



EDUCATION SEMINARS

# ACTIFIT ASIA 2018

PROFILES, SEMINARS &  
SCHEDULING

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DATE

6-8 APRIL 2018

ORGANISED BY

FITNESS **SG**

# SEMINAR OVERVIEW

## ABOUT

FitnessSG is a Register of Exercise Professionals in Singapore, working with the support of ICREPs to become their international partners and members of the global confederation of fitness registers. FitnessSG is a non-profit organisation operating as an independent, public register that recognises the qualifications and expertise of fitness professionals and is continually committed to advancing the fitness profession.

The mission of FitnessSG is to ensure recognition of registered exercise professionals for their leadership and expertise in the design and delivery of physical activity and exercise programs which improve health, fitness and athletic performance of the public. With a vision to enhance the skills of fitness professionals, supporting the government initiative to make Singapore an 'Active Nation' and allow more people to adopt a healthy and active lifestyle.

FitnessSG provide a system of regulations for instructors and trainers to ensure they meet the internationally recognised industry standards, within our own frameworks relevant for Singapore. The FitnessSG Register will empower the fitness profession to maintain their education and development, increasing the trust, confidence and credibility of the fitness industry all round. Registration with FitnessSG offers quality assurance and confidence to both the public and industry employers, endorsing all professionals on the register to be appropriately qualified via independent verification and equip with the knowledge, competence and skills to perform their role effectively.

As well as setting the industry standards we offer a communication platform, support and resources in addition to other economy benefits such as industry discounts and liability insurance for our members. We are continually committed to leading, supporting and growing an innovative fitness industry here in Singapore that embraces knowledge sharing, professionalism and high standards of customer care and service.

## SEMINARS

FitnessSG are extremely proud to be the educational partners of actiFIT Asia 2018 delivering educational workshops and seminars to help delegates expand their fitness education. Inside the actiFIT Asia Seminar by FitnessSG our varied schedule offers an abundance of educational opportunities over delivered by world renowned fitness educators, from Calisthenics Athletes to Nutrition and Lifestyle Experts, Doctors to Dancers and Exercise Scientists to CrossFit Athletes. This 3-Day event will showcase the very best of fitness education including new science and research, training techniques, current fitness trends and innovative products, giving you the chance to excel in your performance, boost your fitness career and set yourself apart from competition.

actiFIT Seminars by FitnessSG is helping to keep the fitness industry vibrant, offering Singapore exposure to evolving education within a motivating fitness community to network and connect with likeminded individuals. Whether you are a passionate Fitness Enthusiast, Personal Trainer, GroupEx Instructor, Gym Owner/Manager and Mind-Body or Nutrition Professional, if you are looking to take your knowledge and skills to the next level then come and join actiFIT Seminars by FitnessSG to feel inspired and recharged to tackle your fitness challenges and enhance your career. With ACE approval we are also proud to advise you can claim a massive 1.5 CEC's towards your re-certification following 3-DAY attendance to actiFIT Seminars by FitnessSG.



In line with the vision of FitnessSG to further enhance the skills and expertise of the fitness professional and raise the standards of service to clients within the industry, through the support of e2i we are pleased to announce that the first 160 Fitness Professionals (Singaporean Citizen/PR) eligible to attend actiFIT Seminars by FitnessSG can join us for half the cost! Simply register for your unique promo-code online [www.actifitasia.com.sg](http://www.actifitasia.com.sg) and upload proof of a recognised industry certification or letter of industry employment. All successful applicants will receive a unique promo code and link to the actiFIT Asia website where they must complete their registration and make payment online.

\*Please note that eligible delegates must share proof of a recognised industry certification or letter of industry employment and complete a minimum of 75% attendance .



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## TONY STONE

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Tony Stone has trained dancers for Britney Spears, Missy Elliot, INSYNC, Beyoncé, Destiny's Child, Christina Aguilera, Michael Jackson, Gwen Stefani, Will Smith, Jennifer Lopez and Chris Brown. His choreography has been featured with Nike, Fila, Reebok, Mercedes, BMW, Motorola, G-Star, Gucci, Asics, Proximus Telecom and The Los Angeles Laker Girls. His multiple awards and nominations include Best Choreographer, Best International Instructor/Presenter, Lifetime Achievement Award, Nike World Class Top Instructor/Choreographer and Best International Presenter/Choreographer. He's been a featured dancer/choreographer on Soul Train, MTV Fashion Rocks London at the Royal Albert Hall, MTV World Tour, The Danish Music Awards, President of Germany's fashion charity gala, Summer Olympic Games in Beijing, China naming just a few. Tony is the proud creator/director of the brand new dance fitness program CHOREOLOGY by Salsation® which he is currently showcasing and qualifying dance lovers around the globe to teach. This is the first time Tony has brought CHOREOLOGY to Singapore and is excited to join as one of the stars of ActiFIT Asia 2018.



**CHOREOLOGY #1 by Salsation® | Workshop (710)** | This is the brand new dance fitness class and program created by Tony himself currently being introduced globally. It's based on my teaching style that has made this brand of teaching so popular and accepted throughout the world. CHOREOLOGY by Salsation® takes the art of teaching urban commercial dance to a whole new level! Learn some of the movements you have seen, in a fun way through proper and careful breakdowns in bite size pieces. Leave this class feeling like a dance star! Come move, groove and let your body approve! CHOREOLOGY by Salsation® is now conducting single day trainings globally to qualify instructors to teach this highly anticipated and proven successful program.

**CHOREOLOGY #2 by Salsation® | Workshop (806)** | CHOREOLOGY takes the art of teaching commercial street dance to a whole new level! Join Tony Stone and learn a brand-new dance fitness class and program created by himself and currently being introduced throughout the world in 2018. Based on Tony's teaching style, this brand of teaching has become highly popular and accepted everywhere. Learn some of the movements you have seen in music videos in a fun way, through proper teaching and easy to understand breakdowns. Leave this class feeling like a dance star! Come move, groove and let your body approve!

**Tony's Dance Workout (818) | Workshop** | This class provides a fun balance between basic street dance, latin and jazz movement for different levels of physical intensity. It will provide you with proven methods on how to effectively choreograph a freestyle dance workout using the hottest pop and urban music. Get ready for continuous movement while crossing though different dance worlds in one class.





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## PAUL BROWN

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Known globally as Mr Retention, Paul Brown is an internationally acclaimed consultant and keynote speaker, Australian Presenter of the year and creator of the Face2Face Retention Program with a 20 year track record of helping the world's best groups and independent clubs achieve amazing growth and prosperity. A fitness professional since 1980, he was the inaugural and 4 times Australian Aerobics Champion, National Championship winning Australian Footballer and has also been the conditioning coach to several world champion athletes. Paul truly understands the science of fitness along with the wants and behavioural needs of club members. Combining this with his innovative and effective business strategies has made him one of the most in-demand consultants and speakers in the world today.



**Mastering the Business of Fitness | Seminar (608) |** Get absolute clarity on the unbreakable rules to success in any health and fitness business so you cannot only grow and prosper but also earn a reputation for excellence and success that helps protect and future proof your business. Includes proven strategies on marketing, sales, programming and client retention.

**The Ultimate HIIT Blitz Workout Class | Workout (613) |** This class has everything, combining high intensity fitness and athletic moves with localised strength challenges, rapid paced changes, individual, pair and team activities and all at maximum hype fuelled by classic high energy music led by Australia's first and four-time National Aerobics Champion, Mr retention himself, Paul Brown. Guaranteed to charge you up and full of creative ideas to add to your own group and individual training formats.

**Fit For Life | Seminar (708) |** A highly motivating and empowering collection of tips and techniques to keep your body strong, lean and energised and your mind sharp and always operating at peak performance. Includes proven strategies to help beat the challenges of getting started and then a host of ideas to keep it fun and interesting all year round so you never have to say, "I used to be fit". Live each and every day on your terms and be Fit for Life!



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## FILIFE PEREIRA

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Filipe is a highly experienced fitness professional who has been in the industry since 2002. Starting out as a Personal Trainer and Group Exercise Instructor, his passion for functional training and holistic approach to performance led him to become a well respected Manager at multi-site fitness facilities and has been an international presenter since 2013. His versatility is shown in his brand repertoire that now reaches across the globe including, Rehab Trainer, Functional Training Institute (Australia) and Fit Asia Group. Filipe is an avid ambassador for overall wellness, actively up to date with new trends, continuously expanding his knowledge in fitness education and always looking to master the relationship between business and fitness innovations.

**Efficient Mobility & Activation Drills for Performance | Workshop (814) |** Come and join a super engaging session, part theoretical and part physical, filled with practical applications for the gym goers and fitness professionals. You will learn mobility drills and activation exercises specifically designed for your own training, delivering one-on-one and group training with clients. This session will teach you efficient exercises to minimize time, whilst efficiently preparing the body for general physical activities. Leave this session with the ability to program sequences of Mobility and Activation exercises for general, sporting and high- performance workouts.

**Group Training, Games and Programming Engaging Exercises | Workshop (718) |** Come and experience a variety of engaging games and exercises designed for warm ups, connection, fun ice breakers and setting the scene for a great workout ahead. Learn how to produce effective programming for group workouts, taking into account variables such as surface, space, equipment, ability to adapt on demand and more. Discover how to manage a large group of participants by utilizing voice projection, cuing techniques and layouts and ultimately learn how to deliver fun and engaging group training.

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## DR JASON KARP

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Dr Jason Karp PhD, is the 2011 IDEA Personal Trainer of the Year, 2014 recipient of the President's Council on Fitness, Sports & Nutrition Community Leadership award, is one of America's foremost running experts, entrepreneur, and creator of the REVO2LUTION RUNNING™ certification. He has more than 400 published articles in international running, coaching, and fitness magazines, is the author of eight books, including *The Inner Runner* and *Run Your Fat Off*, and speaks at fitness conferences and coaching clinics around the world. Dr. Karp has been involved in hundreds of international lectures and has been a featured speaker at most of the world's top fitness conferences and coaching clinics and is excited to be involved in actiFit ASIA 2018.



**Running for Weight Loss | Seminar (604) |** Running burns more calories than any other physical activity, making it the most effective weight loss strategy. Running is accessible to everyone in the world, and is second only to walking as the most popular physical activity. In this session, based on Dr. Jason's book, *Run Your Fat Off*, we'll cover the three reasons why running is the world's best calorie burner and discuss how to use running to lose weight and keep it off forever.

**Running a Marathon For Dummies | Seminar (704) |** From the time the ancient Greek runner Pheidippides ran from Marathon to Athens to announce the Greeks' victory in the Battle of Marathon, humans have had a compelling interest with endurance. With over 300 marathons in the U.S. each year and half a million people running them, it's an understatement to say that running a marathon is a big deal. This very informative presentation based on Dr. Jason's well-known book, will discuss the cardiovascular, muscular, and metabolic factors that influence marathon performance and then discuss how to best train all of those factors to successfully prepare for a marathon.

**The Inner Runner | Outdoor Run (808) |** This unique outdoor run takes you on a mind-body journey, examining how running affects every part of our lives and enables us to look inward—at the inner runner—to find out who we really are and to embrace the challenge of discovering our true selves. For many, running is a pathway to experiences and emotions that cannot always be articulated. They must be felt. Running guru and author of *The Inner Runner* Dr. Jason Karp will lead an inspiring outdoor group run, exploring what it means to be a runner and how running helps you become the person you want to be.



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## REAGAN KANG

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Reagan is the Co-Founder of HAUS Athleticss, Les Mills International Presenter and Master Trainer and ex National Swimmer for Malaysia. Reagan has been in the industry for more than 10 years since the age of 8 when he was a competitive athlete in the national team. Reagan graduated as a Commerce student but decided that changing people's lives was his main calling in life. He founded Haus in 2017 and is now pursuing to make Haus a lifestyle brand and actively contributing to the delivery of world class fitness here in Singapore and across the region.

**The Group Exercise Effect | Seminar (620) |** This session will share the many benefits of group exercises. Reagan will be sharing how to ensure people don't just perceive group fitness a form of movement but also a place of social engagement and improving quality of life. Come and learn from one of the best how group fitness classes are a go to fix for maintaining the health and wealth of a business facility.

**What is Group Exercise now? | Workshop (606) |** Come and have a taste of what it is like to go through a modern age group exercise class that is safe and effective. Learn how the blend of music and movement drives the power and moral of a group, allowing participants to fall in love with exercise. This session will take you through a variety of HIIT an Group Ex style workout driven by music. Learn moves that are simple, functional and best of all proven to deliver maximum results. Efficiency and effectiveness is now main priority as there modern age community is time poor so come and learn the best GroupEx tips and tricks at actiFIT Asia 2018.

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## MICHAEL MOGARD

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Michael started his strength training journey as a collegiate baseball player at the University of Iowa from 2002 -2006. After University Michael found success powerlifting and posted a 255 Kg raw back squat in his first year of competition. Though he doesn't compete in powerlifting, Michael has a strong passion for strength training and leans heavily on his strength and conditioning background. In 2011, Michael found CrossFit through different friends in the strength and conditioning community and soon became a CrossFit Level 2 instructor and a USA Weightlifting Sports Performance Level 1 Coach. He operates, programs for, and coordinates training for 3 affiliates in Brunei Darussalam. Michael has had a lot of success on the competition floor which has included a trip to the coveted 2013 CrossFit Games. When he is not competing, he is creating competitions and founded the Asia Championships, Asia's largest competitive fitness event as well as the Beast of the South East, Brunei's very own local fitness event.



**The Only Strength Cycle You will Ever Need | Workshop (617)** | A deep dive into programming for long term success designed to share the knowledge and secrets of a professional athlete and coach. How do successful coaches continually progress the many skills needed for modern fitness competitors? How do you ensure consistent gains for new and advanced athletes? This session is designed for coaches or athletes who want to make long term progress across multiple domains so come and learn how to optimise your skills and strength.

**The Unbeatable Mind | Seminar (715)** | This session will discuss why your mind matters and how master the art of visualization - the most powerful tool in fitness. Mike Mogard, CrossFit games competitor and successful coach will teach you how to increase athletic success and achieve mental toughness through visualisation techniques. This is one of the most underutilized techniques in sports and we want to ensure you don't neglect it!

**Successful Training & Coaching for Competitive Fitness | Seminar (611)** | A question and answer panel with athlete and coach Mike Mogard. The panel will take the form of a moderated interview with an open Q&A session. Topics will include: Training for and competing in the CrossFit games, running a successful CrossFit Gym, mentoring the next generation of fitness athletes and various lessons learned throughout his career. Don't miss your chance to learn from the best and enhance your training and coaching skills required for competitive fitness.





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## ANDREW TELFER

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Andrew started CrossFit in late 2008 and began coaching others in 2011, earned his CF-L1 in 2012 and his CF-L2 in 2017. He is a Certified Strength & Conditioning Specialist, USAW weightlifting certification and holds several other internationally recognized certifications. Andrew works as a teacher, personal trainer, CrossFit coach and gym manager and helped to found two separate CrossFit gyms. Currently working as Head of Strength and Conditioning at CrossFit Chiang Mai, he is active in the competitive fitness community and has helped to organize many events including strongman competitions, powerlifting meets and several CrossFit-style Throwdowns. Previously Head Educator at EAST Fitness Foundations he continues to teach sports science in several international venues. He is currently finishing a Masters in public health with an emphasis on social determinants of health and will be teaching NSCA's Certified Strength & Conditioning Specialist Course here in Singapore in August 2018.



**Coaching Year One | Seminar (707)** | Congratulations, you've just earned your CrossFit-L1 designation. Now what? Come join Andrew Telfer & Michael Mogard for an informal, best practices workshop and learn how to make the most of your certification. Speak with experienced coaches about the mistakes they've made and the lessons they've learned while coaching competitive fitness. Topics include: Basic programming, basic cueing and coaching, keeping your athletes healthy, building a community, and sustaining your gym. This is an essential resource for new or experienced coaches trying to manage a competitive fitness program like CrossFit.

**CrossFit Vs The Fitness Industry | Expert Panel Seminar (812)** | We've heard all the criticism: CrossFit is dangerous, CrossFit is stupid, you'll never make gains by training CrossFit. We've all watched the CrossFit blooper videos on the internet and talked with all the detractors. Still, CrossFit continues to grow in popularity and most moderns gyms have moved towards CrossFit-style training in some capacity. Join our panel as we talk about Crossfit: The Good, The Bad and The Ugly. Attendees will learn best practices gleaned from years of experience. What does CrossFit-style training do well? What can the fitness industry teach CrossFit? Our expert panel will include successful CrossFit Athletes Michael Mogard and Megan Lovegrove debating it out alongside mainstream Fitness Managers Filipe Pereira and Christine Chaim professionally moderated by Andrew himself.

**Programming for Diverse Populations | Seminar (819)** | Group programming can be a huge challenge, especially when working with athletes of different ages and abilities. How do you balance out your programming so that everyone continues to progress towards their own personalised goals? In this workshop we'll examine strategies for effective group programming. Learn how the most successful gyms in the world work with their populations to ensure continuous progress.

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## DR KATRINA GALLAGHER

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Dr Katrina has a love food but more importantly loves understanding how it influences our health and overall well-being. Her education background includes Doctor of Chiropractic and Master of Science Applied Clinical Nutrition and much of her focus is now on corrective and preventive care, starting during infancy and early childhood. Dr. Katrina helps guide families towards wellness by holding meet ups in-clinic for the community, as well as contributing to various parenting and motherhood events. She is regularly invited to speak at schools and at workplaces on a myriad of wellness topics, from spinal health and ergonomics to disease prevention and nutrition. Dr. Katrina has a passion for living well and aspires to be an inspiration. She believes that her role is to not only help others get well, but to teach them how to realistically stay healthy and happy.

**Nutrition & Hormones to Maximise your Workout | Seminar (619)** | It is important when training for your health and fitness to consider all variables effecting progress and performance, including your nutrition and hormones. Learn which nutrients are needed for hormone production to optimise your results, and how to best get these nutrients from your food. Also discover how nutritional needs vary for men and women, throughout different life stages considering the impact of fluctuating hormones.

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## DR MIKE BRACKO

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Mike is a fitness educator, writer, and strength & conditioning coach. He holds a Doctorate degree in Exercise Science, is a Certified Strength & Conditioning Coach and Trigger Point Master Trainer. Mike has presented at fitness conferences in North America and Asia and writes for PTONet.com, IDEA Fitness Journal, & canfitpro Magazine. Mike's expertise and research have lead him to develop a keen interest in the comparative benefits of HIIT vs Medium Intensity Continuous Training and developing new ideas to maximize the benefits of every work-out. With a background in Occupational Physiology, Dr Mike loves to present the latest training methods for the core and back. Mike "walks the walk" by trail running, stand up paddling, mountain biking, cross country skiing, enjoys any kind of outdoor exercise (no matter the temperature), playing hockey, and walking his dog Bear.



**Create Amazing HIIT Workouts with Little or No Equipment | Workshop (714)** | You've heard of High Intensity Interval Training (HIIT) because it's all over the news and highlighted in fitness magazines and websites. Come and experience how you can get an amazing workout in a short period of time with maximum benefits for fitness, fat burning and weight loss. Dr. Mike Bracko will take you through the most productive and fun HIIT training programs so you can experience first-hand how these amazing HIIT programs feel and the benefits you will get for yourself and your clients.

**Top 5 Enhancers for Fitness | Seminar (615)** | In the news, fitness magazines and on numerous websites you will have seen many top tips with the promise of improved fitness. However, many of these promises are not true. Come to this session and hear Dr. Mike Bracko share the 5 top ways to enhance your performance and improve fitness. These are proven and factual, but easy to implement in your daily routines and fun to try. Sleep, hydration, post-workout snacks, recovery, and workout timings are all discussed in this great lecture to ensure you get a better work-out and improved results.

**Maximizing Fat Loss: Continuous or Interval Training | Seminar (803)** | Everyone wants to burn more fat when they exercise. This session will explain the differences in fat burn between High Intensity Interval Training (HIIT) and Medium Intensity Continuous Training (MICT). In this session you will learn how you can optimise fat burn with shorter, higher intensity exercise rather than doing traditional "cardio" long distance training.

**Total Vertical Core for Prevention & Performance | Workshop (702)** | A strong core is sexy, functional and can help prevent back injuries. In a unique method of training the core, Dr Mike Bracko will take you through 30+ exercises for the core all completed standing on 2-feet, or balancing on 1-foot. Gone are the days of sit-ups which put strain on the back. These exercises are fun, challenging and are highlighted because of their unique function to everyday sports and activities.

**The Exercise Gene: Do You Have it? | Seminar (811)** | This session will not be taking DNA samples to find out if you have the Exercise Gene! But you will discuss ways you can alter your training regime to maximize your fitness gains. Not everyone responds to exercise in the same way but by implementing some of these training techniques, like magic, you can become a fitness pro! With or without this genetic make-up, come and learn how YOU can optimise your training results.

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## ESTEBAN MERCHAN

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Esteban has over 16 years experience in the international fitness industry. He lived in Asia for six years, teaching in exclusive clubs California Fitness (Vietnam) and Pure Fitness (Singapore). Esteban runs Gimnasio Universal in Barranquilla – Colombia's first cross-fitness gym, is a certified instructor for TRX, Pilates and Tabata and a former Les Mills national presenter. He currently represents TRAINFITNESS in South America, works with Australia's Functional Training Institute and teaches as a Professor at ECAF, helping to shape the next generation of fitness professionals.

**Series Tabata™ | Workshop (813)** | Series Tabata™ is a functional training program based on the principles of Tabata. Basic exercises are conducted quickly and explosively, increasing muscle power and developing core strength in tandem with aerobic fitness. Come and try this form of high-intensity interval training and learn how to improve aerobic and anaerobic endurance, increase cardiovascular stamina, improve muscular resistance to fatigue.



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## BENJAMIN SIONG

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Ben is the Founder of Australian Strength Performance, Australia's premiere training and education company focused on 4 main areas: athletic performance, physique transformations, sports psychology and optimal nutrition. Having graduated with an honours degree in psychology, Ben is also a level 5 Poliquin Strength Coach, ISSN Sports Nutrition Specialist and a highly sought after international fitness presenter. His expertise lies in combining specific training protocols with optimal nutrition and supplementation – all individualized and specifically tailored to help the athlete accelerate their progress and achieve their goals. He has worked with top international athletes in a variety of different sports, as well as with champion bodybuilders, fitness models and pageant queens, including Miss Australia 2011 and Miss Malaysia 2012.



**Can you Get Fat on Stress? | Seminar (612)** | Bingeing is often a voluntary response to stress. It is this mindless consumption of unnecessary and empty calories that will inevitably lead to weight gain. However, research has also shown that stress could actually have another underlying role in getting us fatter through involuntary hormonal responses that cause fat storage specifically around the belly. In order to understand the full effects of stress on fat gain, it is important we understand the stressors involved and how we can modulate that to get us lean.

**Sports Nutrition & Athletic Performance: The Neglected Link | Seminar (703)** | For sports performance, many nutritionists and coaches still consider only the food pyramid, high carb diets and the notion of calorie exchange to design an athlete's nutrition plan. While these areas do have their place in nutritional programming, they should not be the sole consideration. Research and clinical practice has shown that areas such as micronutrient value, food intolerances, gut and digestive health and the hormonal effects of food also play a pivotal role in athletic performance and recovery rate. This seminar investigates these neglected factors in designing an athlete's nutritional plan for optimal performance.

**Supplementation for Optimal Performance: Fact or Fiction | Seminar (807)** | One of the biggest controversy in the fitness and nutrition world revolves around supplementation. Should we advocate it or should nutrition just be derived from consuming whole foods? Movements like the Paleo and Mediterranean diet, to name a few, has shown not only to improve body composition and promote health, but also focus heavily on concepts of eating certain food groups over supplementation. Yet, do supplements have a place in creating an optimal physique? This seminar delves into the pros and cons of supplementation – the WHAT, WHYS and HOWs to being at your very physical best.



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## KEVIN WRIGHT

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Kevin's academic background is a true representation of his love of sport and fitness; with a BSc Degree in Sports and Exercise Science and MSc in Sports Coaching, he also has more than 30 qualifications in coaching and instructing across a variety of sports and disciplines. An accredited strength and conditioning coach with an extensive list of group exercise certificates, Kevin joined the Triggerpoint as a Master Trainer in 2015 and is also an Educator with a number of sports' governing bodies and fitness brands including World Rugby, UK Athletics, Beachbody, Hatton academy and British Weight Lifting. Day-to-day, Kevin is the centre manager for sport and fitness at Edinburgh Napier University and sits on the board for physical activity and health for British Universities and Colleges Sport (BUCS).



**Progressive Systems to Self-Myofascial Release | Workshop (802)** | To see change, exercise modalities must progress and the body will only adapt if the stimulus is consistent and becomes more challenging overtime. Foam rolling is no exception. Learn how beginning with superficial, static techniques help lay the foundation for deeper, active techniques. Feel the benefits of progressive foam rolling to design better foam rolling programs. Equipment: GRID® Foam Roller, Performance

**TriggerPoint™ For Movement | Workshop (705)** | Designed to be mobile, the hips and shoulders often lock up and create a cycle of improper movement patterns and injuries. Learn how to identify these patterns and address these areas using an advanced approach to myofascial release to optimize movement, prevent injury and prepare the body to perform at its best.



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## THE STRETCH CLINIC

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Liam Harkness IIST graduated as a sports therapist in the UK in 1995 and has built an international reputation as both a manual therapist and health consultant. His client list includes Champions league winning football stars, Olympic gold medalists as well as Oscar winning movie celebrities. He has a wealth of knowledge but bases his approach to movement and rehabilitation through Aaron Mattes' Active Isolated Conditioning program or AIS.

Dr Kenny Wong Bsc, Dip RMT, MSc, DO has a both a Doctorate of Osteopathy and a Masters degree in Exercise Science. His work has taken him around the globe and he has conducted workshops and training courses in Australia, Hong Kong, Malaysia and more recently, in Singapore. His seminars focus on manual therapy and building effective training programs for performance and rehabilitation.

**Releasing the Lower Back & Hips with AIS | Workshop (809)** | In this workshop we will look at the 2 main causes of lower back pain and how to correct them with some simple exercises. This is a great class if you have clients who sit in an office all day and need to decompress the spine before working out. Come and find out why the line between a physio's role and a movement coach's role is getting thinner and thinner and why more people are looking to the gym for rehab.

**Clinical Stretching to Improve your Lifts | Workshop (713)** | Monday night on the Benches: Come and learn the trade secrets and joint mobility drills to boost your power and get you over those lift plateaus. One of the first things you learn working with Olympic lifters and bodybuilders is that you can't lift with tight ball & socket joints so we have put together some stretches and drills that will open up your shoulders and free those hips up. These 10 minute drills can improve lifts by 8-12% within a few days and have been perfected over 20yrs training some of the biggest names in World sport.

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## SUZANNE HOSLEY

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Suzanne Hosley, BSc, MBA, DBA was born in Montreal and lives in Bangkok. She has 30 years' experience in education and training in Asia and is the founder of Fit® Thailand and of the Asia Fitness Conference. She has always been active – from track and field, to gymnastics and ballet, running and triathlons - and considers health and fitness to be fundamental aspects of life. Suzanne has acquired several international certifications over the years – ACE, ACSM and NASM CPT; NSCA Certified Strength and Conditioning Specialist (CSCS); ACE Health Coach; ISSN SNS and more. She believes in lifelong learning and is currently working towards being a Certified Life Coach.



**Women's Business: Keeping Bones Strong As We Age | Seminar (711)** | When we think of aging, we tend to focus on increasing wrinkles, sagging skin, greying hair, increased belly fat and loss of mobility. We rarely think of weakening bones. But the hormonal changes in women post-menopause have a dramatic negative effect on bone density with potentially serious health consequences, all of which are invisible until it is too late: 33% of women worldwide are at risk of an osteoporotic fracture...ouch! Join this session and learn how to eat, supplement, exercise and otherwise choose a lifestyle to help nurture your bones from youth, through menopause and beyond.

**The Wheel Of Life: Helping Achieve "Life Balance" | Seminar (603)** | Life and wellness balance is personal and unique to each individual. Achieving it is challenging for most of us. Helping others achieve it is even more so! Join this session and learn a useful approach to creating life change using the Wheel of Life and some powerful questions. This approach will help you raise your own (or your clients') awareness of their current vs. desired life state. You will learn to guide your own or your clients' thought processes and decision making - allowing you to help yourself or others assess the present, describe the ideal, set priorities and take concrete steps towards a life that is healthier, more satisfying and more fulfilling.

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## JERRICAN TAN

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Jerrican is a Certified Strength and Conditioning Specialist and was a former Malaysia National Junior Bodybuilding Champion. He consults physique athletes, serves as a local bodybuilding judge and delivers ACE-approved Physique Specialist Workshops. Jerrican believes in using both science and experience in physique transformation in a healthy and fit way. Jerrican also manages Fit Asia and Fit Malaysia, prepares students for ACE and CSCS certifications, developed and delivers a number of education courses delivering high standard international education to fitness professional in the region.

**Why is My Waistline Not Dropping? | Seminar (820)** | Go beyond the traditional thinking of training hard and cutting calories in your quest to weight loss. In this session you can find out why what you're doing may not be working and see what contributes to obesity and belly fats gains. You will take a look at how our body burns body fat, what affects this process and come to realise that losing weight is not about exercising to the extreme. This session allows opportunities for Q&A and Jerrican is a strong advocate against the one size fits all theory.

**Why Aren't My Calves Growing? - | Seminar (815)** | We all have those stubborn muscle groups or have an expectation of physique we find hard to earn. Annoying isn't it? In this session you will discover the most comprehensive approach to building lean muscle and why those stubborn muscles are really annoying. You will learn tried and proven strategies to build muscle and come to realise muscle building is more than just eating right and training hard. There is much more behind it!



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## TAREK CHOUJA

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Tarek is the Co-Founder and Co-Director of Functional Training Institute (Australia). Over 10 years of training with Kettlebells, Powerbags and Battling Ropes and extensive research and training development, fused his passion for fitness with a new-found specialty in functional training and lead to the creation of new functional training education. As an international speaker Tarek has presented numerous times at the biggest conventions in Australia 'Filex' and also IFEX in Indonesia and has presented his courses to thousands of trainers throughout Australia and Asia. Tarek is currently writing a comprehensive book on functional training concepts alongside fellow co-founder Dan Henderson which will be released 2018.



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## DEXTER TAY

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Having been in the fitness industry for 10 years, Dexter is currently a FIT Singapore Educator and a Master Trainer with FTI Australia. He is an established Kettlebell coach & athlete, having competed and taught overseas. As the founder of Fitness Index, he also teaches for Smart Tools and IFPA regionally. Being a versatile coach also trained in yoga and passionate about rehab, his training philosophy is one which encourages movement and play, while focusing on strength, stability, mobility & flexibility. Dexter is excited to be assisting one of his mentors Tarek and representing both FTI and Fit Singapore at actiFIT ASIA.

**Battling Ropes Mastery | Workshop (609)** | Learn the fundamental movements of the battling rope and how to integrate these key movements into effective programming for your own workouts or for clients. After this session, you will understand the differences in strength, aerobic and anaerobic application of this incredibly versatile tool.

**Kettlebells for Combat & Conditioning | Workshop (801)** | Come and join this hands-on session to learn a range of kettlebell movements that have a functional crossover to combat and sport conditioning. Discover how to integrate movements into more complex patterns and understand how to program your exercise repertoire into workouts that add variety and challenge to your normal fitness regime. Perfect for those who want to learn how to spice up your boring gym sessions and see real results.

**Huge Fun in Small Group Training | Workshop (701)** | In this session you will learn how to integrate battling ropes, kettlebells and sandbags into a fun, dynamic and effective group training style work-out. Learn the basic principles of functional training and how that applies to small group training. Learn warm-up drills that include fun and challenging elements as effective movement prep before a class and to increase motivation.

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## CHRISTINE CHIAM

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With close to 10 years experience in the fitness industry, Chris has risen through the ranks and is now a Fitness Training Manager with Fitness First Singapore. Her career began as a hybrid PT-GX Trainer, and was co-creator of numerous training systems and programs across Asia. Chris believes movement is the best medicine, especially in today's world of sedentary lifestyle and chronic stress. She also believes in training beyond aesthetics, but more importantly, for us to be the pillar of support for our loved ones.

**Mindfulness: "Work-in" and Workout | Workshop (618)** | As life stressors become more prevalent in our fast-paced world, we feel stressed up, anxious and overwhelmed. Research supports that chronic stress has detrimental effects our physical and mental health. Exercise is a known remedy but may also be poison if done incorrectly. In this session, you will explore how breathing and stretching practices can be effectively incorporated to our life and workout routine and you will also walk away with programming considerations to reconnect the mind and body for optimal wellbeing of yourself and your clients.



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## DR JOONE LEE

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Dr Joone Lee DC, has been involved in teaching and practicing in the health and fitness field for close to 20 years. Having obtained his Bachelors degree in Canada, Dr. Lee moved to California to complete his Chiropractic degree and now specialises in sports injuries, mobility and performance training. Over the years he has continued to develop his methods of treatment and training in order to give his clients multiple options on how to maintain and improve their performance. In recent years he has successfully launched his own Injury Prevention and Rehabilitation courses in order to share what he has learned in the industry with trainers and fellow clinicians. He continually adopts new approaches to fitness and rehabilitation, taking lessons he learned from various practitioners and specialists allowing him to deliver new approaches to fitness and rehabilitation.



**Beyond The Basics: Shoulder Secrets | Workshop (616)** | Learning is one thing, understanding is what will set you apart from everyone else. Beyond the basics accelerates your knowledge of everything behind the shoulder and why it works the way it does. Underneath all the fancy treatments and machines it comes down to knowing what to do and when. Learn tried and tested techniques for dealing with shoulder injuries and shoulder pain. Discover the protocols used by athletes and specialists to accelerate healing and recovery. We sifted through the piles of information so you don't have to.



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## TREVOR BACHMEYER

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Trevor has been working on human potential for as long as he can remember and his thesis has always been the same. How can he teach you to move better? How can he hack human movement and the nervous system to make you stronger, faster and heal more quickly? Throughout his career he has worked with some of the world's greatest athletes from MMA fighters to NFL players and his goal has been to create a replicable system that addresses every movement and every imbalance based on the principle of human pliability. Pliability is strength, stability, mobility and flexibility, and instead of addressing only one of those components, the protocol puts everything together in a synergistic flow the way humans move through their environment. The result? A much stronger more durable human. With over 200k Instagram followers his sessions and posts are sure to get you moving better!

**SmashweRx Biohacking | Workshop (817)** | What if you could predict an injury before it happens and correct the issue altogether so that it never happens? Imagine a blueprint of how your body moves, an operating system that will maintain consistency, intervene before something critical happens, and repair any injuries that may occur. Learn how to increase your ability to navigate your gravity environment across all sports, daily activities and all variables will help eliminate injuries. The quality of your movement determines the quality of your performance - come join the founder of SmashweRx Biohacking to become a stronger, more durable human.

**Secrets your Therapist is not Telling You? | Workshop (601)** | The title says it all. Learn to predict injuries in your clients with simple tests and visuals? Which fixes are a waste of time and why? What movements stop a clicky knee? How can you improve your shoulder mobility in 5 seconds? Whilst some therapists would rather not communicate with a trainer, join the creator of SmashweRx, Trevor Bachmeyer and Dr. Joone Lee in this great workshop to discover the exercises that can speed up healing time for your clients and exercises that cause more harm than good. With over 30 years combined in practice and a lifetime of training under their belts. Take advantage of what they've learned, practiced and discarded in 3 decades.

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## GK

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After spending 25 years as a professional soldier in the Army and a 4-year stint as the head of the Singapore Army Fitness, Coach GK continues to provide fitness training for aircraft fire fighters and law enforcers. In pursuit of his interest in the design and development of fitness training for industries demanding high physical capabilities and operational fitness, GK has conceptualised and founded the Industrial Strength and Condition (ISAC) training concept. The ISAC training methodology studies the movement and fitness components required for operational tasks and develops them into specific and functional fitness programs. An avid lifelong learner, Coach GK graduated with a Masters in Education Management and BSc in Sports Science, is a certified Tactical Strength and Conditioning Trainer (TSAC-Australia) and Master Combat Fitness Trainer.



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## DR JEFF CHEUNG

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Born in Canada, Dr Jeff strongly believes that when living a balanced and active life driven by strong relationships, people can perform to their optimal functional capacities. This ethos inspired Jeff to enrich people's lives through his specialised domain and encourage communities to live healthier functional lifestyles. Dr Jeff graduated with PhD in Chiropractic from Palmer College of Chiropractic, USA and a BSc in Kinesiology from University of Fraser Valley. As the Principal Movement Specialist, Dr Jeff anchors the critical part of movement analysis of the ISAC design and development process.

**Industrial Strength & Conditioning - SWITCH | Workshop (602) |** The alignment of fitness programs with our physical work-life demands, defines the purpose of fitness training and it is proven that purposeful training will have

better more sustainable outcomes. To achieve operational effectiveness, we need both aerobic and movement efficiency and ISAC-BASED TRAINING delivers this via high intensity, short, sharp and time based training with focus on building functional movement, strength and efficiency. Come and join the ISAC - SWITCH workout to learn how choreographed exercise protocols, using high intensity mission-mimicking training that keeps participant moving and performing task-based movements. These workouts improve core activation, movement activation and increased range of movement, strengthen neuro-muscular coordination and resilience in fatigued condition. SWITCH is not a program for the faint-hearted so come and join us if you think you can handle it!

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## BEE KOON

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Bee Koon is a Team Lead inside the "Active Health Team" for ActiveSG, Sport Singapore. Certified Fitness Trainer and health and wellness enthusiast who is passionate in helping others to live life to the fullest and celebrate living Bee Koon is passionate that the future is for us to create. As we move into the future, the fitness industry in Singapore must begin our journey in transformation too, so come join her session and find out how.

**Active Health | Seminar (720) |** Looking at the needs of our clients and people around us, we need to think deeper on how to create a client journey which will mean more to them than what we are currently doing. Collectively as an industry, we need to paint a vision for ourselves together, as a team. This session will look at how do we can offer value-added services to our clients by looking at them holistically through Active Health, a social movement which enables individuals to live life to the fullest. Join this session to discover how you can be part of the Active Health social movement which allows you to up skill to be able to provide a holistic solution to better health.





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## BROC & BELLS

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Broc & Bells ambassadors Joshua Woo (@tidusjwoo) and Natalie Yeo (@nattylifts) Josh is a Kabuki MS Powerlifting Coach, ACSM certified personal trainer, and a lawyer by day. His partner, swolemate and 2-time Bikini Champ Natalie, works full-time in the banking industry, and is a fitness enthusiast and advocate.

**Sweat X Social | Workout (810) |** Short for Broccoli & Dumbbells, BrocnBells.com is a location-based social wellbeing platform bringing like-minded individuals together over healthy experiences. Meet your SweatBuddies with Broc & Bells at actiFIT Asia! Co-led by Broc & Bells ambassadors, the eligible power duo, Josh and Nat - these two personalities are looking to bring the house down with SweatBuddy drills designed to foster social connections! You certainly don't need "happy hour" to forge a bond with your SweatBuddy. Smashing that HIIT workout TOGETHER helps you to let your guard down and boosts morale - both in and out of the gym.



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## JOAN LIEW

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Joan is Singapore's first IFBB Pro athlete and a highly accredited Personal Trainer. She co-founded Singapore's first boutique gym, Fitness Factory, in 2005 offering tailored fitness programmes and gym consultancy services. Being in Shape magazine's Advisory Board for more than 10 years, Joan is a certified ISSN Sports Nutritionist and she remains engaged with the local sports and fitness community as a lecturer, examiner and appointed judge for bodybuilding competitions.

**Nutrition for Health & Fitness | Seminar (819) |** Nutrition for health and fitness is the study of the relationship between food and an active body. More specifically, it is the science of nutrients and how they are digested, absorbed, transported, metabolized, stored, and eliminated by the body. Using evidence-based nutritional principles and practices, this session looks at the common questions most people ask: what is 'healthy' weight, how to lose body fat effectively, how our food choices affects our fitness goals and sports performance, and how to eat for a longer and healthier life.

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## JEREMY ROLLESTON

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Jeremy Rolleston is a two-time Olympian, has represented Australia in two sports (rugby and bobsleigh), and is a two-time World Champion (Masters). He is also CEO and founder of Active8me - a digital fitness & health platform that has recently launched in Asia. Prior to founding Active8me, Jeremy had a successful career in investments including Managing Director at Artesian Venture Partners, General Manager at Perpetual Investment and Executive Director at Goldman Sachs. He is also author of A Life That Counts and a sought after performance and motivational speaker.

**Fitness & Health in a Digital World | Workshop (706) |** The fitness industry and gym world is changing amidst an era of digital disruption. Industry definitions have changed and lines have blurred. So what does fitness look like in a digital era? What's changed? Where are we heading? Two-time Olympian and Active8me founder talks all things fitness, health and digital. Come and learn to embrace digital instead of fearing it?



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## MIKE MARCHESE

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Internationally renowned Calisthenics Coach Mike Marchese is making your battle against gravity a fight worth fighting! With nearly a decade in the fitness industry, Mike Marchese has refined a progressive approach to body-weight training. By combining elements of calisthenics, traditional strength training, and preventative exercise, Mike has detailed an intuitive method for balanced programming. Through a progressive approach to body-weight training, his programming can be scaled intuitively to meet intermediate athletes and newcomers alike. Mike's passion for calisthenics has led to his affiliation as a WCO Coach and the foundation of The Daily BAR- enabling professionals and enthusiasts to defy gravity all around the world.



**The Daily BAR (Bodyweight Athletic Regimen | Workshop (614) |** Learn how to defy gravity, master your bodyweight and build a better body-no gym membership required! We are here to help you raise the BAR with a program that will redefine limitations for nearly any fitness level. The Daily BAR provides a clinical approach to calisthenics-a progressive approach to skill, strength and longevity through bodyweight training.

**Right-side Up: Inversions 101 | Workshop (717) |** A change of perspective is all we need sometimes. The Daily BAR founder Mike Marchese will break-down the cornerstones of fundamental inversions. Learn how you can practice hand, forearm and headstands safely & effectively. Take the trial and error out of your inversion practice. Beginners to advanced trainees alike will find value in movements that require equal parts strength, skill and finesse.

**Tag Team Against Gravity: A Partner Calisthenics Workout | Workout (805) |** Bodyweight training is a staple across fitness modalities. The practicality of bodyweight training makes it an obvious choice for small and large group training. In lapse of equipment, learn how to make bodyweight training dynamic, engaging and suitable for all fitness levels. If you're a coach eager to build an engaging environment for your clients, or simply a trainee seeking accountability in their workout regimen, this session is for you!



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## RAY LOH

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Ray Loh is currently a senior clinical exercise physiologist of Sports Medicine & Surgery Clinic of Tan Tock Seng Hospital. His work involves mostly in medical exercise training for post-rehabilitation patients looking to return to sports fitness and those with chronic diseases with special interest in diabetes and obesity. He gives corporate and public health talks, conduct exercise workshops and contributes articles to Magazines such as Diabetes Singapore frequently. He possesses a Bachelor and Masters degree in Exercise Science and is a certified strength and conditioning specialist. He is currently pursuing his PhD with Nanyang Technological University of Singapore with a research interest in the area of exercise and insulin sensitivity.

**Structured Exercise Training for People with Diabetes | Seminar (804) |** The epidemic of diabetes in Singapore is alarming and more Singaporeans are engaging trainers to help structure their training to either fight diabetes or prevent getting it. For people with diabetes, it is believed that exercise can prevent diabetes associated cardiovascular diseases and help lower blood glucose. However, how to design an optimal exercise program for diabetes has not been clearly understood. There are still many questions like should I do more cardio or strength training, what is the optimal intensity and duration of training I should do, and what precautions I should take before, during and after exercise training to prevent exercise implications. This workshop shall look into current scientific evidence on the benefits of structured exercise training versus unstructured physical activities and the metabolic responses of exercise in people with diabetes. Together we shall address common exercise related blood glucose responses in people with diabetes such as why some people experience increase in blood glucose level after exercise. Take home the concept of how to program a safe and well-structured exercise program for optimal training outcome.

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## BILLY SIMMONDS

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Billy is an Australian Professional Natural Bodybuilder, Powerlifter, Martial Artist and Stuntman. He is also the founder of Prana On, a vegan sports nutrition company based in Australia. He was the winner of the 2009 Mr. Universe title, he holds multiple Black-belts in Martial Arts and have set world titles performing feats of strength. He is a passionate advocate of a vegan lifestyle for its health, environmental and ethical benefits. He believes in changing the world by helping others and leading by example, ensuring everyone can achieve sustainable and healthy lifestyle by fuelling themselves optimally.



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## LUKE TAN

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Luke is a published author, plant-based athlete and nutrition coach. As a former strength and conditioning coach based in Melbourne, he has prepped vegan fitness models and bodybuilders for competition. As an athlete, he has competed and placed in natural bodybuilding competitions in Australia, and in the US. In 2017, he competed in the US with team Plantbuilt as a Crossfit athlete. Luke champions individuals to live a fit and healthy plant-based lifestyle.

**PowerPlant - An alternative Protein | Seminar (712)** | Why use plants as an alternate source of protein? Plant proteins have been described as 'incomplete' and sub par compared to animal based proteins. This session aims to address any misconceptions about plant protein. From how much you need to what types are best. Discover why top athletes from professional tennis players, olympic weightlifters, bodybuilders, strongmen to UFC fighters are now using plant-protein to fuel their performance

**Fundamentals of Plant-Based Nutrition for Fitness & Performance | Seminar (607)** | Be it better body composition (bulking/cutting), increased strength or enhanced recovery. What are some of the principles to using a plant-based diet for fitness and athletic performance? What about supplements? Be it building muscle, shedding body fat, enhancing recovering or improving overall health, learn how you can use a plant-based diet can help to optimise your performance in and out of the gym.

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## KAREEN LAI

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Mum to a pair of twins, Kareen is on a mission to Shape Up the Nation One Mother At a Time! She is the author of '18 Again - Bringing Out the Sexy Fit Mummy in You'. She founded Mums In Sync in 2013, which runs fitness and nutrition programmes to teach mothers how to get into tiptop shape and rock the world with renewed confidence. In fact, she specialises in working with postnatal women to help them feel body confident from inside out again. She is the creator of Tummy Beyond Kegels Workshop, Educator with FIT Singapore, presenter on Eunice Olsen's Women Talk TV and was awarded the Singapore Mumpreneur of the Year 2014. Her story and work has been featured and shared on several media platforms, including the Straits Times, SHAPE, Simply Her, KISS 92, The Asian Entrepreneur.

**Tummy Beyond Kegels: Postnatal Fitness Unravelled | Workshop (610)** | Helping a woman get stronger from inside out is especially critical after she has just delivered a baby. As fitness enthusiasts, we could be raring to get out and start working our bodies exactly the way we were familiar with. However, we could be facing issues such as diastasis, pelvic organ prolapses, back pain or incontinence. During this session learn how the female body changes during pregnancy, how this can affect the normal training intensity and fitness protocols and learn safe and effective ways to get the core stronger from the inside out. See how yourself or your clients can use proven strategies that will safeguard health that ensure you thrive in womanhood.





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## NATALIE DAU

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Wellness Entrepreneur, Trainer, Influencer and Athlete, Natalie is CEO of The Daily Escape, one of the largest health and fitness platforms in Asia, and regularly appears in the media as a commentator and expert for health and fitness topics. As a Reebok sponsored Athlete, she focuses on fitness across multiple platforms and delivers training sessions and bootcamps for Reebok, international hotels, government and corporate clients. Natalie is one of Asia's top Obstacle Course racers, an avid podium-placed runner and an Asian CrossFit champion in her age group. Her online health and fitness programs are used by thousands of people around the world on a daily basis and she can't wait to share her knowledge and expertise with you inside actiFIT Seminars by FitnessSG.



**REEBOK Bootcamp Training | Workshop (709)** | Build strength and fitness with this dynamic bootcamp session. Using a combination of high intensity training, mobility drills and plyometrics, find out how to tone up and burn calories in the most efficient way while pushing yourself that extra bit further. It will give you ideas on how to mix up your usual gym routine and ensure your movements are on point to get the most out of them to improve your strength. Community is important so be ready to work out with a great group of encouraging people.



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## REBECCA BRAKE

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Rebecca believes that being healthy encompasses a huge array of different areas, and one person's health is completely different to the next. She is a firm believer that the most vital connection between us all is the importance in what we put into our bodies and how it can effect our health and performance. "There's not one road to health that works for everyone. Just as we are all unique and individual – so is our health and nutritional requirements. Being healthy should not be a chore and nourishing our bodies through food does not have to be expensive. Nothing happens overnight but with a combination of consistency in nutrition and in the gym, you will see results"

**UFIT Clean & Lean Nutrition | Seminar (816)** | You are what you eat and your weight is 80% defined by the food and drinks you put in your body. When you

work on nutrition and fitness together you get dramatic results - with a lean, well-sculpted body that looks great, functions well, and is much healthier. Come and learn about our approach to weight-loss which is not about starving, supplements or pushing you tirelessly in the gym. Eating Clean and Lean is about cleansing your body of what it doesn't need and eating healthy, clean food that you like and is really good for you. Come and see how it's worked for thousands on our UFIT nutrition programs.

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## MEGAN LOVEGROVE

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Megan is a world-class CrossFit athlete, who has competed in the European CrossFit regionals three times as both an individual and part of a team. In 2017 she competed at the US CrossFit Games as part of a British team after winning their European region. Megs has a degree in Sports Science, Masters degree in Physiotherapy, and has also worked with intensive care patients with respiratory issues. In 2017 she was a full-time CrossFit competitor and coach and successfully competed at regionals and went to the US CrossFit Games. From her own experience as an athlete combined with her academic background Megan has a lot to share with the industry. As an exercise therapist with UFIT and success as an athlete, she's passionate about building a strong link between physio work and fitness goals. You can catch Megan on our CrossFit Vs the Fitness industry expert panel talk here at actiFIT ASIA 2018.



## TOM CALLOW

Tom is an Athletic Development coach who looks for the deeper reasoning to why you choose to pursue a fit and healthy lifestyle. Having been a former Strength and Conditioning Coach at Bristol Academy of Sport, Tom has helped coach elite athletes into professional settings before working on the Australian Gold Coast with Zone Transformation Specialists to discover why someone really chooses to keep a healthy lifestyle or to pursue a professional sporting career. His experience with elite athletes has allowed him to understand a person's deeper meaning, and pinpoint what is and isn't helping people to hit their goals effectively. Tom's personal mission is "To enable people to live their purpose by allowing every person the opportunity to achieve his/ her fullest potential."



**UFIT Youth Fitness & Bootcamp Games | Workshop (605)** | We all want our kids to do really well at school and be physically active. Whilst we see incredible talent emerging from some kids as they literally start to walk, others need more guidance and encouragement as they participate in sport to maintain their passion for it as they get older. Our Masters qualified sports coaches will demonstrate our fun, safe and positive approach to sports development which not only gives kids the fundamental drills that underpin all they do but will have them learn teamwork, co-operation and problem solving as they make great friends along the way.

## JAMES FORRESTER



James specialises in strength and conditioning, sports nutrition and is also a CrossFit level 1 qualified coach. James is an ex-England international rugby player; he was in the starting line-up for Gloucester RFC for his entire career. Having played at such a high level of sport and being an elite athlete for over 10 years, he brings a huge amount of knowledge about the practical application of nutrition and fitness to the team. Following his retirement from professional sport, James qualified in both nutrition and personal training before moving to Singapore with his family, where he then Founded UFIT. You can catch James on our Fitness Trends panel of experts at actiFIT ASIA 2018.

**Expert Panel - New Fitness Trends 2018 | Seminar (716)** | This vibrant panel of industry experts including SmashweRx Founder, Trevor Bachmyer, Co-Founder of Functional Training Institute (Australia,) Tarek Chouja, Founder of UFIT, James Forrester and Doctor in Exercise Science, Mike Bracko, will take you through the

upcoming trends for fitness that will drive your success in 2018 moderated by Mr Retention himself Paul Brown. In order to fulfil your optimal potential as a trainer you need to be in tune with the ever evolving industry and how best to serve your clients. Come and help us review the best practices, programming options, techniques, technological advancements and influences that will be the keys to your fitness future.

## 3-DAY SEMINAR PASS

### FITNESS PROFESSIONAL

FIRST 160 (SINGAPOREAN/PR) S\$ 180  
NON-SINGAPOREAN/PR S\$250

### GENERAL ADMISSION

EARLY BIRD \*BEFORE 17TH MARCH S\$280  
REGULAR PRICE S\$360  
STUDENT  
STUDENT PRICE S\$280

