



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.

Brisbane

Date: 13 July 2023

Time: 9.00AM – 5.00PM

Venue: Queensland University of Technology
2 George St, Brisbane City, QLD 4000



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. Women's Health, Men's Health & Mental Health		
10.00am – 10.20am	MicroTalk – The benefits of exercise for mental health: findings from a recent systematic umbrella review	Dr Ben Singh
10.20am – 10.30am	Q&A	
10.30am – 11.00am	Morning Tea	
11.00am – 11.20am	MicroTalk - Empowering Women in Fitness and Revolutionising the Industry	Jen Dugard
11.20am – 11.30am	Q&A	
11.30am – 11.50pm	MicroTalk – Nurturing Holistic Well-being: The Crucial Role of Mental Health First Aid Training for Fitness Professionals	Vince Kelly
11.50am – 12.00pm	Q&A	
Topic. Chronic Illness & Health Conditions		
12.00pm – 12.20pm	MicroTalk – Physical Activity & Chronic Illness	Sheree Hughes
12.20pm – 12.30pm	Q&A	
Topic. Rehabilitation		
12.30pm – 12.50pm	MicroTalk - Optimising strength resistance profiles for rehabilitation and performance.	Jesse O’Sullivan
12.50pm – 1.00pm	Q&A	
1.25pm – 2.15pm	Lunch + Networking	
2.00pm – 2.20pm	MicroTalk – The Most Effective Functional Training Techniques for Older Adults in 2023.	Meghan Jarvis
2.20pm – 2.30pm	Q&A	
2.30pm – 2.50pm	MicroTalk - How to deal with spinal problems - working out what is wrong and who best to fix it.	Dr Paul Lucia
2.50pm – 3.00pm	Q&A	
Topic. All-Abilities		
3.00pm – 3.30pm	Keynote – Fitness Industry Evolution Towards Inclusivity – and how you can get involved	Tommy Trout
3.30pm – 3.50pm	Panel Session + Q&A	Angie Moore, Trinity Cooks, Sarah White
Topic. Nutrition, Body Image, and Eating Disorder		
3.50pm – 4.10pm	MicroTalk – Fostering positive and sustainable relationships with food - introducing the RAVES eating model	Shane Jeffrey
4.10pm – 4.20pm	Q&A	
4.20pm – 4.40pm	MicroTalk – The Embrace revolution in fitness: building body image	Zali Yager
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

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



🕒 10.00am – 10.20am

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.



🕒 11.00am – 11.20am

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



🕒 11.30am – 11.50pm

Nurturing Holistic Well-being: The Crucial Role of Mental Health First Aid Training for Fitness Professionals

MICROTALK

In Australia, mental illness affects a significant portion of the population, with one in five individuals experiencing a mental health disorder annually. This presentation emphasizes the value of Mental Health First Aid (MHFA) training for fitness professionals, recognizing the inseparable link between physical and mental well-being. It covers various aspects, including understanding mental health, the importance of MHFA training, common mental health conditions, and the prevalence of mental health challenges within the fitness industry. The presentation highlights early intervention, creating a safe environment, and the benefits of MHFA training, such as enhanced knowledge, improved client relationships, and personal and professional growth.

Vince Kelly

Associate Professor, Queensland University of Technology

Vince Kelly brings over 20 years of expertise in strength and conditioning and sport science. With a strong background in elite sport, including collaborations with professional football teams and the Queensland Academy of Sport, Vince's research delves into areas such as athlete fatigue and recovery, strength and conditioning in high-performance sport, mental fatigue, training load management, and the physiological effects of exercise. He is widely recognized for his ability to translate research findings into practical applications.



TOPIC Chronic Illness & Health Conditions



🕒 12.00pm – 12.20pm

Physical Activity & Chronic Illness **MICROTALK**

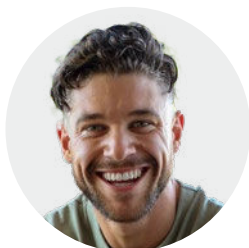
Regular physical activity plays a vital role in preventing and managing chronic diseases. Engaging in physical activity can significantly reduce the risk of cardiovascular disease and type II diabetes by 30 to 40%. In this presentation, we will explore effective strategies for supporting individuals 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.

Sheree Hughes

General Manager, Queensland National Heart Foundation of Australia

Sheree Hughes is a highly skilled health professional with over 25 years of diverse experience in fitness, health, cardiac care, and corporate sectors. With a Master's degree in clinical exercise rehabilitation and testing, she is deeply passionate about public health and preventative measures. Sheree's expertise lies in advocating for and creating neighborhood environments that foster active and healthy lifestyles. In recognition of her outstanding work, Sheree received the prestigious Queensland PIA Planning Champion Award for Excellence in 2021, inspiring positive systemic changes and promoting health for all.

TOPIC Rehabilitation



🕒 12.30pm – 12.50pm

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.

Jesse O'Sullivan

Exercise Physiologist & Education Specialist at TechnoGym

With a background in Sports & Exercise Science and a Bachelor of Clinical Exercise Physiology, Jesse excels in rehabilitation, emphasizing the importance of strength training. His comprehensive knowledge spans various disciplines, enabling him to create personalized exercise programs that aid injury recovery and enhance strength. Clients benefit from Jesse's specialized guidance in optimizing strength resistance profiles for both rehabilitation and performance goals. His valuable support ensures effective and tailored solutions for individuals seeking optimal results.



TOPIC

Rehabilitation



🕒 2.00pm – 2.20pm

The Most Effective Functional Training Techniques for Older Adults in 2023 **MICROTALK**

According to the Australian Government, by 2025, one in five Australians will be over the age of 65, and they will overtake the number of children aged 0 to 14 years. We must have the right tools to motivate, create communities, understand the mindset and train older adults. Discover the transformative potential of physical activity and strength training as the key driver in enhancing the aging process and reversing the effects of osteoporosis. Delve into the diverse range of physical activities that can unlock your coaching abilities to motivate, train and befriend the largest untapped market in our industry. Join Meghan to uncover the holistic approach of incorporating physical activity alongside evidence-based therapies for optimal health outcomes. This action-packed session gives you a comprehensive introduction and holistic approach to incorporating movement and therapies for this age group for optimal health outcomes. Meghan provides the tools, techniques and practical examples of how you can adapt your exercises to accommodate the needs and expectations of older adults in 2023.

Meghan Jarvis

Founder and CEO of WellCorp Health and Wellness

A former World Class BMX bicycle racer, Meghan came to Australia to play professional basketball and stayed as a lead lecturer at the Australian Institute of Fitness. Meghan's passion for fitness and entrepreneurialism led her to found WellCorp, a corporate wellness company with wellness centres/gyms across Australia and NZ and Buzvil, a global health and fitness app. She most recently appeared as an actor and stunt woman in the new Blockbuster 'Elvis', the Portable Door, Aqua Man and has been a 'Ninja' on Channel Nine's Australian Ninja Warrior. She is also the head of Total Gym Fitness Equipment Australia, Suspension Training and Altitude Training International Master Coach, making her an authority on peak performance and an international speaker. Her experiences as an athlete, educational portfolio (Masters of Education and Coaching Science, Kinesiologist, Sports Scientist, Exercise Therapist/Physiologist), entrepreneurial ventures, and enthusiastic character have shaped her as a formidable leader in health and fitness.



TOPIC

Rehabilitation

 2.30pm – 2.50pm**How to deal with spinal problems - working out what is wrong and who best to fix it** **MICROTALK**

Back problems are very common, but very concerning when they happen. The biggest challenge is working out exactly what the problem is, so that the right person can provide the right treatment in the right timeframe. We will look at how we can triage spinal problems and work out what and how urgent the issue is. We will then explore the optimum way to treat the problem in a multidisciplinary environment where experts work together to provide the best outcome. Exercise professionals will benefit by having a clear picture of how to deal with clients with back problems, and how they can be involved in the recovery process.

Dr Paul Lucia*Spine Surgeon (at SpinePlus) and Director of BackSpace*

MBBS(Hons) FRACS(Orth) FAOA Adjunct Associate Professor (QUT)

Dr Paul Lucia is a spinal surgeon based at the Brisbane Private Hospital on Wickham Terrace, Brisbane. He qualified as an orthopaedic surgeon in Queensland and then undertook further spinal training under world-renowned spinal surgeon John Webb in Nottingham, England. Upon return, he worked in the public system as a consultant surgeon in the Spinal Injuries unit at the Princess Alexandra Hospital, and in the Scoliosis Unit at the Mater Childrens Hospital. He now works exclusively in private practice at the Brisbane Private Hospital.



TOPIC

All-Abilities



WeFlex 

 3.00pm – 3.30pm

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

🕒 3.30pm – 3.50pm

Panel Session + Q&A

Angie Moor

All Abilities Health + Fitness with Head Coach, NDIS Registered Provider for Personal/Group Training

Angie believes Fitness is for everybody and everybody is able. She aims to empower my NDIS clients through improving their health and fitness and setting and achieving their goals to live a long, independent and healthy life.

Trinity Cooks

Inclusion advocate, athlete

As a baby I was diagnosed with a rare genetic condition called Williams Syndrome. This causes low muscle tone, joint laxity and stiffness, intellectual deficits and a heart defect. When I was 16, I realised that I had gone up two sizes in clothing and I'd developed very rounded shoulders and poor posture. Holding myself upright was painful, my confidence was suffering and I felt tired all the time. So I made the decision to look after my health and fitness.

I started personal training with Angie Moore twice a week and it changed my life. I love every single session. We always make training fun and it's always different each time. My joints have more mobility which makes everything I do easier. I now train at least four times a week and always bounce into the gym excited to see my gym family.

Sarah White

Industry Education Trainer, Inclusive Personal Trainer

Sarah White is a highly skilled and experienced fitness who has dedicated the last 9 years to running a business that helps people take control of their physical, mental, and emotional health. In addition to her training and instructing expertise, Sarah has 6 years of experience in mentoring and facilitating fitness students through The Australian Institute of Personal Trainers. In her current role as the Industry Education Trainer at AIPT, Sarah elevates the standards of the health and fitness industry, while empowering upcoming and current fitness professionals to make a positive impact on their communities' physical and mental health.



TOPIC Nutrition, Body Image, and Eating Disorder



🕒 3.50pm – 4.10pm

Fostering positive and sustainable relationships with food - introducing the RAVES eating model **MICROTALK**

Explore the complex dynamics of eating disorders, disordered eating, weight management, and body image concerns. Gain invaluable insights into evidence-based strategies for fostering a healthy relationship with food and body, empowering individuals to embrace self-acceptance and well-being. Discover how sports nutrition can play a positive role in athletes' lives while promoting a balanced and compassionate approach. Be inspired to make a difference in the lives of those struggling with these issues and contribute to a more inclusive and body-positive society.

Shane Jeffrey

Accredited Sports Dietitian, Accredited Practising Dietitian

Shane is an Accredited Practising Dietitian, brings over 25 years of experience in the private and public sectors, specializing in eating disorders, weight management, and body image concerns. His expertise has earned him national and international recognition as an esteemed professional in the field. Shane is dedicated to supporting individuals grappling with eating disorders, disordered eating, weight, body image concerns, and providing sports nutrition guidance for athletes.



TOPIC

Nutrition, Body Image, and Eating Disorder



🕒 4.20pm – 4.40pm

The Embrace revolution in fitness: building body image

MICROTALK

In a society that often imposes unrealistic beauty standards, it is crucial to address the impact of body image on individuals' well-being. This engaging presentation explores strategies for transforming body image and empowering individuals to embrace confidence. By challenging societal norms, promoting self-acceptance, and cultivating self-care practices, participants will discover practical tools to develop a positive body image and enhance overall self-esteem. Through inspiring stories, evidence-based research, and actionable steps, this session aims to create a safe and empowering space for individuals to embark on a journey of self-discovery, self-love, and body acceptance.

Dr Zali Yager

Executive Director, The Embrace Collective

Dr. Zali Yager, a globally recognized body image expert, is dedicated to empowering individuals to feel confident in their bodies. With a background in health and physical education, she serves as an Adjunct Associate Professor at Victoria University's Institute for Health and Sport. Zali's expertise has been honed through prestigious fellowships at Harvard, Northeastern University, and the Centre for Appearance Research in the UK as a Westpac Social Change Fellow. Her contributions include co-authoring the Embrace Kids book, advising on the EMBRACE KIDS film, and being a proud parent of three.

