



EXERCISE

JANE COSTAIN
"Becoming a Fitness Instructor Specialist"

10:00 - 10:45



Presentation Summary

Covering current fitness standards and guidelines, all Canadians can be healthy and fit at home or in a gym. Knowing what to do is just as important as doing it. Understand the guidelines set out by health Canada and learn to use them to be healthy and fit.

Biography

Jane has taught a fitness program for seven years at a private college in Ottawa, instructs fitness classes, is a Coordinator for Speciality Programs (GoodLife Fitness) and has also received an award from "Canfitpro - Pro Trainer of the year 2011". Jane is an agent for Canfitpro where on evenings and weekends she teaches certification courses: Fitness Instructor Specialist, Personal Trainer Specialist, Nutrition & Wellness Specialist, First Aid and CPR. With over 30 years of professional experience, Jane is a well-respected individual in the fitness community, always striving to reach and inspire more people.

DIET

JENNIFER ONG TONE
"Shop with a Dietician: Healthy Grocery Shopping"

11:00 - 11:45



Presentation Summary

Healthy eating begins at the grocery store. This presentation will provide an overview on how to navigate the grocery store, and how to stock your fridge, freezer and pantry with healthy staples. Participants will gain an in-depth understanding of how to read food labels, the Nutrition Facts table and ingredients list. Loblaws' new Guiding Stars program, a nutrition guidance program that rates the nutritional quality of food, will also be discussed.

Biography

Jennifer graduated with both a Bachelor of Science in Nutritional Sciences and a Bachelor of Commerce at McGill University. A member of the College Dietitians of Ontario and Dietitians of Canada, she has previous experience working as a Registered Dietitian in Quebec, for the provincial food allergy association and a leading Quebec fitness center. Currently, she works as an in-store Registered Dietitian for Canada's largest food retailer, Loblaws. Covering the Eastern Ottawa stores, she provides nutrition education to customers via complimentary grocery tours, educational classes, food demonstrations, individual consultations and nutritious cooking classes.

HEALTH & EDUCATION

MARC-ANDRE CLEMENT
"Successful Youth Programs: Making the Connection"

12:00 - 12:45



Presentation Summary

This session will give you tips on how to increase the interest and participation of our younger population. Using the national success of Culture Shock Canada's Youth Outreach Programs, learn how you can network with various organizations and use government grants for the development of new innovative ideas that will help community kids get active.

Biography

Marc-André has worked in the fitness and health industry with numerous years of competitive coaching and mentoring experience. As a physical education teacher, Elite Trainer with GoodLife Fitness Clubs and in his current role as Athletic Facilities Director at La Cité collégiale, he is known for his commitment to offering creative, high quality solutions for both active and competitive lifestyle needs. As the National Executive Director of Culture Shock Canada and co-founder of Momentum Moves Canada, Marc-André is recognized for his ability to instill leadership skills for youth and adults, by creating innovative dance and movement programs as a fitness alternative, and preaching the importance of creativity and individuality.

ENTREPRENEURSHIP

DENIS COURCHESNE
 "A Good Way to Become Healthy: Join the Industry"

1:00 - 1:45



Presentation Summary

Are you planning your future career and looking for some tips? Are you thinking of starting a company and wondering where to start? Does the word "natural" catch-up your attention? If so, be present at this conference where Denis Courchesne will share with you his 20 years of experience working for various companies and three last years working at building his own company!

Biography

After getting a Bachelor degree in Business from the Université du Québec à Trois-Rivières, Denis Courchesne worked for various companies such as Mosaïc, Evian, Pfizer, Bioforce and Purity Life Health products. Beginning his career as a sale representative, Denis Courchesne went from account manager positions to Quebec/National sales manager until launching a broker company in 2010 covering the Pharmacy and Health food channels.

CAREERS

JONATHAN KERR
 "The Business of Personal Training"

2:00 - 2:45



Presentation Summary

Personal training has evolved into a publicly accepted vocation just like doctors, lawyers and accountants. This seminar will provide the listener with information on sales, marketing, financial and business administration for personal training. Learn about employer requirements, business development and income generating ideas to become the most successful personal trainer you can be!

Biography

Jonathan is the president of SGS Fitness, a leading organization in Health Event Management. What started out as a small independent personal training business, has now become a national public education and business provider. Thorough academic and professional development, Jonathan promotes better health through education.

ENTERTAINMENT

DR. ROBERT ING
 "Experience the Unexpected"

3:00 - 3:45



Presentation Summary

Dr. Robert Ing's Perception is an ongoing international series of live audience participant lectures where viewers witness firsthand demonstrations of precognition, telekinesis, psychokinesis, mind reading, clairvoyance, precise intuition, numerology, the ability to physically manifest any thought of image and experiences the untapped potential of their mind.

Biography

Dr. Robert Ing, mentalist and mind reader provides an entertaining unconventional and sometimes controversial look into the reality of the things that most wonder about. From live demonstrations of the magic of the mind, the paranormal, mentalism and numerology to insights and perspectives on the dark and secret world of the supernatural and unsolved mysteries; he delivers a practical awareness that is simply Dr. Robert Ing's Perception.