



Active Health Summit 2024



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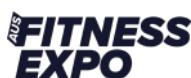
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APRIL 2024

MELBOURNE CONVENTION & EXHIBITION CENTRE (MCEC)

The AUSactive 2024 Active Health Summits are tailored for Exercise Professionals across various modalities, including Personal Trainers, Strength and Conditioning Coaches, Group Exercise Instructors, Aqua Instructors, Yoga, Pilates Professionals, and more.

The summit is dedicated to covering essential health topics, aiming to enhance the skill set of professionals working with clients dealing with all abilities, mental health, high-performing sports, men's and women's health, chronic health issues, injury prevention, and rehabilitation. Led by renowned professors, industry experts, and allied health professionals, the sessions promise valuable insights.

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Agenda

8.30am – 9.00am Registration Opens		
9.00am – 9.30am	Welcome &	Barrie Elvish
9.30am – 9.50am	MicroTalk – Menstrual Cycle Myths: Understanding the Influence of the Menstrual Cycle on Performance of Exercising Females	Hannah Dower
9.45am – 10.00am	Q&A	
10.00am – 10.20am	MicroTalk – It's Cheaper to Eat Healthy. Exploring Affordable Eating that Meets Dietary Guidelines	Simone Austin
10.20am – 10.30am	Q&A	
10.30am – 11.30am Morning Tea		
11.30am – 11.50am	MicroTalk – Optimising training for Gender differences: Learnings from elite sport everyone can use for better fitness outcomes	Durham McInnes
11.50am – 12.00pm	Q&A	
12.00pm – 12.20pm	MicroTalk – Velocity tracking for general population clients	Jacob Tober
12.20pm – 12.30pm	Q&A	
12.30pm – 12.50pm	MicroTalk – Build & Scale Your Small Business	Alexandra Totaro
12.50pm – 1.00pm	Q&A	
1.00pm - 2.30pm Lunch & Networking		
2.30pm – 2.50pm	MicroTalk - Enhancing Wellness with AI: Redefining Personalised Fitness Experience	Matt Frost
2.50pm – 3.00pm	Q&A	
3.00pm – 3.20pm	MicroTalk – Creating Mental Health Supports in Community Fitness Facilities	Grant Connors
3.20pm – 3.30pm	Q&A	
3.30pm – 3.50pm	MicroTalk – Supporting Clients with Injuries: Collaborative Strategies with Allied Health Professionals	Dr Lisa Gadd
3.50pm – 4.00pm	Q&A	
4.00pm	Closing address	Barrie Elvish



WELCOME



🕒 9.00am – 9.30am

Welcome Address &

Less Talk; More Action - A Real Wellbeing

Federal Budget for 2024-2025 **MICROTALK**

AUSactive has developed a submission for the 2024-2025 Federal Budget, that both aligns with the government's goals of alleviating cost-of-living pressures and implementation of the National Preventive Health Strategy. The proposal advocates for a Fringe Benefits Tax (FBT) exemption, enabling employers to provide gym memberships for their employees and calls for tax deductions on gym memberships and genuine active health participation to encourage Australians to prioritise their well-being.

To address chronic disease and poor mental health a collaboration is proposed with government and grass-roots organisations for a national public health campaign, emphasising the vital role of physical activity and exercise. These initiatives will reduce healthcare spending, improve productivity and enhance the overall well-being of Australians. They also support a new way of looking at health care by adopting a much more proactive preventive health policy approach for a healthier, more active Australia.

Barrie Elvish
CEO, AUSactive

Barrie brings over 25 years' CEO experience of successful organisational change, strategic development and business growth across a range of sectors including Education, Health and Community Services. He holds a BA, Grad Dip Education and MBA, and is a graduate of the Australian Institute of Company Directors.

You'll regularly hear Barrie talking about his passions and experiences including surfing, Triathlons, keeping his mental health and wellbeing strong through exercise, trekking the Kokoda Trail and Macchu Pichu, Led Zeppelin and Hot Rods - all for the purpose of making meaningful connections. Barrie has a longstanding personal and professional interest in adventure play for children and is the proud grandfather of two beautiful girls.

Currently, he serves as the inaugural Chair of World Active and CEO of AUSactive, the leading national health and fitness industry association.





🕒 9.30am – 10.0am

Menstrual Cycle Myths: Understanding the Influence of the Menstrual Cycle on Performance of Exercising Females

MICROTALK

This presentation will delve into the impact of the menstrual cycle on female athletic performance, a topic that has gained increasing attention in the past decade among exercise professionals. We will review existing research to gain a comprehensive understanding of how the menstrual cycle affects exercise performance. The discussion will also focus on debunking common myths surrounding menstruation, providing exercise professionals with valuable insights to better support athletes and individuals in managing their training and performance throughout the menstrual cycle.

Hannah Dower

Strength and Conditioning Coach, Western Bulldogs AFLW and PhD Student

Hannah is currently undertaking her PhD with the Western Bulldogs AFLW team and Victoria University investigating the influence of the menstrual cycle and hormonal contraception on performance in field team sport athletes. She has over seven years experience working with females in sport, has held roles as a high performance manager, strength and conditioning coach and rehabilitation coordinator. Alongside her career in elite and sub-elite sport, she was an Accredited Exercise Physiologist (AEP) for six years, including roles in tertiary education where she was responsible for running a student led clinic. She currently teaches into tertiary units in musculoskeletal injuries at Australian Catholic University. Hannah is also a proud contributor to Live Life Whole Project, an evidence based education project designed to empower young women with the tools they need to nourish and nurture their physical, mental and emotional wellbeing.



 10.00am – 10.30am**It's Cheaper to Eat Healthy. Exploring Affordable Eating that Meets Dietary Guidelines** **MICROTALK**

I can't afford to eat healthy?' Is that correct? Can a diet that aligns with the Australian Dietary Guidelines be more affordable than one that doesn't? We compare the average purchased household weekly grocery shop and compare this to one that aligns with The Australian Dietary Guidelines. Which of the 5 core food groups are more affordable, what are the foods contributing most serves and what tweaks can we make to improve both the cost and health of a basket? We will discuss where the opportunities lie for Australians to make changes to create the most impact for reducing the burden of disease and reward their wallet during these economically challenging times.

Simone Austin*Chief Health Officer & Chair, Healthylife*

Simone Austin is an Advanced Sports Dietitian, Chief Health Officer at Healthylife and Chair of the Healthylife Advisory Board. With over 30 years of experience as a dietitian Simone has worked with some of Australia's most successful teams, including The Australian Men's Cricket Team, Hawthorn AFL Football Club, Melbourne Storm Rugby League, Melbourne City A League, and more. She served as the president of Sports Dietitians Australia for 5 years and is currently a Dietitians Australia Board Director. Simone ran a private practice for 25 years and has contributed to health advocacy, the food industry, and the Wellness Industry at Swisse Wellness. Her book "Eat Like an Athlete." shares the nutrition message that everyone can use nutrition to improve their own performance.





🕒 11.30am – 12.00pm

Optimising Training for Gender Differences: Learnings from Elite Sport Everyone Can Use for Better Fitness Outcomes

MICROTALK

This presentation will explore the key considerations for optimising training based on gender differences, drawing insights from elite sports that can be universally applied for improved fitness outcomes. The discussion will delve into the importance of tailoring training regimens to align with the distinct physiological, psychological, and sociological differences between genders. By recognising and leveraging these diversities, individuals can harness their unique strengths to enhance the effectiveness of their fitness programs.

Durham McInnis

Founder and Director, Core Advantage Athletic Development

Durham is the founder Core Advantage Athletic Development and has been a pioneer of private sector strength and conditioning in Australia. In addition to his private athletic development work, Durham has served in various high-performance roles in both the Australian Women's National Basketball League and the Australian Women's Ice Hockey league. He has also worked with multiple Olympians and was high performance manager for the Australian Sapphires at the 2007 world championships. Durham currently overseas the training and development of over 100 athletes across 20+ sports at Core Advantage and serves as an advisory board member for Deakin University's undergraduate sports science course.





🕒 12.00pm – 12.30pm

Velocity Tracking for General Population Clients **MICROTALK**

Velocity tracking, commonly known as Velocity-Based Training (VBT), involves the application of technology, such as smartphone apps or hardware devices, to measure the velocity and motion of exercises in a gym setting. This session aims to explore the valuable insights provided by velocity tracking, empowering both lifters and coaches. Attendees will learn how this feedback can be utilized to enhance motivation, assess readiness and fatigue levels, make real-time adjustments to training sessions, monitor progress, and structure comprehensive long-term programs.

Jacob Tober

Co-founder & Head of Research, Metric Coach

Jacob is a seasoned Strength and Conditioning coach, identified the scarcity of valuable education and content on incorporating velocity in the gym. In response, he founded VBTcoach with the mission to offer coaches and lifters more useful insights into bar speed tracking and velocity-based training principles. Within this platform, Jacob presents a compilation of blogs, podcasts, video courses, and downloadable resources, simplifying and amplifying the effectiveness of tracking and programming with velocity tracking technology in the weight room. Delve into Jacob's expertise during our event for a deeper understanding of velocity-based training.





 12.30pm – 1.00pm

Build & Scale Your Small Business **MICROTALK**

Alexandra brings a wealth of experience and knowledge to the small business landscape. Having honed her skills over the years, she shares invaluable insights applicable to entrepreneurs at all levels. Whether you're launching a startup or managing a 6-figure enterprise, this session promises actionable strategies for immediate implementation to facilitate business growth and scalability. Key takeaways include identifying your business values, how to reach your target audience, internal business systems that work, finding the right model that is scalable for you, and how to have fun in your business.

Alexandra Totaro

Founder & CEO, Bootcamp Co

Alexandra Totaro is the Founder/Owner of Melbourne's largest outdoor bootcamp brand. Specialising in obesity management, plus size, and return-to-exercise clientele, she has forged an empire in the Small Business Landscape. With over a decade of experience in the fitness industry and formal education in Business & Psychology, she is a powerhouse of knowledge.





🕒 2.30pm – 3.00pm

Enhancing Wellness with AI: Redefining Personalised Fitness Experience **MICROTALK**

This presentation will delve into the transformative impact of Artificial Intelligence (AI) on the fitness industry, specifically focusing on how AI is redefining personalised fitness experiences and enhancing overall wellness. It will explore the latest advancements in AI technology, such as predictive analytics and machine learning algorithms, and discuss how these innovations are being integrated into fitness platforms and devices to tailor workouts, track progress, and provide real-time feedback to users.

Matt Frost

Digital Sales and Customer Success Manager, Technogym

Matt Frost is the National Digital Key Account Manager at Technogym, an influential figure in the realm of customer success and the advancement of member experiences through cutting-edge digital software solutions. As a strategic digital consultant for enterprise-level applications, Matt leads the charge in supporting the seamless implementation of digital products across multi-site applications. His role as an integration partner specialist ensures the seamless integration of Technogym's innovative solutions into a diverse range of sectors, including health, performance, local government, clubs, universities, hospitality, and residential facilities.





🕒 3.00pm – 3.30pm

Creating Mental Health Supports in Community Fitness Facilities **MICROTALK**

Explore the transformative impact of mental health support in community fitness centers through the MHeLP program. Uncover compelling pre and post data from 4,500 participants, demonstrating improved understanding, knowledge, and confidence in mental health care. Discover ancillary supports for responsive strategies in fitness centers, along with a specialized program fostering inclusion for individuals with mental illnesses. The session will conclude with an interactive Q&A, providing actionable insights for seamlessly integrating effective mental health supports in your fitness facility.

Grant Connors

General Manager – Programs, Belgravia Leisure

Grant Connors is the General Manager overseeing Belgravia Leisure's diverse program portfolio, including the Health & Wellbeing, Learn To Swim, Sport & Active Recreation divisions. Leading the development of the Belgravia Health & Wellbeing Strategy, he aims to enhance the physical, mental, and social wellbeing of the communities served by the organisation, which operates 210 community leisure facilities with a workforce exceeding 6,500 team members. Grant's impactful initiatives include the ongoing delivery of the Mental Health eLearning Program - MHeLP, reflecting his commitment to community welfare.





🕒 3.30pm – 4.00pm

Supporting Clients with Injuries & Collaborative Strategies with Allied Health Professionals **MICROTALK**

In this presentation aims to address the significance of tailoring exercise programs according to individual injury profiles, emphasising a client-centered approach, and implementing best practices for injury prevention. It will explore effective collaboration methods, encompassing communication strategies and the integration of allied health into fitness programs. This session is designed to empower fitness professionals with valuable insights and strategies for collaborative, client-focused injury support, contributing to enhanced well-being.

Dr Lisa Gadd

Director & Osteopath, Living Healthy Group

Dr. Lisa Gadd is an esteemed business leader and the founder of Living Health Group. She is well regarded amongst health professionals, fitness professionals and many patients because of professional and caring nature. Lisa has over 15+ years experience as an Osteopath, and over a decade experience working in the health and fitness industry. Over the years she has worked with many AFL clubs and currently heads up the medical department at MFC.

