



Saskatchewan
Parks and Recreation
Association



2026 Conference Guide

FUNDED BY



SASK LOTTERIES



November 7, 2026 - Online Conference

What is SaskMilk SaskFit?

This online conference provides education and inspiration to everyone with a passion for fitness!

If you're a fitness enthusiast or health/fitness professional, SaskMilk SaskFit will not only enhance your professional development, but also provide you with 6 Continuing Education Credits (CECs) towards your fitness certification!

You'll be engaged with informative and positive sessions that feature unique presenters, leaving you feeling motivated, inspired and eager to influence change in your home communities.

Registration Cost

SPRA Fitness Leaders / Members - \$100

Non-SPRA Fitness Leaders / Non-Members - \$125

Students - \$50



What sessions are being offered this year?

This year's conference features a variety of sessions focused on fitness, wellness, leadership and professional development.

You'll have the choice to select concurrent sessions to attend, along with group participation during the day. More information can be found in this conference guide.

How do I attend?

When you sign up to attend, you will receive an email containing private links to the sessions you've signed up for! Our conference sessions are hosted on GoToMeeting.

You are encouraged to participate live so that you can interact with the presenters.

All sessions will be recorded and available for up to one month after the event.

Where do I sign up?

Register for the conference on Eventbrite by following the link on our website at www.spra.sk.ca/news-events/saskfit



Conference Sessions

Saturday, November 7

TIME	SESSION
8:00 AM	Candace Jones, <i>The Perfect Cookie</i>
9:30 AM	Tracy Hagan, <i>Exercise is Medicine</i>
10:50 AM - SESSION 1	Candace Jones, <i>Mindful Cuing for Better Results!</i>
10:50 AM - SESSION 2	Jill Genereux, <i>The Rhythm of Resistance</i>
12:40 PM	Dr. Stephen Cornish, <i>The Anti-Inflammatory Effect of Exercise</i>
1:40 PM	Avery Van Blaricom, <i>Movement Session - Functional Movement Mobility</i>
2:30 PM - SESSION 1	Marc Lebert, <i>Older Adult Fun & Games</i>
2:30 PM - SESSION 2	Jill Genereux, <i>The Best Trainers are Human</i>
3:40 PM	Candace Yuhasz - SPRA Update
3:50 PM	Adriana Hackl, <i>Burnout Prevention</i>



Candace Jones

A dedicated yoga and fitness instructor, wellness practitioner, and founder of CJYF Wellness. Since 2009, Candace has been guiding people toward movement that empowers, is accessible, and deeply connected to personal wellbeing.

A passionate advocate for body-positive and inclusive fitness, Candace encourages critical thinking and questioning the pressures and narratives often imposed by the industry.



The Perfect Cookie

8:00 AM

When our nervous system becomes dysregulated, the strategies that once kept us balanced may no longer be enough. This presentation explores why fitness, while essential, is only one ingredient in managing stress and supporting overall wellbeing. Using relatable analogies, humor, and practical movement exercises, it highlights how changing life conditions require us to adapt our approach rather than abandon what works. As fitness leaders, a deeper understanding of these factors allows us to better support healthier, more resilient outcomes for those we serve.

Mindful Cueing for Better Results

10:50 AM - Session 1

Most fitness classes focus on movement mechanics, choreography, and performance cues that support safety and physical results such as strength, endurance, and calorie burn. This session explores how adding another layer of cueing can help participants better regulate stress, reduce injury risk, and improve recovery.



Tracy Hagan, RN

Tracy Hagan is a Critical Care Registered Nurse, fitness professional, and founder of MenoMotion™. She specializes in translating exercise science into practical strategies that help people build strength, improve health, and age well. Tracy is known for her clear, engaging, and actionable approach to movement as medicine. As a certified yoga instructor, she blends movement, mindfulness, and breathwork to support women in reclaiming balance and strength through every stage of life.



Exercise is Medicine: What Happens Inside Your Body Every Time You Move

9:30 AM

Exercise is one of the most powerful tools for improving health. In this engaging, evidence-based presentation, Tracy explains how movement affects every major organ system. Participants will learn how exercise supports brain health, metabolism, blood sugar regulation, and healthy aging, and why strength training is especially important. Combining science with practical strategies, Tracy simplifies complex concepts and shows how movement can be used to support lifelong health. This information can be shared with your participants to keep them motivated for many years to come!



Jill Genereux

After "retiring" from university-level cheerleading, Jill turned to group fitness to stay active and share her passion for movement with others. She earned her group fitness certification through SPRA in 2009 and has taught nearly everything, from Aerial hoop to Zumba! For over 17 years, Jill has been passionate about making fitness fun, inclusive, and accessible.

Now based in Vancouver, she teaches at multiple local facilities and runs her own mobile studio, The Beat.



The Rhythm of Resistance: Finding Your Power in the Playlist

10:50 AM - Session 2

Music is often an overlooked tool for resistance training and strength-based classes. Programming to music can boost your participants' mood, motivation, and workout intensity. In this session you'll learn how to coordinate exercises to music, how to choose the right music, as well as where to find tools so that you're not spending every free moment making playlists!

The Best Trainers are Human

2:30 PM - Session 2

In today's landscape of generative AI, how do we demonstrate our value as fitness instructors and trainers when people can just create their own workout? In this session, you will learn about how generative AI works, what AI is and isn't good at, how it could be used, and when to steer clear of it for fitness instructors and personal trainers.



Dr. Stephen Cornish

Dr. Stephen Cornish has dedicated his career to understanding the effects of exercise and nutritional interventions on various physiological systems, particularly in older adults. His most recent research ventures have focused on the crosstalk between skeletal muscle and the immune system. Dr. Cornish's current work seeks to understand the relationship between these two systems as skeletal muscle recovers from resistance-based exercise. Dr. Cornish is currently an Associate Professor and the Associate Dean of Undergraduate Education in the Faculty of Kinesiology and Recreation Management at the University of Manitoba.



The Anti-Inflammatory Effect of Exercise

12:40 PM

In this lecture, Dr. Stephen Cornish will expand on the role of exercise in limiting inflammation in the body through exercise training. What role does exercise play in mediating the inflammatory process in the human body? Is there such a thing as too much exercise? What would be the recommendations for tempering low-grade inflammation in the human body? These, and other questions will be expanded on in this learning opportunity.



Avery Van Blaricom

Avery lives in Saskatoon with his wife Lianne, dog Ovi, and cat Ollie. He is the Director of Programming & Trainer Development at ProActive Fitness, a functional aging training studio.

Avery classifies himself as a movement specialist, focused on incorporating all aspects of physical function into training. His goal is to teach every client to be able to influence and control their body in whatever scenario they are in. Taking back control of the body in a way that makes movement fluid, free, efficient, and strong. This is Avery's 4th year presenting at SaskFit!



Functional Movement Mobility

1:40 PM

Move, learn, and feel the difference in this interactive functional mobility session. Through a guided follow-along format, we will work through practical mobility and movement drills while exploring the “why” behind each drill. Along the way we will connect movement principles from my previous sessions over the years, putting the principles into actionable practice that you can use immediately. This session will not require any equipment, just some space & a comfortable spot on the floor to work on as we explore our bodies and learn how to use the influential areas that govern all our movement; breath, eyes/head, hands, and feet.



Marc Lebert

Marc Lebert is the Chief Fitness Officer (CFO) of Lebert Fitness, a global leader in developing innovative fitness tools, a fitness club owner, Black Belt, Certified NLP Practitioner, International Presenter, Silver Lining Entrepreneur of the Year, NEOS International Personal Trainer of the Year, named as one of Canada's #Top 100 Health Influencers by Optimyz Magazine and a member of the canfitpro Fitness Advisory Panel.



Older Adult Fun & Games

2:30 PM - Session 1

One of the misconceptions when training older adult populations is that they don't like to have fun. Join Marc as he shares real world anecdotes, programming, tools (studio and other ideas), exercises and games for the young at heart. Modifications will be provided for all levels. This one will be a lot of fun!



Adriana Hackl

Adriana is a coach, facilitator, educator, and wellness professional with more than 30 years of experience helping individuals and groups achieve career, leadership, performance, and wellness goals. Her work focuses on supporting people through injury, illness, personal growth, and peak performance, using an integrated approach that combines movement, mindfulness, breathwork, meditation, mindset, and somatic practices. With more than 20 years of experience in the education sector, Adriana previously led the Business and Professional Development division at the University of Regina. She has also held leadership roles such as Director of Engagement for Basketball Saskatchewan. Adriana lives at Buena Vista Lake with her daughter Amelie, and their dogs, Snoopy and Bear



Burnout Prevention for Fitness Professionals

3:50 PM

Burnout is increasingly affecting fitness professionals as they balance the physical, emotional, and organizational demands of their work. This interactive workshop provides practical strategies to prevent burnout through recovery protocols, active listening skills, emotional intelligence, and effective decision-making. Participants will learn a simple framework for managing emotional labor, navigating organizational cultures, and reducing overwhelm.





For More Information

Office Hours:

Monday to Friday, 8:30 a.m. to 4:30 p.m.
1250 Dewdney Avenue, Regina, SK S4R 8T7

Phone: 1.800.563.2555 | **Web:** www.spra.sk.ca | **Email:** fitness@spra.sk.ca