



# 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.

# Sydney



**Date:** 19 July 2023

**Time:** 9:00AM – 5:00PM

**Venue:** Aerial UTS Function Centre

Building 10, Level 7/235 Jones St Ultimo, NSW 2007

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.

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## Agenda

8.30am – 9.00am	<b>Registration Opens</b>	
9.00am – 9.15am	<b>Welcome</b>	Barrie Elvish
9.15am – 9.45am	<b>Keynote – Music and Exercise: A Dynamic Duo</b>	Professor Peter Terry
9.45am – 10.00am	<b>Q&amp;A</b>	
<b>Topic: Rehabilitation</b>		
9.55am – 10.15am	<b>MicroTalk – The Importance of Core Stability: Beyond Misconceptions and Planks</b>	Mark Goswell
10.15am – 10.20am	<b>Q&amp;A</b>	
10.20am – 10.40am	<b>MicroTalk – Optimising strength resistance profiles for rehabilitation and performance</b>	Rhys James
10.40am – 10.45am	<b>Q&amp;A</b>	
10.45am – 11.30am	<b>Morning Tea</b>	
11.30am – 11.50am	<b>MicroTalk - Exploring the Power of Pilates for a Stronger, Balanced Body</b>	Catherine Giannitto
11.50am – 11.55am	<b>Q&amp;A</b>	
<b>Topic: Chronic Illness &amp; Health Conditions</b>		
11.55am – 12.15pm	<b>MicroTalk – Physical Activity &amp; Chronic Illness</b>	Elizabeth Calleja
12.15pm – 12.20pm	<b>Q&amp;A</b>	
12.20pm – 12.40pm	<b>MicroTalk - Creating supportive and enabling environments to make health happen easier- what we can do</b>	Simone Austin
12.40pm – 12.45pm	<b>Q&amp;A</b>	
<b>Topic: Nutrition, Body Image, and Eating Disorder</b>		
12.45pm – 1.05pm	<b>MicroTalk – Optimizing Performance: Insights from High-Performance Sport Nutrition</b>	Sally Walker
1.05pm – 1.10pm	<b>Q&amp;A</b>	
1.10pm – 2.10pm	<b>Lunch + Networking</b>	
2.10pm – 2.30pm	<b>MicroTalk – The Embrace revolution in fitness: building body image</b>	Dr Zali Yager
2.30pm – 2.35pm	<b>Q&amp;A</b>	
<b>Topic: Women's Health, Men's Health &amp; Mental Health</b>		
2.35pm – 2.55pm	<b>MicroTalk - Building Mental Fitness - The science behind stress and the benefits of health and mindfulness programs</b>	Edwina Griffin
2.55pm – 3.00pm	<b>Q&amp;A</b>	
3.00pm – 3.20pm	<b>MicroTalk – Empowering Women in Fitness and Revolutionising the Industry</b>	Jen Dugard
3.20pm – 3.25pm	<b>Q&amp;A</b>	
3.25pm – 3.45pm	<b>MicroTalk – The benefits of exercise for mental health: findings from a recent systematic umbrella review</b>	Dr Ben Singh
3.45pm – 3.50pm	<b>Q&amp;A</b>	
<b>Topic: All-Abilities</b>		
3.50pm – 4.20pm	<b>Keynote – Fitness Industry Evolution Towards Inclusivity – and how you can get involved</b>	Tommy Trout
4.20pm – 4.50pm	<b>Panel Session + Q&amp;A</b>	Scott Taylor, Jacob Darkin, Ellen Hester
4.50pm – 5.00pm	<b>Hesta</b>	
5.00pm	<b>Closing address</b>	Barrie Elvish
5.00pm	<b>Networking event commences</b>	



## 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



🕒 9.55am – 10.15am

**The Importance of Core Stability: Beyond Misconceptions and Planks** **MICROTALK**

Core stability is a widely used but often misunderstood concept in fitness and rehabilitation. In this engaging presentation, Mark Goswell, an experienced Exercise Physiologist, challenges common misconceptions and explores the holistic nature of core training. Discover how to incorporate the whole body for trunk and pelvic equilibrium during dynamic movements, considering major joints and external forces. Gain insights from current research and Mark's own experiences, including two spinal surgeries. Leave empowered to integrate effective stability training methods with your clients, unlocking the true potential of core stability.

**Mark Goswell**

*Accredited Exercise Physiologist, Director of ProActive Rehabilitation and Health*

Mark Goswell has been an Exercise Physiologist since 2000, specializes in the treatment and management of lower back, shoulder, neck, and knee injuries. His practice, ProActive Rehabilitation and Health, is a prominent Exercise Physiology clinic in Newcastle, with a focus on complex musculoskeletal rehabilitation, mental health support, and disabilities. Mark's expertise extends to writing and delivering courses on musculoskeletal rehabilitation techniques nationwide. As a qualified Rehabilitation Pilates Practitioner, he emphasizes core stability in exercise routines to ensure clients achieve successful outcomes. Currently pursuing a PhD in Physiotherapy, Mark is researching standardized measurement of core stability for healthy populations and chronic low back pain.



🕒 10.20am – 10.40am

**Optimising strength resistance profiles for rehabilitation and performance** **MICROTALK**

This presentation explores the science behind designing tailored strength training programs, taking into account individual needs, goals, and specific conditions. By understanding how to optimize resistance profiles, participants will gain valuable insights into enhancing muscle strength, power, and functional abilities. This session will provide practical strategies and evidence-based approaches to ensure effective and safe strength training interventions. Whether you work in a rehabilitation setting or train athletes, this topic will equip you with the knowledge and tools to optimize strength training programs for improved outcomes and success.

**Rhys James**

*Format & Education Specialist, Technogym*

Rhys has cultivated his expertise as a Format & Education Specialist at Technogym, a world-leading wellness solution provider. With a strong emphasis on practical application, he empowers individuals to learn within their specific environments through diverse experiences in professional soccer, public health, and wellness facilities. He strives to expand Technogym's network in Australia by delivering impactful education and innovative formats.



## TOPIC Rehabilitation



🕒 11.30am – 11.50am

### Exploring the Power of Pilates for a Stronger, Balanced Body

#### MICROTALK

Discover the therapeutic power of Pilates as a rehabilitation tool for various injuries and conditions. Explore how Pilates exercises can aid in the recovery process, improve flexibility, build strength, and restore functional movement patterns. Delve into the principles of Pilates, such as core stabilization, breath control, and mindful movement, and learn how they can be applied to rehabilitation settings. Gain insights into specific applications of Pilates for rehabilitation, including post-surgical recovery, back pain management, injury prevention, and enhancing overall physical well-being. Discover the synergy between Pilates and rehabilitation, empowering individuals to regain strength, mobility, and confidence on their healing journey.

#### Catherine Giannitto

*Director Polestar Pilates Australia, Senior Educator Polestar, NCPT*

With 21 years of success, Catherine owns and operates Polestar Pilates. It encompasses a full Pilates studio, Physiotherapy services, and group Reformer sessions. Catherine's passion for holistic health stems from her own experience with Pilates, which helped alleviate her spinal arthritis. She applies this gold standard to guide clients and staff, creating a safe and enjoyable environment that enhances posture, flexibility, and strength. Certified in Sports Therapies, Pilates, and Training and Assessment, Catherine has presented at national and international Pilates conferences. She served as a committee member of the Pilates Alliance of Australasia for nine years. Catherine's dedication and expertise have positioned her as a pioneering figure in the Pilates community.

## TOPIC Chronic Illness & Health Conditions



🕒 11.55am – 12.15pm

### Physical Activity & Chronic Illness

#### MICROTALK

Regular physical activity plays a vital role in preventing and managing chronic diseases. Engaging in physical activity can significantly reduce the risk of cardiovascular disease and type II diabetes by 30 to 40%. In this presentation, we will explore effective strategies for supporting individuals with chronic diseases to engage in safe and supportive physical activity. Learn how to empower and guide individuals towards a healthier lifestyle while considering their unique needs and limitations.



#### Elizabeth Calleja

*Senior Advisor, Physical Activity, Heart Foundation*

Elizabeth is a highly experienced Accredited Exercise Physiologist with a diverse background spanning over 20 years. Her expertise lies in delivering clinical exercise interventions for chronic diseases, with a strong focus on diabetes and mental health. Previously, she worked at Nepean Hospital's Cardiac Rehabilitation service and provided consultation on exercise for various chronic conditions. She has also contributed significantly to research and population health programs at NSW Health and currently serves as the lead for physical activity at the National Heart Foundation of Australia.



**TOPIC** Chronic Illness & Health Conditions



🕒 12.20pm – 12.40pm

**Creating supportive and enabling environments to make health happen easier- what we can do** **MICROTALK**

In this year's healthyLife Living Healthy Report we outline many opportunities for industry, government and the community more broadly to individually and together improve Australians' health and wellbeing. The focus is on preventive health to increase years of healthy living with an underlying theme of creating supportive and enabling environments for people, to 'make health happen more easily.' Simone will talk about the opportunities the fitness industry and centres play for the community both with physical and mental wellbeing in creating these enabling environments. She will also share some unique data and insights on Australians food purchasing for at home eating and what opportunities this brings for us all to help move the needle closer to the Australian Dietary Guidelines.

**Simone Austin**

*Chief Health Officer healthy life, Advanced Sports Dietitian*

Simone Austin is an Advanced Sports Dietitian and Chief Health Officer at healthyLife who presents with energy and enthusiasm. She shares stories from over 30 years of experience working in elite sport, with some of Australia's most successful sporting teams - The Australian Men's Cricket Team, Hawthorn AFL football Club, Melbourne Storm Rugby League, Melbourne City A League and more. She was the president of Sports Dietitians Australia for 5 years, 2015-2020 and is currently a Dietitians Australia Board Director. Simone has worked in the area of health advocacy, food industry, Wellness Industry at Swisse Wellness and wrote a book, Eat Like an Athlete. A regular in the media, Simone enjoys sharing the nutrition message.



## TOPIC Nutrition, Body Image, and Eating Disorder



🕒 12.45pm – 1.05pm

### Optimising Performance: Insights from High-Performance Sport Nutrition **MICROTALK**

In this enlightening session, Sally, a renowned sports dietitian with over 15 years of experience, will delve into the world of high-performance sport nutrition. Drawing from her extensive work with a diverse range of sports and athletes, including her role as Lead Dietitian for prestigious events like the Tokyo 2020 Olympics and Birmingham 2022 Commonwealth Games, Sally will share valuable insights and proven systems used by elite athletes to achieve their health, well-being, and performance goals. Whether you're an active individual, athlete with complex energy demands, or someone looking to enhance their nutrition habits, this session offers practical guidance and support for optimizing your nutrition for peak performance.

#### Sally Walker

*Advanced Sports Dietitian, Accredited Practising Dietitian, Masters of Science (Nutrition, Dietetics & Exercise Rehabilitation)*

With more than 15 years of sports nutrition experience, Sally has extensive experience in High Performance Sport working with a wide variety of sports and athletes. Sally was the Lead Dietitian for Tokyo 2020 Olympics and Birmingham 2022 Commonwealth Games. Sally shares her expertise and systems used by athletes to achieve goals in health, wellbeing and performance. Sally works with active individuals or those with complex energy demands or the general public who need help and support progressing their nutrition habits.



🕒 2.10pm – 2.30pm

### The Embrace revolution in fitness: building body image **MICROTALK**

The Embrace revolution in fitness focuses on prioritizing body image and self-acceptance. It challenges traditional fitness narratives by promoting body diversity, self-compassion, and holistic well-being. This approach aims to create inclusive fitness spaces, challenge societal beauty standards, and foster a supportive community that celebrates body positivity. By shifting the fitness paradigm, the Embrace revolution aims to empower individuals to embrace their unique bodies and cultivate a positive relationship with fitness and themselves.

#### Dr Zali Yager

*Executive Director, The Embrace Collective*

Dr. Zali Yager is a globally recognized body image expert, dedicated to empowering individuals in feeling confident about their bodies. An Adjunct Associate Professor at Victoria University's Institute for Health and Sport, she possesses a strong background in health and physical education. As a Westpac Social Change Fellow, Zali has undertaken prestigious fellowships at Harvard, Northeastern University, and the Centre for Appearance Research in the UK. Zali's contributions include co-authoring the Embrace Kids book, serving as a body image advisor for the EMBRACE KIDS film, and being a proud parent of three.



## TOPIC

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



🕒 2.35pm – 2.55pm

### **Building Mental Fitness - The science behind stress and the benefits of health and mindfulness programs** **MICROTALK**

Explore the topic of building mental fitness by diving into the science behind stress and the benefits of mindfulness programs. In today's fast-paced and demanding world, understanding how stress affects our mental well-being and discovering effective strategies to manage it is crucial. This talk will delve into the scientific aspects of stress, its impact on mental health, and the role of health and mindfulness programs in promoting mental fitness.

#### **Edwina Griffin**

*Head of Government Relationships and Licensing, Konekt Workcare*

Edwina has owned fitness centres from 1995 to 2012 and continues to do some personal training and run Fitmum Accreditation Programs with local councils in Queensland and NSW. Edwina has worked in national franchises as national training, national business development and programs manager roles at Jetts Fitness and Fernwood Fitness. More recently, Edwina's company has trained fitness professionals in communication, dispute resolution and emotional intelligence and provides stress management solutions to the corporate sector including meditation and mindfulness programs and technologies. Edwina currently works with an international allied health company, Konekt Workcare as the Head of Government Relationships and Licensing which involves maintaining Customer contacts for our allied health professional work.



🕒 3.00pm – 3.20pm

### **Empowering Women in Fitness and Revolutionising the Industry** **MICROTALK**

In 2020, our gyms and fitness facilities served an estimated 4.35 million women, with 3.34 million being mothers. These statistics highlight the need for industry-wide change to cater to this demand. Join Jen as she sheds light on the significance of leading this change for women and provides actionable steps for you to be part of it. Discover the transformative potential and seize the opportunity to make a positive impact in women's fitness.

#### **Jen Dugard**

*founder of MumSafe*

Jen Dugard, founder of MumSafe™ and author of "How to Love your Body as much as your Baby," is dedicated to ensuring the safety and effectiveness of fitness for all moms. With over 16 years of industry experience, Jen educates and mentors professionals across Australia, New Zealand, Singapore, and Taiwan. Through MumSafe, she connects moms with qualified fitness professionals and provides education on prenatal and postnatal fitness. Jen's expertise has earned her media features and roles as a board member of AUSactive, an ambassador for ASICS Australia, and a coach for Dent Global.





## TOPIC

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



🕒 3.25pm – 3.45pm

### The benefits of exercise for mental health: findings from a recent systematic umbrella review **MICROTALK**

Discover the transformative potential of physical activity as a key driver in enhancing mental well-being. Explore the profound effects of even moderate levels of physical activity on reducing symptoms of depression, anxiety, and psychological distress. Delve into the diverse range of physical activities that can unlock mental wellness. Join us on this journey to uncover the holistic approach of incorporating physical activity alongside evidence-based therapies for optimal mental health outcomes.

#### Dr Ben Singh, PhD

Dr. Singh is a leading expert in physical activity and health, holds a Bachelor of Clinical Exercise Physiology, Master's Degree, and PhD from Queensland University of Technology (QUT). His research on exercise and health outcomes for breast cancer patients gained global recognition. As part of the ARENA research center, Dr. Singh focuses on the beneficial effects of physical activity on health-related outcomes. He is dedicated to promoting physical activity for all and will present his recent findings on the impact of physical activity on mental health, providing valuable insights and practical tips for incorporating it into daily life.

## TOPIC

All-Abilities



🕒 3.50pm – 4.20pm

### 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

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 4.20pm – 4.50pm

#### Panel Session + Q&A

##### Scott Taylor

*Disability advocate, speaker and consultant*

As a participant on the NDIS since its beginning in 2013, I have gone from living a life reliant on the support and love of my family to a life in which I am in control, I am setting my own destinations, goals and ultimately massive dreams which I am achieving. One of my other goals has been to take back control of my health and fitness, which I have recently started working towards. I hope to articulate the crucial role the fitness industry can play in supporting people with disabilities.

##### Jacob Darkin

*Inclusion advocate, entrepreneur, wheelchair athlete*

In 2019, I sustained a spinal cord injury, which made me more passionate about using innovative solutions to improve lives. My experience has driven my focus on inclusion and diversity initiatives. I have been actively engaging in initiatives that promote more significant opportunities for members of underrepresented communities, such as women and people with disabilities. I am committed to working towards a future that is accessible and equitable for all. I aim to continue developing initiatives and projects to drive greater inclusion and diversity.

##### Ellen Hester

*Inclusion advocate and ambassador*

Ellen is a passionate advocate, ambassador and woman with Down syndrome. With qualifications in administration and fitness, Ellen is the Administration Specialist at Down Syndrome NSW and is involved with data entry, administrative support to all staff and organisational management. She is also a valued team leader at UPClub and teen camps. Ellen is passionate about sport, fitness, wellbeing and meaningful social connections with her family and peers.

