

## MESSAGE FROM THE CHAIR



### NOTICE OF ANNUAL GENERAL MEETING

The Nova Scotia Fitness Association  
(NSFA)

is holding its Annual General Meeting  
(AGM)

**Saturday, March 27, 2010 at 12:25  
pm**

in conjunction with

**Fitness Friendly 2010,**

**LRC Room 111, NSCC-Truro Campus.**

All NSFA members are encouraged to attend. The election of board members will take place as well as voting on proposed changes to the NSFA constitution.

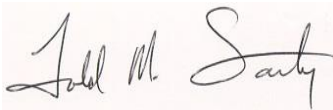
Hello and thank you for considering joining us for the Nova Scotia Fitness Association conference - Fitness Friendly 2010 - FF2K10! The NSFA Board is pleased to partner with NSCC Sport and Wellness Centre to host this year's conference in Nova Scotia's hub town – Truro! We hope this central location is a nice change appealing to lots of friends of NSFA from Cape Breton, PEI, NB...and just a short drive for all of our Metro members.

This year, our lineup of presenters, is a celebration of Nova Scotia talent in the fitness and health professions. And I think you'll agree that what we've got here is truly worth celebrating! A very special thank you to colleagues and NSFA members who have been leaders in organizing FF2K10 – you are the skeletal system of the organization and without you, we are unable to move. So, "Thank you!"

We will be holding our Annual General Meeting at 12:25 pm in Rm 111 in McCarthy Hall – the Campus Library. I hope all members will make an effort to attend. We will hold elections for vacant Board seats, and be seeking your feedback on the direction of NSFA. I suspect this year's AGM could be the most interesting one in many years.

As Acting Chair of NSFA, I'm excited for FF2K10 and hope very much you'll join us. As Manager of NSCC Sport and Wellness Centre, I'm excited and looking forward to welcoming a lively group to our Campus and providing you with a superb experience!

Yours in health.



Todd Sarty

## SESSIONS AT A GLANCE

TIME	GROUP FITNESS Sport & Wellness Centre - gymnasium	TIME	STRENGTH, CONDITIONING & BEYOND McCarthy Hall - Rm 111	POOL
8:00-9:15	<b>1a</b> <b>Total Gliding Workout</b> Diane Bellefontaine	8:00-9:15	<b>1b</b> <b>Flexibility Assessments</b> Danyelee Belliveau	
9:30-10:45	<b>2a</b> <b>Bounce Mania</b> Angela Curry	9:30-10:45	<b>2b</b> <b>Conspiracies of Fitness and Wellness</b> Jeff Vossen	
11:00-12:15	<b>3a</b> <b>Zumba Cardio &amp; Hip Hop Zumba Style</b> Mary Ann Zinc	11:00-12:15	<b>3b</b> <b>Character Bases Game Playing as an Instrument of Cultural Change</b> Deborah Vossen	
12:15-1:15 <b>Lunch</b> 12:25 – 1:05 <b>Annual General Meeting</b> , McCarthy Hall - Room 111				
1:15-2:30	<b>4a</b> <b>Step PLUS</b> Diane Bellefontaine	1:15-2:25	<b>4b</b> <b>How Toxic Are You?</b> Dr. Sarah Hardy	
2:45-3:30	<b>5a</b> <b>Zumbatomic®</b> Mary Ann Zinc	2:30-3:40	<b>5b</b> <b>Putting Out the Inflammatory Fire</b> Dr. Sarah Hardy	
3:45-4:15	<b>6</b> <b>Yoga Stretch</b> Jill Embree			
4:30-6:30				<b>7</b> <b>Aqua-fit</b> (wet & dry) Dianne Levy

## PRESENTERS AND SESSIONS



**Diane Bellefontaine** has been a fitness studio owner, a fitness facility director, an executive director of a provincial fitness association, and a die hard fitness instructor.

She has been actively involved in the fitness industry since 1979. She has received certifications with Aerobic Fitness Association of America, International Dance Exercise Association, Canadian Aquatics Leadership Association and she holds various certifications with the Nova Scotia Fitness Association and is a certified FIS with Can Fit Pro.

### **1a. Total Gliding Workout:**

Work your core, legs, glutes and upper body in a whole new way. The gliding discs are a powerful tool that can take your favorite workout to the next level of fun and effectiveness.

### **4a. Step PLUS:**

This workshop is a combination of fun step moves with athletic intervals & awesome muscle conditioning exercises to give you an energy packed workout to take back to your classes. Are you up for it?



**Danyele Belliveau** is a Certified Personal Trainer and a Certified Health and Wellness Coach, with 9 years working in the health food industry. She has experience training clients of all types, including post-physio patients. "My main focus is teaching my clients the importance of flexibility, core basics, and preventing injury."

### **1b. Flexibility Assessments**

Are you interested in discovering what areas you need to work on to become a stronger, more flexible you? By assessing your flexibility we can determine what activities/exercises you should be concentrating on. This workshop will be a fun, hands-on learning environment!



**Angela Curry**, Programming Director (fitness, recreation, personal training, aquatics and first aid), Acadia University, *CALA trainer/presenter, NSFA trainer/presenter, CFP (FIS, MBS, PDS), NSFA (FT, GFL, AFL, RTL, OAF, YFL)*, has been involved in the fitness industry for over 23 years with an everlasting passion for fitness, health & wellness. As a CALA and NSFA trainer, her true passion lies in educating, motivating and inspiring new and up and coming fitness professionals.

### **2a. Bounce Mania!**

Grab a ball and recapture how much fun fitness can be! Bounce, roll, swing and throw your way through movements that will incorporate cardiovascular & muscular conditioning, challenge your balance and agility, and make coordination fun! This session is bound to put a smile on your face!



**Jill Embree, RMT** is a recent graduate of the Vinyasa Teacher Training Program from the Joyful Yoga Studio in Truro, NS. Jill is the busy mother of baby girl and teaches a Yoga class at the NSCC-Sport & Wellness Centre.

### **6. Yoga Stretch**

Join Jill as she leads you through a relaxing, yoga based stretch and take home ideas you can incorporate into your own fitness classes. A perfect ending to a perfect day!



**Dr. Sarah Hardy** - Sarah combines her passion for naturopathic philosophy, hydrotherapy and education with the core naturopathic therapeutics, to facilitate lasting change on each patient's journey towards health. She is continually inspired by the foundational principles of naturopathic medicine as she strives to encourage individuals to become active participants in their own well being. Join Dr Sarah Hardy, Doctor of Naturopathic Medicine, as she covers timely topics. Sarah will answer your questions to support you on your journey to health.

#### **4b. How Toxic are You?**

The Basics of Natural Detoxification Many people spend a torturous two weeks on an unsupervised detox program and then spend 50 weeks re-toxing! Join us to discuss the importance of natural detoxification in healing, the 4 natural routes of elimination and basic tools for everyday toxin elimination.

#### **5b. Putting out the Inflammatory Fire**

Each individual experiences inflammation differently: aching joints, digestive changes, recurrent cold and headaches. Join us to discuss nutrition & lifestyle modifications to reduce the overall stress on your body & inflammation.



**Dianne Levy** is a course conductor and master trainer in aquafitness leadership through NSFA. She oversees the aquafit program at King's Edgehill School in Windsor.

Dianne has mentored many aquafit instructors and has built a solid reputation as a knowledgeable, enthusiastic trainer.

#### **7. Aquafit**

The aquatic environment has everything you need to develop balanced workouts which can greatly increase postural awareness, muscle strength and endurance, and range of motion, while training the cardiovascular system. In addition you can accommodate the huge differences in participant abilities and needs. Simple equipment such as pool noodles or balls can add extra challenges and lots of fun. This session will lead you through a variety of moves and techniques and give you a chance to share ideas with others. The "wet" session in the pool will be followed by a "dry" session in the classroom.



**Jeff Vossen, MSc., CPTN-CPT, C.K., CSEP-CEP**

Jeff Vossen is the Manager of Recreation at St. Francis Xavier University. In addition, he teaches a senior undergraduate course entitled “The Essentials of Personal Training” for the Department of Human Kinetics. His experience in the industry is vast having owned and operated his own fitness consultation business and fitness centre. Jeff has presented internationally, as well as written many fitness-related articles.

## **2b. Conspiracies of Fitness and Wellness**

Consumers and fitness leaders alike are inundated with information about fitness and wellness. When clients come to you for advice or direction, how do you know you are giving them the correct information? What sources do you depend on to keep you current and reliable in this ever changing profession? Jeff will explore the options, challenge you to re-think your own strategies and offer an alternative approach guaranteed to motivate you to elevate your personal training expertise.

**Deborah Vossen, Ph.D.**



Dr. Deb Vossen (Ph.D.) is a Human Kinetics professor who teaches humanities courses related to sport and physical activity at St. Francis Xavier University. Dr. Vossen has presented at numerous international conferences and is a motivational speaker who empowers others to “change the world” in their own unique way. She has had her business “Simply Fit Training Systems” profiled in Fitness Business Canada magazine as a formula for small town fitness success, and has been invited to author numerous other publications.

“My mission is to empower others to fulfill their life’s purpose via character-based game-playing”

## **3b. Character-Based Game-Playing as an Instrument of Cultural Change**

Deborah maintains that in modern North American society, game-playing is valued as nothing more than recreation, relaxation, and diversion and is considered worthwhile only insofar as it serves the status quo and maintains the workforce via physical “health” and/or mental “re-creation.” Alternatively, Deborah will explore character-based game-playing holistically as the root condition of both an authentically meaningful human existence and that of a thriving society and open your eyes to a whole new world of possibilities and concepts you can apply to your own personal training philosophy.



**Mary Ann Zinck** owns and operates HEAT Fitness Studio (High Energy Athletic Training). Mary Ann is certified to teach an eclectic mix fitness modes. Her qualifications include: CFP FIS, MBS,CORE LEVEL 1 & 2, Turbo Kick, BOSU, Jump Rope Level 2, STOTT Basic, Intermediate and Advanced Mat and Reformer, Gymstick and Sport Strength & Conditioning Coach Level 2.

### **3a. Zumba Cardio & Hip Hop Zumba Style**

Let's have a fitness party! Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Hip Hop Zumba Style is zumba with music that we know already right off the radio. Unchanged, not squared but the best party in the house.

### **5a. Zumbatomic®**

Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they're at it? Zumbatomic teaches you how to fuse the Zumba program's exciting formula with the psychology and physiology relevant to teaching kids. I will teach you like I would teach kids. You'll learn how to modify Zumba moves to get optimal results, and receive tips on discipline and class management. Content designed for ages 4-12.

# PRICES

Register early for BIG SAVINGS!!

By March 20	Professional Member*	Associate Member**
All Day	\$80 includes hst!	\$130 includes hst!
Aqua Only (wet & dry)	\$40 includes hst!	\$ 90 includes hst!
After March 20	Professional Member*	Associate Member**
All Day	\$ 100 + hst	\$150 + hst
Aqua Only (wet & dry)	\$ 50 + hst	\$ 100 + hst

**\*Professional Member:** This means you are certified by NSFA or any of the NFLA provincial partners (FNB, OFC, MFC, SPRA, AFLA, BCRPA).

Your professional membership fee is \$80 + hst annually and includes insurance coverage.

**\*\*Associate Member:** This means you are NOT certified by NSFA or any of the NFLA provincial partners (FNB, OFC, MFC, SPRA, AFLA, BCRPA).

Your associate membership fee is \$50 + hst annually and does NOT include insurance coverage.

Both membership options will give you access to the NSFA network, members' web page, discounts, newsletter and other benefits as they become available.

## CONFERENCE SPECIAL

Submit your membership with your FITNESS FRIENDZY 2010 registration fee and NSFA will pay the taxes!!

\$80

Save over \$10!

## HOW TO REGISTER

### Payment

Visa, Mastercard, personal cheque, money order are accepted. Cheques are payable to NSCC Sport and Wellness Centre. (all revenue will be collected by NSCC but handed over to NSFA)

### By mail

Mail the registration form, the informed consent and payment to:

Fitness Friendly, NSCC Sport & Wellness Centre, 36 Arthur Street, Truro, NS B2N 1X5

### By phone

The NSCC Sport & Wellness Centre is open weekdays between 6 am and 10 pm and weekends between 8 am and 6 pm. Visa and Mastercard are both accepted by phone. Please have your credit card number ready.

### By Fax

You may fax your registration form and informed consent 24 hours a day to 902-893-5388. Visa and Mastercard payments are accepted via fax. Please include credit card number, expiry date and 3 digit security code. If you would like confirmation of receipt of your fax, please indicate this on your fax cover sheet.

### By E-mail

Visa and Mastercard payments are accepted via email. You may email your registration form and informed consent form to [sportandwellnesscentre@nsc.ca](mailto:sportandwellnesscentre@nsc.ca) . Please include credit card number, expiry date and 3 digit security code.

### Cancellation Policy

All cancellations must be received by NSCC Sport and Wellness Centre by March 20, 2010. A refund, minus a \$25 cancellation fee will be issued. For conference no-shows and cancellations received after March 20, **NO REFUNDS** will be issued. Cancellation fees and no-show revenue is all handed over to NSFA.

### Tax Deduction

Your conference registration fees may be tax deductible. You will receive an official receipt via email. Consult a tax advisor for more information.

**Register early for the best selection and best prices!**

## REGISTRATION FORM

*Thank you for printing clearly*

Name: First \_\_\_\_\_ Last \_\_\_\_\_

Mailing address: Street: \_\_\_\_\_

Town/City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Province: \_\_\_\_\_ Phone: day(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ evening:( \_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

Fax:(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

Master Card #: \_\_\_\_\_ Expiry Date: \_\_\_\_ / \_\_\_\_ Security code \_\_\_\_

Visa #: \_\_\_\_\_ Expiry Date: \_\_\_\_ / \_\_\_\_ Security code \_\_\_\_

Cheque  Money Order

Signature: \_\_\_\_\_

### CHOOSE YOUR SESSIONS

✓ Please check the appropriate box ✓

8:00-9:15	<input type="checkbox"/> 1a <b>Total Gliding Workout:</b> Diane Bellefontaine	8:00-9:15	<input type="checkbox"/> 1b <b>Flexibility Assessments:</b> Danyele Belliveau
9:30-10:45	<input type="checkbox"/> 2a <b>Bounce Mania:</b> Angela Curry	9:30-10:45	<input type="checkbox"/> 2b <b>Conspiracies of Fitness &amp; Wellness</b> Jeff Vossen
11:00-12:15	<input type="checkbox"/> 3a <b>Zumba Cardio &amp; Hip Hop:</b> Mary Ann Zinc	11:00-12:15	<input type="checkbox"/> 3b <b>Character Based Game Playing</b> Dr. Deborah Vossen
<b>12:15-1:15 Lunch/AGM Room 111 LRC</b>			
<b>PLEASE NOTE: Lunch may be purchased in the cafeteria for \$9.00 EVERYONE WELCOME!</b>			
1:15-2:30	<input type="checkbox"/> 4a <b>Step PLUS:</b> Diane Bellefontaine	1:15-2:25	<input type="checkbox"/> 4b <b>How Toxic Are You?</b> Dr. Sarah Hardy
2:45-3:30	<input type="checkbox"/> 4a <b>Zumbatomic®</b> Mary Ann Zinc	2:30-3:40	<input type="checkbox"/> 4b <b>Putting Out the Inflammatory Fire</b> Dr. Sarah Hardy
3:45-4:15	<input type="checkbox"/> 5 <b>Yoga Stretch:</b> Jill Embree		
4:30-6:30	<input type="checkbox"/> 6 <b>Aquafit</b> (wet & dry)		

## INFORMED CONSENT

Name: First \_\_\_\_\_ Last \_\_\_\_\_

Mailing address: Street: \_\_\_\_\_

Town/City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Province: \_\_\_\_\_

Family Doctor: \_\_\_\_\_ Telephone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

The officers, staff and volunteers of the Nova Scotia Fitness Association advise that if you are currently taking medications, have any physical ailment or you are otherwise not in physical condition suitable for activity, it could be injurious to you. You should seek medical advice regarding these matters before participating in the programs and activities at Fitness Friendly 2010.

**This document is a release of claims against any member or representatives of the Nova Scotia Fitness Association and by signing it you:**

1. Acknowledge that when performing exercise routines or engaging in similarly strenuous activity, you may suffer injury.
2. Represent to the Nova Scotia Fitness Association that you are in good health and physical condition and are not disabled, taking medication or suffering from a condition that would prevent you from engaging in such activities or make it potentially dangerous or harmful for you to engage in such activities.
3. Assume the risk of and release and hold the Nova Scotia Fitness Association harmless from any liability for any physical or other injury of harm suffered by you during or performing such routines or engaging in such other strenuous physical activity, and agree that the Nova Scotia Fitness Association shall not have any liability or responsibility for any such injury of harm.

**I have carefully read, understand and as an inducement to the Nova Scotia Fitness Association to allow me to participate in the programs and activities, agree to the foregoing.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## DIRECTIONS

### From Halifax

Take Hwy. 102 N, Exit 13, stay right at yield sign and merge onto Truro Heights Connector, turn left onto Willow Street at the T intersection, turn right onto Arthur at the first set of lights and NSCC will be on your immediate right.

### From New Brunswick

Take Hwy. 104 E, enter N.S., take exit 15 to merge onto Hwy 102 S, follow Hwy 102 S to exit 13 (Truro/Hilden), turn left at the lights onto the Truro Heights Connector, turn left onto Willow Street at the T intersection, turn right onto Arthur at the first set of lights and NSCC will be on your immediate right.

### From New Glasgow

Take Hwy 104 W, take exit 15 (ONLY exit to Halifax) to merge onto Hwy 102 S, follow Hwy 102 S to exit 13 (Truro/Hilden), turn left at the lights onto the Truro Heights Connector, turn left onto Willow Street at the T intersection, turn right onto Arthur at the first set of lights and NSCC will be on your immediate right.

### Parking

There is ample free parking on Campus. Parking lots are accessible from Kaulback Street and Arthur Street. Please do not park in the main driveway (horseshoe) without an accessible licence or tag.

You will find the Registration Area in the Sport & Wellness Centre.

### Lunch

You are welcome to bring your own lunch or purchase lunch in the cafeteria for approximately \$9. Bring your lunch to Room 111 and participate in the NSFA AGM. Your presence is encouraged and very welcome.

### Accommodations

The Best Western Glengarry, located just minutes walking distance from Campus, is happy to offer a preferred conference rate of **\$89.00 + hst.** Great for anyone wishing to come Friday night or stay over Saturday.

Phone: 902-893-4311 or 1-800-567-4276