



Active Health Summit 2023



2 additional CEC's if you read the collateral in the virtual gift bag and complete the quiz. Making 8 in total.

Melbourne



Date: 11 July 2023

Time: 9:00AM – 5:00PM

Venue: La Trobe University, Moat Dr, Bundoora, VIC 3086

The AUSactive 2023 Active Health Summits are curated for AUSactive Exercise Professionals, including all modalities; Personal Trainers, Strength and Conditioning Coaches, Group Exercise Instructors, Aqua Instructors, Yoga, Pilates Professionals, and Tai Chi.

All sessions will cover essential health topics. The sessions will upskill our professionals in working with clients with chronic health issues, disabilities, at-risk demographics, female health, injury prevention and rehabilitation.

Event Sponsors



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Agenda

8.30am – 9.00am	Registration Opens	
9.00am – 9.15am	Welcome	Barrie Elvish
9.15am – 9.45am	Keynote – Music and Exercise: A Dynamic Duo	Professor Peter Terry
9.45am – 10.00am	Q&A	
Topic. Rehabilitation		
10.00am – 10.20am	MicroTalk – Modify: Keeping Active and Moving with Pain and Injury	Hugh Mason
10.20am – 10.35am	Q&A	
10.35am – 11.05am	Morning Tea	
11.05am – 11.25am	MicroTalk – Cross-education - Is it a viable method for rehabilitation?	Associate Professor Dawson Kidgell
11.25am – 11.40am	Q&A	
Topic. All-Abilities		
11.40am – 12.10pm	Keynote – Fitness Industry Evolution Towards Inclusivity – and how you can get involved	Tommy Trout
12.10pm – 12.30pm	Panel Session + Q&A	Declan Hart, Jason Whiter, Jim Armstrong
Topic. Women's Health, Men's Health & Mental Health		
12.30pm – 12.50pm	MicroTalk – Menopause Unveiled - Embracing the Power of Change	Mish Wrights
12.50pm – 1.05pm	Q&A	
1.05pm – 2.00pm	Lunch + Networking	
2.00pm – 2.20pm	MicroTalk – Breaking the Stigma: Empowering Mental Health through Exercise and Fitness	Kathleen Mills
2.20pm – 2.35pm	Q&A	
Topic. Rehabilitation		
2.35pm – 2.55pm	MicroTalk - Enhancing Movement Potential for Posture, Pain, and Performance	Kath Banks
2.55pm – 3.10pm	Q&A	
Topic. Chronic Illness & Health Conditions		
3.10pm – 3.30pm	MicroTalk – Enhancing Movement through Lymphatic and Vagus Nerve Stimulation	Leonie Tilley
3.30pm – 3.45pm	Q&A	
Topic. Nutrition, Body Image, and Eating Disorder		
3.45pm – 4.05pm	MicroTalk – Nurturing Positive Body Image in a Flaw-Obsessed Society	Fiona Sutherland
4.05pm – 4.20pm	Q&A	
4.20pm – 4.40pm	MicroTalk – Navigating the Complex Relationship Between Mental Health and Eating Disorders	Danielle Hose
4.40pm – 4.50pm	Q&A	
4.50pm – 5.00pm	Hesta	
5.00pm	Closing address	Barrie Elvish
5.00pm	Networking event commences	



WELCOME



🕒 9.00am – 9.15am

Welcome from Barrie Elvish

Barrie Elvish
CEO of AUSactive

With 20+ years of CEO experience in Education, Health, and Community Services, Barrie excels in organizational change, strategic development, and business growth. Holding a BA, Grad Dip Education, and MBA, he's also a graduate of the Australian Institute of Company Directors. Barrie shares his passions, including surfing, Triathlons, mental health through exercise, and adventure activities. Currently, he serves as the CEO of AUSactive, the leading national health and fitness industry association.



🕒 9.15am – 9.45am

Music and Exercise: A Dynamic Duo **KEYNOTE**

Explore the science behind this harmonious connection, delves into practical applications, such as music selection and personal preferences, and highlights the potential benefits beyond exercise, such as recovery and relaxation. Discover how music can be your ultimate workout companion for improved performance and enjoyment.

Professor Peter Terry

Dean of the Graduate Research School and Professor of Psychology at the University of Southern Queensland.

Presented by



Prof. Peter Terry is a renowned psychologist and Dean of the Graduate Research School at the University of Southern Queensland. With extensive expertise in mood responses, music applications in sport, and psychometrics, he has authored nearly 300 publications, including books, book chapters, and peer-reviewed articles. As a keynote speaker at international conferences and presenter to esteemed organizations like the IOC, Professor Peter has made significant contributions to the field. He is a Fellow of several professional associations and has provided psychological support to numerous elite performers, including Olympic medalists.



TOPIC

Rehabilitation



 10.00am – 10.20am

Modify: Keeping Active and Moving with Pain and Injury

MICROTALK

Delve into the significance of maintaining exercise during injury, managing pain effectively, and fostering confidence. Learn to identify red flags for appropriate referral and master communication skills to avoid instilling fear. Gain insights into manipulating exercise variables for optimal recovery. Join us for an enlightening session on harnessing the power of movement to enhance physical and mental well-being, transforming your approach to exercise and rehabilitation.

Hugh Mason

Senior Exercise Physiologist at Absolute Health & Performance. Rehabilitation coordinator & assistant S&C coach at North Melbourne Football Club AFLW

Hugh is a highly qualified Exercise Physiologist, Exercise Scientist, and Strength & Conditioning coach. With expertise in sports medicine and rehabilitation, he serves as the Senior Exercise Physiologist at Absolute Health & Performance. Hugh also holds the role of Rehabilitation Coordinator with the North Melbourne Football Club in the AFLW program. Committed to delivering top-notch training and rehabilitation, he integrates cutting-edge research and diverse experience to achieve optimal outcomes for all individuals seeking high-quality care.



TOPIC

Rehabilitation



🕒 11.05am – 11.25am

Cross-education - Is it a viable method for rehabilitation? **MICROTALK**

Cross-education describes the strength gain in the opposite, untrained limb following a unilateral strength training program. Since its discovery in 1894, several studies now confirm the existence of cross-education in contexts that involve voluntary dynamic contractions, eccentric contraction, electrical stimulation, whole-body vibration and, more recently, following mirror feedback training. The potential to exploit such inter-limb adaptations for the purposes of rehabilitation of unilateral neurological or orthopaedic injuries has captured the attention of scientists and therapists for years. This presentation will explore the sites of adaptation within the neuromuscular system that underpin cross-education. It will examine the clinical efficacy of cross-education and the innovative approaches that can be used to augment the contralateral transfer of strength along with guidelines for exercise prescription

Associate Professor Dawson Kidgell

Director of the Monash Exercise Neuroplasticity Research Unit

Associate Professor Dawson Kidgell is at the forefront of groundbreaking research on the interplay between exercise and functional reorganization of the human brain and spinal cord. With a focus on strength training, high-intensity interval training, musculoskeletal injury, and neurological disease, his extensive publication record includes 170 peer-reviewed journal papers. With over 3.5 million dollars in research funding, he has made significant contributions to the understanding of exercise and non-invasive brain stimulation's effects on the human brain. Having successfully supervised 13 completed PhD students, his current work involves guiding 5 students in exploring muscular strength's cross-education effects.



TOPIC

All-Abilities



🕒 11.40am – 12.10pm

**Fitness Industry Evolution Towards Inclusivity –
and how you can get involved** **KEYNOTE**

This session aims to create awareness on how the fitness industry is making a much-needed move towards inclusivity through the power of education. Committed to making health and fitness easily accessible for all, as a fitness professional, you'll learn about the importance and benefits of broadening your skills and supporting the inclusivity movement. Understand the fundamental steps to get started, embrace inclusivity in your practices, grow your business and meet the requirements for serving clients through the National Disability Insurance Scheme (NDIS). Plus, you'll learn some immediate actions on how to work with clients of all abilities and meet their unique requirements and support needs.

Tommy Trout
CEO of WeFlex

Tommy Trout's passion for community services ignited at the age of 16, and he has since dedicated himself to making a difference. From juvenile rehabilitation in Sweden to residential drug rehabs and mental health centers, he has tirelessly worked to address societal challenges. Witnessing the health inequality faced by individuals with disabilities, Tommy founded WeFlex Pty Ltd, connecting them with mainstream health and fitness services to foster inclusivity within the industry. Personally motivated by the pursuit of a more inclusive world, he has witnessed the stigma and barriers faced by people with disabilities and is currently a Director of Autism Swim. Tommy is driven, excited, and committed to effecting positive change.



TOPIC

All-Abilities

🕒 12.10pm – 12.30pm

Panel + Q&A

Declan Hart

Disability advocate and athlete

Declan has never let his different ability stand in the way of what he sets his mind to. He's passionate about challenging perceptions of people with disabilities and proving that anything can be achieved, whether that be in the professional capacity, sports arena or in a personal fitness journey.

Jason Whiter

Inclusive personal trainer, ambassador, and athlete

Throughout his career, Jason has focused on training people with disabilities, striving to create inclusive and accessible fitness programs. His commitment to making a positive impact in the lives of others led him to pursue further education in becoming a strength and conditioning coach for athletes with disabilities. He believes that everyone deserves the opportunity to excel in sports, regardless of their physical abilities. Jason continues to challenge himself and inspire others having represented his country in the physically challenged bodybuilding division.

Jim Armstrong

Inclusive fitness professional, and combatives coach

Jim Armstrong is a martial arts expert, gym owner - Raw Combatives - and an all-abilities inclusive fitness professional. He's been training in the martial arts for around 35 years and teaching for over 30. He has trained and taught in many styles and systems from Kung Fu to Karate, Eskrima/Arnis to Kickboxing, Jeet Kune Do to Thai Boxing, and Combatives to Self Protection.capacity, sports arena or in a personal fitness journey.



TOPIC Women's Health, Men's Health & Mental Health



🕒 12.30pm – 12.50pm

Menopause Unveiled Embracing the Power of Change **MICROTALK**

Understanding menopause is crucial for women's health and well-being. This topic explores the symptoms, challenges, and potential health risks associated with menopause. It emphasizes the importance of education, support, and proactive management strategies to navigate this transformative phase successfully. Gain insights into menopause and empower yourself with the knowledge necessary to make informed decisions and prioritize your health.

Mish Wright

Writer / Educator / Speaker / Education consultant for EVEvolution

Michelle Wright is an experienced fitness professional with a B.Ed, Dip. Teach, and Cert III & IV Fitness. With over 15 years of expertise, she excels in writing, presenting, and mentoring in business, women's health, and training older adults. Highly regarded in the Fitness Industry, Mish is recognized for her dynamic and entertaining presentations. In 2021, she received the AUSactive Educator of the Year award and was a finalist for Exercise NZ's Educator of the Year in 2022.



🕒 2.00pm – 2.20pm

Breaking the Stigma: Empowering Mental Health through Exercise and Fitness **MICROTALK**

In this session, Kathleen delves into the importance of destigmatizing mental health and harnessing the power of exercise and fitness to promote well-being. Explore effective strategies for creating inclusive and supportive environments within the health and fitness industry. Gain insights into innovative approaches to engage and empower individuals facing mental health challenges, fostering a community that embraces mental well-being alongside physical fitness.

Kathleen Mills

Consultant Clinician Partners In Wellbeing (AUSactive's Dedicated Clinician)

Kathleen is a Counsellor and Mental Health Consultant with a dual focus. She collaborates with AUSactive to develop captivating workshops, webinars, and educational materials for the health and fitness sector, while also serving clients in private practice. Her expertise lies in supporting adolescents, individuals with disabilities, and those affected by trauma.



TOPIC

Rehabilitation



🕒 2.35pm – 2.55pm

**Enhancing Movement Potential for
Posture, Pain, and Performance**

MICROTALK

Discover the transformative potential of the Pilates method, a holistic approach to whole-body conditioning, rehabilitation, and training. Experience the physical and mental benefits that Pilates brings, empowering individuals to lead active lives and overcome pain and injury. By integrating Pilates concepts and principles with versatile repertoire and apparatus, movement can be tailored to individual needs, promoting alignment, motor control, and functional efficiency. Explore how the Pilates method serves as an ideal exercise modality for rehabilitating musculoskeletal injuries, managing chronic pain, and improving movement quality. Gain valuable insights into assessment, programming, and exercise strategies that enhance rehabilitation and enrich Pilates, fitness, and allied health practices. Unleash the transformative power of Pilates and elevate your approach to movement.

Kath Banks

Owner of Aligned for Life Pilates – Moonee Ponds, faculty educator for National Pilates Training and Rehabilitation Coordinator at Maribyrnong Sports Academy

Kath holds a Master of Clinical Rehabilitation, as well as an Advanced Diploma of the Pilates Method and has long term experience as an educator across Pilates, Fitness and Rehabilitation. She specialises in bringing together the relevant research, science and integrations that cross the sectors, and isn't afraid to blend and unite the modalities for best outcomes. Kath's is now the owner of Aligned for Life Pilates – Moonee Ponds, faculty educator for National Pilates Training and Rehabilitation Coordinator at Maribyrnong Sports Academy. She combines her knowledge and skills, catering to a broad demographic, covers adolescent sports performance to musculoskeletal and neurological conditions within the wider community.



TOPIC

Chronic Illness & Health Conditions



🕒 3.10pm – 3.30pm

**Enhancing Movement through Lymphatic
and Vagus Nerve Stimulation**

MICROTALK

Immerse yourself in an engaging session of lymphatic and vagus nerve stimulating techniques, unlocking the transformative power they hold for improved movement. Discover how the lymphatic system influences waste management, weight control, immune function, mental clarity, and fluid flow, ultimately enhancing range of motion. In this session, you'll gain invaluable insights into the vital importance of this health topic, benefiting both yourself and your clients.

Leonie Tilley

Founder of Myofascial Movement Coach and Business, Long Live You Fitness

Leonie has a lifelong fascination with the human body. Although her first career took her in a different direction, after many years working in the world of marketing, she suffered a personal health crisis that would completely change the direction of her life. A focus on fitness and wellness became so integral to Leonie's healing that, in 2014, she made the decision to study to become a personal trainer – and has never looked back. She is now a Myofascial Movement Coach and Lymphascial Reset Practitioner and incorporates elements of Lymphatic and Vagus Nerve stimulating techniques into her coaching sessions.



TOPIC Nutrition, Body Image, and Eating Disorder



🕒 3.45pm – 4.05pm

Nurturing Positive Body Image in a Flaw-Obsessed Society

MICROTALK

Explore the complex relationship between body image and eating disorders, examining societal influences, psychological factors, and treatment approaches. Gain insights into promoting positive body image, fostering self-acceptance, and developing effective interventions for individuals struggling with disordered eating patterns.

Fiona Sutherland

Accredited Sports Dietitian, Accredited Practising Dietitian, Master of Nutrition & Dietetics, registered Yoga Teacher (RYT-200), Clinical Supervisor

Fiona has over 20 years of experience specializing in body image, eating disorders, and sports nutrition. Committed to weight inclusive and Trauma-Informed approaches, Fiona disrupts harmful health and body narratives through clinical work, supervision, and training with Dietitians. With a background in high-performance sport, including AFL, cricket, and gymnastics, Fiona served as the Nutrition Director at The Australian Ballet School for two decades. In 2019, she co-developed the “Body Positive in Gymnastics” Guidelines.



🕒 4.20pm – 4.40pm

Navigating the Complex Relationship Between Mental Health and Eating Disorders

MICROTALK

This session explores the intricate connection between mental health and eating disorders, shedding light on the underlying psychological factors and societal influences. Discover the impact of stigma and misconceptions surrounding eating disorders and learn how to create a compassionate and supportive environment for those affected. Gain practical insights into evidence-based approaches for prevention, early intervention, and comprehensive care, empowering individuals to reclaim their mental well-being and develop a positive relationship with food and their bodies.

Danielle Hose

Mental Health Clinician / Consultant Partners in Wellbeing

Danielle is a highly skilled and experienced mental health practitioner with a commendable 14-year track record in the public community mental health sector. Throughout her career, she has provided comprehensive support to clients across the lifespan, addressing acute and complex mental illness, addictions, brain injuries, and psychosocial disabilities. Danielle's dedication to the field is particularly evident in her role as an ambassador for Eating Disorders Victoria, where she actively engages in recovery and advocacy work. Her expertise in eating disorders further enhances her ability to support individuals facing these challenges with compassion and specialized care.

