutritional Behaviour Modification Strategies (L)
Dr. John Berardi, Ph.D
Good nutrition isn’t just about nutritional prescription, it’s about the transfer of basic knowledge and applied nutritional strategies from competent practitioners (including physicians, chiropractors, nutritionists, trainers, coaches, therapists, etc) to their patients/clients in ways that they can understand and apply immediately. In this presentation, Dr. Berardi will provide an overview of the best nutritional principles for client/patient results and will discuss the best ways to effectively transfer this information to them.

SU4B Back Exercises for People Who Drive Too Much (WS)
Ken Kinakin, D.C., CPTN-CPT, CSCS
Statistics have shown that the risk of back pain is increased by two- to four-times if routinely driving 30 kilometres or more a day, while truck-driving increases the risk of disc rupture by four times. Learn why this new low back pain epidemic is occurring and what tests and exercises can help your client.

SU4C Anatomy of Stretching (WS)
Kevin Bartman, CPTN-CPT, CFC
Are you still stretching your clients the same way your high school gym class teacher taught you? Yes? Then now might be the time to get your stretching based in sound science. This workshop will take you through fundamental anatomy, examine how it applies to stretching, and give you a practical demonstration of stretches with guidelines rooted in human sciences.

CPTN CONFERENCE PRESENTERS

Paul Aspinall, BPE, CPTN-CPT
Paul is the Director of Personal Training for Mayfair Racquet and Fitness Clubs, a CPTN Practical Assessor and Course Conductor. He currently teaches Program Design at Seneca College and lectures at various corporations and facilities in Toronto.

Kevin Bartman, CPTN-CPT, CFC-CSEP
Kevin is a CPTN Course Conductor and manager of a personal training department. Kevin currently resides in Ottawa, and competes in squash & ultimate frisbee.

John M. Berardi, Ph.D, CSCS
Dr. Berardi is one of the world’s foremost experts in the field of human performance and nutrition. John is a prolific author, a sought-after speaker and a consultant to Olympic, professional and elite athletes, as well as executives and recreational weightlifters serious about achieving optimal results.

2:45pm-4:15pm

Tudor Bompa, Ph.D.
Dr. Tudor O. Bompa is regarded worldwide as the leading specialist in the areas of training, coaching and fitness theory. He has published 14 books that have been translated into 18 languages and published over a hundred research papers. He has presented in over 35 countries on topics such as training theory, planning-periodization, training methods, strength and power training, specific of training for team sports and more.

Jeff Boris, BPHE, CPTN-CPT
A personal trainer for over 14 years, Jeff Boris’ expertise is sought-after as a trainer of trainers with the CPTN and the Community Education Coordinator for the Canadian Centre for Activity and Aging. Through his global company, The Wellness Source, Jeff supports health and fitness professionals with the latest research and technologies in personal wellness and performance.

John Paul Catanzaro, BSc, PFLC, CK
John Paul is a certified kinesiologist and professional fitness and lifestyle consultant with a specialized honours Bachelor of Science degree in Kinesiology and Health Science. He owns and operates a private studio in Toronto, Ontario.

Amanda Graydon, MA, BEd., BSM
Amanda Graydon is president of Healthy Kitchens, a distance-based consulting company that teaches men and women of all ages and occupations how to create the right environments to help them lose fat, re-shape their bodies, and develop healthy eating habits.

Kate F. Hays, Ph.D., C.Psych
Kate F. Hays, Ph.D., C.Psych., is a psychologist specializing in sport and performance psychology in Toronto, through her consulting practice, The Performing Edge. Author of four books in the field (including Move Your Body, Tone Your Mood, available at the CPTN Conference), Dr. Hays is past-president of the Division of Exercise & Sport Psychology of the American Psychological Association.

Marco Iafrate, MSc., CPTN-CPT
Marco is a fitness instructor and wellness coach in Calgary, AB. Marco teaches instructional workshops and small business development for wellness professionals.

Larry Judsanis, BPE, CSCS, CFT
Larry is the owner of Sports Specific Training Inc., a privately owned company committed to producing the best athlete possible through the development of strength, power, nutrition, agility, flexibility, motivation and FUNCTIONAL STRENGTH and SPEED.

Ken Kinakin, D.C., CPTN-CPT, CSCS
Dr. Kinakin has competed in bodybuilding and powerlifting for over 20 years. He regularly lectures across Canada and United States to doctors and personal trainers on the areas of weight-training, rehabilitation and nutrition. He maintains a private practice in Mississauga, Ontario and is the founder of the Society of Weight-Training Injury Specialists - S.W.I.S.
Susan Lee, BPHE, MPE, CPTN-CPT
Susan is the President of the Certified Professional Trainers Network (CPTN) Inc. She specializes in post-rehabilitation training, sport specific conditioning, and active aging. She is the co-author of Business Strategies for Personal Training, and a new book and on-line course entitled Starting a Fitness Business.

Stuart McGill, Ph.D
Dr. McGill is a professor of spine biomechanics at the University of Waterloo and a renowned lecturer and consultant. His award winning advice is often sought by governments, corporations, legal experts and elite athletes and teams from around the world. Difficult back cases are regularly referred to him for consultation.

Katharine McLarty, BPAS, CSCS
Katharine is involved with the training and testing of many professional and amateur athletes as a Strength & Conditioning Service Provider for the Olympic High Performance Centre (OHPC) and Canadian Sport Centre – Ontario (CSCO).

Frances Michaelson
Frances has been a Canadian exercise products distributor for the past 17 years. She owns Muscle Up Personal Training Centre in Baie D’Urfé. She also supplies other fitness professionals and establishments with high quality exercise products under Muscle Up Canada.

Frances Minias, BA, B.C.Ed, CPTN-CPT, CSCS
A lifelong athlete, Frances has been bodybuilding competitively for 12 years; a four-time Canadian National World Qualifier Champion, and two-time runner-up. Passionate about building her body, Frances is now building her coaching business to share her knowledge for those aspiring Bodybuilding, Fitness and Figure Competitors.

Libby Norris, BA
Libby Norris is a corporate fitness consultant and Reebok Master Trainer. Her company, Inspired Energy Inc., works with small to global businesses combining health education, ergonomics and activity training to promote good health and good business.

Debra Percy, RN, CPT
Debra, a member of the Personal Best team for over 10 years, is the General Manager at the Personal Best managed General Motors of Canada Club in Oshawa. She is a registered nurse, a certified personal trainer certified fitness instructor, and professional fitness & lifestyle consultant.

Charles Poliquin, B.SC., M.Sc
Charles is recognized as a world leader in the strength and conditioning field. He has coached Olympic medalists in 16 different sports from 4 different countries and a well-published author whose work has been translated in 6 different languages. He consults for many top level organizations such as the United States Secret Service.
Roland Semprie, BA, BSc, MES, CFC, SCENAR
Roland is a Certified Zen Shiatsu Therapist (CZST) with two advanced post-graduate certifications, Sport Movement Specialist, Infra-Red Non-Thermal Laser Practitioner, Certified Acupuncturist and the only Fitness Professional in the world licensed and authorized by Professor Alexander Revenko to treat, diagnose and train others as a Certified SCENAR Therapist.

Caron Shepley, HBPE
Caron has worked in corporate fitness for over 10 years and is currently Corporate Director of the Toronto-based corporate health company, Personal Best. She has been practising Yoga for 15 years and has become a renown yoga instructor for high performance athletes.

Angie Sturtevant, BA, CPT
Angie is the owner of Specialists in Sports Performance, providing performance testing, athletic coaching and personal training services. She is a certified USAC Expert Cycling Coach, USAC Power Coach, USAT Triathlon Coach, and holds a degree in Business Law and Health Management. She is a former competitive cyclist in road time trials, cyclo-cross and mountain biking, holding the 2001 & 2002 Wisconsin Off-Road Sport Series title.

Dr. Natasha Turner, ND
Dr. Turner has been practising in Toronto for seven years. She has a clinical specialty in hormonal concerns and utilizes a 10 step approach to achieve optimal health with her patients. As the VP of Natural Medicine for Truestar health she formulated The Truestar Professional Supplement Series as well as the online vitamin profiling system on www.truestarhealth.com. She regularly writes for various publications and appears on TV as a natural health expert.

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