



2023 Conference

Saturday, November 4, 2023

8:00 a.m. – 5:30 p.m. Virtual – GoToMeeting

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Saskatchewan Parks
and Recreation
Association



SASK LOTTERIES

About SaskFit

The fitness industry is continually changing and evolving. To help you stay up to date with the most current information and trends, SPRA is pleased to offer the SaskMilk SaskFit Conference.

This event is held annually and is open to anyone who has an interest in fitness. To be eligible to provide instruction at various fitness facilities across the province, SPRA Fitness Leaders are required to earn Continuing Education Credits (CECs). By attending the SaskMilk SaskFit Conference, you can earn CECs, as well as have an opportunity to learn about the latest fitness trends and network with colleagues.

By necessity, the conference was held online during the pandemic, which came with the unexpected benefits of reaching leaders who would otherwise be unable to attend, eliminating travel costs, and avoiding the risk of driving in stormy or icy conditions. Those perks were so popular, we've decided the SaskMilk SaskFit Conference will continue to be held online, at least for now.



Schedule at a Glance

8:00 a.m. – 8:10 a.m. | Welcome to SaskMilk SaskFit

8:10 a.m. – 9:20 a.m.

**Keynote Session
Look, Listen and Learn**
Neville Wright



9:30 a.m. – 10:30 a.m.

**Session #1
Wet & Wonderful Barre**
Wendy McCormick



**Session #2
Body Weight Blitz**
Lisa Mastracchio



10:45 a.m. – 12:00 p.m.

**Session #3
Boosting Brain Health: The Role of
Exercise on Mild Cognitive Impairment**
Lisa Workman



12:00 p.m. – 1:00 p.m. | Lunch

1:00 p.m. – 1:30 p.m.

**Movement Session
Yogility**
Shirley Berthelet



1:30 p.m. – 2:30 p.m.

**Session #4
Create Sensational
Themes for Fresh
Fitness Experiences**
Wendy McCormick



**Session #5
Be the Change**
Candace Jones



2:40 p.m. – 3:40 p.m.

**Session #6
The Lessons
Yoga Teaches Us**
Shirley Berthelet



**Session #7
HardWired: Discover
your Movement
Potential**
Avery Van Blaricom



3:50 p.m. – 4:00 p.m. | SPRA Update

4:00 p.m. – 5:30 p.m.

**Session #8
The Role of Fitness Leaders
in Supporting Inclusion**
Crystal Toth





Session Descriptions

Keynote Session:

8:10 a.m. – 9:20 a.m.

Look, Listen & Learn

PRESENTER: NEVILLE WRIGHT

The keynote presentation will reflect Neville's journey from aspiring athlete to high performance achiever, highlighting the profound lessons, both personal and professional, that accompanied this process. With a descriptive understanding of the importance of physical prowess, mindset, and recovery, Neville will convey how he used every interaction as a learning opportunity and how his experiences shaped him as an athlete, coach, and therapist.

effective and accessible training method can easily become repetitive and mundane. Are you tired of recycling squats, lunges, and push-ups? Are you running out of ideas on how to train your clients at home or outdoors using nothing but their bodies? Lisa's Body Weight Blitz will re-ignite the flame on this simple yet challenging training method. Your body is the equipment, your space is the gym, your results are waiting!

Session #1:

9:30 a.m. – 10:30 a.m.

Wet and Wonderful Barre

PRESENTER: WENDY MCCORMICK

Join Wendy McCormick, Barre Above Master Trainer and YMCA Canada Aquafit Trainer, in an exploration of the benefits of incorporating Barre movements in the water environment. You'll learn how to blend bits and pieces into your favourite class plan, or create a whole experience based on Barre principles and techniques. Either way, your participants will enjoy the gentle movement options that focus on mobility, flexibility, and mindfulness.

Session #3:

10:45 a.m. – 12:00 p.m.

Boosting Brain Health: The Role of Exercise on Mild Cognitive Impairment

PRESENTER: LISA WORKMAN

With the Canadian population aging, it is imperative that fitness leaders are equipped to work with individuals dealing with mild cognitive impairment (MCI). Have you noticed your clients struggling? Although not always a precursor to dementia, MCI has its own set of challenges. A growing body of research is linking physical activity to cognitive engagement activities as an essential tool to help those affected with MCI. Join Lisa as she presents the evidence and shares program examples in a fun and interactive session.

Session #2:

9:30 a.m. – 10:30 a.m.

Body Weight Blitz

PRESENTER: LISA MASTRACCHIO

Bodyweight training has become a very popular "go-to" method of training. However, this

Movement Session:

1:00 p.m. – 1:30 p.m.

Yogility

PRESENTER: SHIRLEY BERTHELET

Join us for a combination of yoga postures to stretch the muscles and mobility exercises to generally improve ease of movement.

Session #4:

1:30 p.m. – 2:30 p.m.

Create Sensational Themes for Fresh Fitness Experiences

PRESENTER: WENDY MCCORMICK

If your idea of a theme class is limited to a playlist and a costume, you could use some additional tools. Learn how to effectively plan a theme for your fitness experiences using 10 elements to enhance the fun factor, create community, and motivate and inspire clients. When creating theme-based classes, it's important to know how to select and integrate the ideas, while keeping participants safe and delivering an outstanding fitness experience that still delivers results.

Session #5:

1:30 p.m. – 2:30 p.m.

Be the Change

PRESENTER: CANDACE JONES

This generation is challenging the “traditional” ideas of what health looks like, and rightfully so. As fitness professionals, we need to recognize that some of our fundamental teachings are being questioned and challenged. This presentation is meant to shine a light on some of the fitness industry's beliefs and values. Are they based on facts? Do they benefit ALL our diverse participants? Our goal is to encourage conversations and changes in hopes of creating a more inclusive and safer environment for our participants. Health can be a benefit to society as a whole.

Session #6:

2:40 p.m. – 3:40 p.m.

The Lessons Yoga Teaches Us

PRESENTER: SHIRLEY BERTHELET

Deborah Adele said, “For me, the yamas and niyamas are about laying the ground rules for our journey towards union, harmony, and wholeness. They are about living in right relationship with others, the earth, and

ourselves. They are the foundational guide to our practice both on and off the mat.” This workshop, led by Shirley Berthelet, will take a deeper look at our yamas and niyamas, how to integrate those lessons into the classes we teach, and what they teach us about our yoga practice and ourselves.

Session #7:

2:40 p.m. – 3:40 p.m.

HardWired – Discover your Movement Potential

PRESENTER: AVERY VAN BLARICOM

With the complexity of the human body, trying to connect the dots can be overwhelming. Before we even begin, we must first understand how to control what we have available to us. HardWired works by learning to control our bodies from the inside out, simplifying movement, resulting in increased confidence and ability. These principles are helping hundreds of Avery's clients climb toward their full potential. Movement does not need to be difficult or overly complicated. Learning to use our body to its full potential is a powerful thing.

Session #8:

4:00 p.m. – 5:30 p.m.

The Role of Fitness Leaders in Supporting Inclusion

PRESENTER: CRYSTAL TOTH

This session will discuss the role that fitness leaders play in ensuring physical activity is accessible for everyone. We will look at barriers to participation (physical, social, emotional, and cognitive), ways to reduce barriers to participation, and ways to advocate for inclusion. We will also discuss the scope of practice of fitness leaders, and where their role begins and ends. The full process of class development, including class promotion, will also be explored. You will take away an understanding of barriers that participants may face, as well as tools to begin supporting inclusive movement.

Presenters

(In order of appearance)

| Neville Wright



Neville Wright is a three-time Canadian Olympian with a career spanning 15 years on the Canadian National Team. His achievements include seven National Gold Medals in Bobsleigh, two CIS All-Canadian Track & Field, World University Games 100m Bronze Medalist, five IBSF World Championships appearances, and National 100m Bronze Medalist. Neville began his athletic career in track and field, where he competed at the 2007 IAAF World Championships and won bronze in the 100m at the 2007 World University Games. He switched to bobsleigh and represented Canada in the 2010 Vancouver Olympics and continued to compete at the 2011, 2012, and 2013 World Championships. He returned for the 2016-17 season, where he helped Nick Poloniato finish fifth in the two-man at the 2017 World Championships and stood on four World Cup podiums during the 2017-18 season. Neville's journey is a testament to his dedication and perseverance towards achieving greatness.

| Wendy McCormick



Wendy McCormick has been active in the fitness industry for over 25 years in various capacities from sales and reception to group fitness, personal training, and management. She and her husband, Mark, a personal trainer, have a robust virtual fitness business offering a library of over 850 classes and workouts. Additionally, Wendy

has managed dynamic teams of instructors and personal trainers in both the not-for-profit and municipality sectors. Along with daily movement experiences for adults, she also specializes in pre/postnatal fitness, water-based fitness, older adults, and youth fitness, guest teaching at many local schools. Wendy fills her bucket mentoring and educating fitness professionals, is a Master Trainer for Barre Above and YMCA Canada Educator, and offers Continuing Education for fitness professionals.

| Lisa Mastracchio

Lisa Mastracchio is a fitness professional with 30 years' experience ranging from group



fitness leader and personal trainer to nutrition coach. She was the recipient of the CanFitPro FPOY Award in 2019. Lisa is now a "hybrid" coach

who offers both in-person and online personal training as well as group coaching programs. She has released her eBooks "Eat to Live" and "Thrive at 50 and Beyond: The 5 Pillars of Health for Women" along with numerous training programs such as, Fit4Her Foundations and Strong by Design. She currently leads her membership community WOW (Women on Weights), which connects women from around the globe, providing strength training programs, online events, and a recipe resource library. Lisa's passion continues to grow as she empowers women to build muscle and gain confidence. Her mission is to inspire others to Lead, Lift, and Move! For more information about Lisa, visit www.coachlisa.ca.



| Lisa Workman



With an impressive 23 years of experience, Lisa Workman has earned her stripes as an international award-winning clinical exercise physiologist.

But don't let her accolades fool you – she's as down-to-earth as they come! Lisa's journey began at the University of Alberta, where she earned her Bachelor of Physical Education and Master of Arts (Physical Education) degrees. She dove headfirst into the world of physical activity and health, and she's been making waves ever since. With a genuine passion for physical activity and health, Lisa firmly believes that staying active is a key ingredient in the recipe for preventive medicine and managing chronic diseases. She's like a walking encyclopedia of wellness wisdom! For more information about Lisa, visit www.lisaworkman.com.

and is currently enrolled in the NASM Nutrition Certification. She has master's level certification in yoga training and loves to teach yoga because it is the "journey of yourself, through yourself to yourself." The philosophy of the practice teaches that through self-study, you will "know yourself so well that you will grow into your wholeness and greatness." She believes the best asset we have for contributing to the world is ourselves and when we underinvest in ourselves, we damage the very tool we need to make our highest contribution. Her real passion is in bringing that message to the world.

| Candace Jones



Candace has been blessed with many opportunities to travel and study around the world and has learned many lessons in her 50-plus years.

Probably the most important is that everyone has something unique, special, and valuable to offer. Not everybody recognizes that about themselves, and not everyone is comfortable sharing these gifts. Candace uses her knowledge of the body gained through years as a fitness professional, her training in understanding, and her passion for yoga as tools to help others realize their full potential, know their value, and proudly take up space. What may seem impossible to all but a few today, can become a reality in the future for no other reason than those few were not willing to be held back.

| Shirley Berthelet



Shirley Berthelet is co-founder of BreatheMoveBe, an Inspiritus Yoga Licensed Yoga Teacher Trainer, and Leader of the Canadian Training

Center. Her background includes attaining SPRA Group Fitness Instructor certification and being a Canfitpro – Personal Training Specialist. Shirley is a certified Wellness Coach through NASM

| Avery Van Blaricom



Avery Van Blaricom is the developer of HardWired and a fitness professional at ProActive Fitness, a functional aging studio in Saskatoon.

Avery believes it is very important to practice what we preach. We must continue to learn, not only from other professionals, but also from ourselves and our own bodies. After injuries ended his participation in competitive sports, he pursued an education at the U of S in both Kinesiology and Education, which ultimately led him to his present position and provided him the opportunity to explore the functional fitness world. As a result, his understanding of movement has grown immensely. Avery developed HardWired from over a decade of personal and client experience, along with a wealth of knowledge gained through continued education.

| Crystal Toth



Crystal Toth is a Recreation Therapist with the Saskatchewan Health Authority, owner of Flourish YXE - Recreation Therapy Services, as

well as an SPRA fitness leader for over 13 years. Crystal holds certifications in the fitness and yoga industries, with a focus on inclusivity and trauma-informed fitness leadership. Crystal uses her time to advocate for the recreation therapy field in her home city of Saskatoon and uses her social media platform to educate on the link between recreation, leisure, and our mental health. Crystal's personal time is spent with her spouse and daughter, going for walks by the river, taking in various cultural events around the city she loves, and – if you follow her on social media, you already know – all things coffee.



MILK: AN EXCELLENT SOURCE OF PROTEIN

BONUS: MILK ALSO CONTAINS 14 ADDITIONAL ESSENTIAL NUTRIENTS!*



*Canadian Food Inspection Agency. 2016. Specific nutrient content claim requirements.