





IDEA & ACSM

Health & Fitness Summit Program Guide

March 6-9, 2025

 #HFS25

 IDEA |  ACSM
health & fitness
SUMMIT

General Information



Registration Hours

Location: Lower Level 2 Registration

Thursday, March 6 (Attendee Registration): 1-6:30 p.m.
 Friday, March 7 (Attendee Registration): 6 a.m.-5:30 p.m.
 Saturday, March 8 (Attendee Registration): 6 a.m.-5:30 p.m.
 Sunday, March 9 (Customer Service): 7:30-10:00 a.m.

Marketplace

Location: Lower Level 2 Prefunction

Hours:
 Thursday, March 6: 5-7 p.m. (Opening Reception)
 Friday, March 7: 6:30-7:15 a.m., 12-1 p.m., 5:15-7 p.m.
 Saturday, March 8: 6:30-7:15 a.m., 12-5 p.m.
 Raffle Friday, 5:15-6:00 p.m. Prizes provided by Event Partners

WIFI -

Complimentary wifi available in the meeting space
 Network: Hilton Meeting
 Password: ACSM2025

CECs/CEUs

CECs/CEUs are available from the following organizations. Please reference the mobile app for specific session approvals and their corresponding CEC/CEU amounts. ACSM, ACTION, AFPA, BCRPA, CHEK, IFPA, NAFC, NCEP, NCSF, NESTA, NETA, NFPT, NIEW, NSPA

Marketplace Vendors

Company	Booth #
Technogym.....	1
Balanced Body.....	2
Perform Better	3
PepsiCo, Inc.....	4
A.T. Still University	5
Parkinson's Foundation.....	6
BridgeAthletic.....	7
Therabody	8
InBody.....	9
Timeline	10
Xbody.....	11
Cereset	12
Naboso	13
Wolters Kluwer.....	14
National Cattlemen's Beef Association/Seca.....	15

Thank you to our event partners:



Thank you to our workout sponsors:



Programming



Thursday, March 6, 2025

Time	Sess#	Session Type	Session Title	Presenters	Room	Company
4:00 p.m. - 5:15 p.m.	150	Independent Lecture	Opening Ceremony / Research to Results: Turning Cutting-Edge Research into Real-World Outcomes	John Jakicic, Renee Rogers, Stella Volpe, Sara Kovacs	Colorado E (lower)	
5:15 p.m. - 7:00 p.m.		Marketplace	Marketplace Open and Welcome Reception		Lower Level 2 Prefunction	

Friday, March 7, 2025

Time	Sess#	Session Type	Session Title	Presenters	Room	Company
6:30 a.m. - 7:15 a.m.		Marketplace	Marketplace Open and Morning Coffee		Lower Level 2 Prefunction	
6:30 a.m. - 7:15 a.m.	201	Industry Presented Specialty Workout	SOS S.W.E.A.T. Camp	Linda Mitchell	Colorado F (lower)	Sisterhood of Sweat
6:30 a.m. - 7:15 a.m.	202	Specialty Workout	Athletic Aging	Tricia Madden	Colorado E (lower)	
6:30 a.m. - 7:15 a.m.	203	Specialty Workout	Guided Outdoor Run (Friday)	Brian Clevon	Hotel Lobby	
7:30 a.m. - 8:30 a.m.	210	Independent Interactive Workshop	Moving Beyond Theory: Targeting Behavioral Constructs to Make an Impact with Your Clients	Sara Kovacs	Colorado A-D (lower)	
7:30 a.m. - 8:30 a.m.	212	Independent Interactive Workshop	Fostering Mental Well-being Through Physical Activity	A'Naja Newsome	Colorado E (lower)	
7:30 a.m. - 8:30 a.m.	213	Industry Presented Interactive Workshop	Harnessing Recovery: A Core Pillar of the Performance System	Russ Orr	Colorado G-J (lower)	Exos
7:30 a.m. - 8:30 a.m.	214	Industry Presented Interactive Workshop	Balanced Body: The Pelvic Floor and Core	Helen Vanderburg	Colorado F (lower)	Balanced Body
7:30 a.m. - 8:30 a.m.	215	Independent Lecture	Fitness Industry Roadblocks: Mistakes to Avoid and Strategies for Growth	Jessica Maurer	Denver 4 (lower)	
7:30 a.m. - 8:30 a.m.	216	Independent Lecture	Individualizing Semi Private Training	Greg Johnson	Mattie Skills (upper)	
7:30 a.m. - 8:30 a.m.	217	Independent Lecture	Unlock Your Unique Edge: 4 Steps to Becoming Your Market's Go-To Brand	Billy Polson	Denver 3 (lower)	
7:30 a.m. - 8:30 a.m.	218	Independent Lecture	Obesity Medications: What's Next in the Pipeline and Fitness Industry Impact	Renee Rogers	Denver 5-6 (lower)	
7:30 a.m. - 8:30 a.m.	219	Industry Presented Lecture	Leading with Science in the Fitness Community: Using Evidence-Based Nutrition Science to Combat Misinformation	Kelly Jones, Nicole Kelp	Denver 1-2 (lower)	PepsiCo, Inc.
8:50 a.m. - 10:40 a.m.	220	Independent Interactive Workshop	A Coach's Voice: The Instrument for Influence, Connection & Impact	Nicholas Lambe	Colorado A-D (lower)	

8:50 a.m. - 10:40 a.m.	221	Independent Interactive Workshop	High-Intensity Functional Training for ALL Fitness Levels	Jessica Smith	Colorado F (lower)	
8:50 a.m. - 10:40 a.m.	222	Industry Presented Interactive Workshop	The Aging Foot & Its Effect On Movement	Emily Splichal (lower)	Colorado E	Naboso
8:50 a.m. - 10:40 a.m.	223	Independent Interactive Workshop	A Comprehensive Approach to Scapular Dyskinesia	Brendan Fox	Colorado G-J (lower)	
8:50 a.m. - 11:50 a.m.	224	Industry Presented Interactive Workshop	Moving Through a Movement Disorder: Parkinson's and Exercise	Daniel Corcos, Lisa Hoffman, Sarah Palmer	Penrose (upper)	Parkinson's Foundation
8:50 a.m. - 10:40 a.m.	225	Independent Lecture	Hiring and Retaining Your Best Staff	Becky Langton	Mattie Skills (upper)	
8:50 a.m. - 10:40 a.m.	226	Independent Lecture	Walter R. Bortz Lecture: It's Not My Fault... It's Menopause	Wendy Kohrt	Denver 5-6 (lower)	
8:50 a.m. - 10:40 a.m.	227	Independent Lecture	Bridging Science and Practice: The Power of ChatGPT in Fitness	Ted Vickey	Denver 1-2 (lower)	
8:50 a.m. - 10:40 a.m.	228	Independent Lecture	Initial Personal Training Sessions 101	Sherri McMillan	Denver 4 (lower)	
8:50 a.m. - 10:40 a.m.	229	Independent Lecture	Leadership: Navigating Change, Driving Innovation, and Building Resilient People and Culture	Doris Thews, Katie Santos, Manny Escalante, Michael Stack, Paul Gallo, Stella Volpe	Denver 3 (lower)	
11:00 a.m. - 12:00 p.m.	230	Independent Interactive Workshop	Joint Replacements: Returning Triumphant!	Keli Roberts, Leslee Bender	Colorado A-D (lower)	
11:00 a.m. - 12:00 p.m.	231	Independent Interactive Workshop	Health is Wealth in Corporate America—Learn best practices and strategies for partnering with an employer and why we need to as an Industry!	Deborah Bellenger	Colorado F (lower)	
11:00 a.m. - 12:00 p.m.	232	Independent Interactive Workshop	Better Performance Starts at the Core	Kia Williams	Colorado E (lower)	
11:00 a.m. - 12:00 p.m.	233	Industry Presented Interactive Workshop	Scientific Updates on Recovery and Wellness Technologies	Rachelle Reed, Timothy Roberts	Colorado G-J (lower)	Therabody
11:00 a.m. - 12:00 p.m.	235	Independent Lecture	Mastering Heart Health: ECG Wearables, Arrhythmias, and Clinical Pathways for Fitness Professionals	Brian Clevon	Denver 5-6 (lower)	
11:00 a.m. - 12:00 p.m.	236	Independent Lecture	Redesigning Exercise Programs for the Neurodiverse Community	David Geslak	Denver 3 (lower)	
11:00 a.m. - 12:00 p.m.	238	Independent Lecture	Small Fish, Big Pond: How to Succeed as a Trainer in a Big Box Gym	Manny Escalante	Denver 4 (lower)	
11:00 a.m. - 12:00 p.m.	239	Independent Lecture	Metabolism Myths vs. Realities: Separating Fact from Fiction	Jan Schroeder	Denver 1-2 (lower)	
12:00 p.m. - 1:15 p.m.		Marketplace	Marketplace Open		Lower Level 2 Prefunction	
1:15 p.m. - 3:05 p.m.	250	Independent Interactive Workshop	Beyond Lower Cross Syndrome: A Comprehensive Approach to Hip Assessments	Brendan Fox	Colorado A-D (lower)	
1:15 p.m. - 3:05 p.m.	251	Independent Interactive Workshop	Ageless Function: Movements that Matter!	Keli Roberts	Penrose (upper)	
1:15 p.m. - 3:05 p.m.	252	Independent Interactive Workshop	Alignment: Mapping the Human Design	Helen Vanderburg	Colorado E (lower)	
1:15 p.m. - 3:05 p.m.	253	Independent Interactive Workshop	High-Intensity Functional Training for Strength Development	Jessica Smith	Colorado G-J (lower)	

1:15 p.m. - 3:05 p.m.	254	Independent Interactive Workshop	Bringing Back Foundation Strength Training, UN-Complicating Your Training for Optimal Results	Greg Johnson	Colorado F (lower)	
1:15 p.m. - 3:05 p.m.	255	Independent Lecture	The Importance of Becoming a Fitness Industry Advocate	Michael Stack	Mattie Skills (upper)	
1:15 p.m. - 3:05 p.m.	256	Independent Lecture	Removing the Noise in Obesity Treatment: Unpacking the Newest Evidence on Physical Activity and Weight Management from ACSM	John Jakicic, Stella Volpe	Denver 1-2 (lower)	
1:15 p.m. - 3:05 p.m.	257	Industry Presented Interactive Workshop	Balanced Body® Anatomy + Movement: Unraveling Upper Body Dysfunction, Imbalance and Pain	Brian Richey	Denver 4 (lower)	Balanced Body
1:15 p.m. - 3:05 p.m.	258	Independent Lecture	How to Negotiate for a Successful Career/ Life Balance in Fitness	Doris Thews	Denver 5-6 (lower)	
1:15 p.m. - 3:05 p.m.	259	Independent Lecture	The Fitness Leader's Framework: Unlocking Your Team's Potential	Katie Santos	Denver 3 (lower)	
3:25 p.m. - 5:15 p.m.	260	Independent Interactive Workshop	Ageless Flexibility, Mobility and Strength for Performance Longevity	Leslee Bender	Colorado A-D (lower)	
3:25 p.m. - 5:15 p.m.	261	Independent Interactive Workshop	Ouch-I Can't Do That Anymore- Give Me Some Safe Alternatives	Paul Gallo, Peter Ronai	Colorado F (lower)	
3:25 p.m. - 5:15 p.m.	262	Industry Presented Interactive Workshop	The Ultimate Footwear Debate Understanding Minimal, Maximal and Rocker-Based Shoes	Emily Splichal	Penrose (upper)	Naboso
3:25 p.m. - 5:15 p.m.	263	Independent Interactive Workshop	Human Reformer	Lauren George	Colorado G-J (lower)	
3:25 p.m. - 5:15 p.m.	265	Independent Lecture	Scope of Practice and Maintaining Professional Boundaries	Renee Rogers, Michael Stack, Monica Reinagel, Nina Crowley, Robyn Whitehead	Denver 3 (lower)	
3:25 p.m. - 5:15 p.m.	266	Independent Lecture	Trending Now: Strategies for Integrating the 2025 Fitness Trends into Practice	A'Naja Newsome, Rachele Reed	Denver 1-2 (lower)	
3:25 p.m. - 5:15 p.m.	267	Industry Presented Lecture	Balanced Body® Vastus Medialis and Knee Tracking; Key to Knee Pain and Stability	Brian Richey	Denver 4 (lower)	Balanced Body
3:25 p.m. - 5:15 p.m.	268	Independent Lecture	Don't Sleep on Sleep: A Practical Coaching Framework	Nicholas Lambe	Mattie Skills (upper)	
3:25 p.m. - 5:15 p.m.	269	Independent Lecture	High Content Marketing: Building Effective Strategies to Attract, Engage, and Convert Your Ideal Clients	Manny Escalante	Denver 5-6 (lower)	
5:15 p.m.- 7:00 p.m.		Marketplace	Marketplace Open and Sponsor Raffle (5:15-5:45 p.m.)		Lower Level 2 Prefunction	
6:00 p.m. - 6:45 p.m.	275	Event	Mentor Meets: Discussing the Value of Mentorship	Darian Parker, Debbie Bellenger, Doris Thews, Erin Nitschke, Jessica Maurer, Peter Ronai, Rachele Reed, Sherri McMillan	Colorado E (lower)	

Saturday, March 8, 2025

Time	Sess#	Session Type	Session Title	Presenters	Room	Company
6:30 a.m. - 7:15 a.m.		Marketplace	Marketplace Open and Morning Coffee		Lower Level 2 Prefunction	
6:30 a.m. - 7:15 a.m.	300	Industry Presented Specialty Workout	ZUMBA GOLD® A Workout Active Older Adults Want and Enjoy!	Kelly Bullard	Colorado A-D (lower)	Zumba
6:30 a.m. - 7:15 a.m.	302	Specialty Workout	Integrated Group Strength	Lauren George, Tricia Madden	Colorado E (lower)	
6:30 a.m. - 7:15 a.m.	303	Specialty Workout	Guided Outdoor Run (Saturday)	Brian Clevon	Hotel Lobby	
7:30 a.m. - 8:30 a.m.	310	Independent Interactive Workshop	Adapting Fitness for All: Inclusive Exercise Tips for Various Abilities	Kia Williams	Colorado A-D (lower)	
7:30 a.m. - 8:30 a.m.	311	Independent Interactive Workshop	Move with Confidence: Enhancing Cognitive Fitness With Functional Movement	Ruben Pereyra	Colorado F (lower)	
7:30 a.m. - 8:30 a.m.	312	Industry Presented Interactive Workshop	The Muscle Tuning Theory Understanding Gravity's Role in Performance and Injury Prevention	Emily Splichal	Colorado E (lower)	Naboso
7:30 a.m. - 8:30 a.m.	314	Independent Interactive Workshop	Navigating Sticky Situations in Today's Studio and Club Environment	Ingrid Knight-Cohee	Penrose (upper)	
7:30 a.m. - 8:30 a.m.	315	Independent Lecture	Muscle and Obesity Medications: A Deep Dive into Body Composition and Exercise	John Jakicic, Renee Rogers	Denver 1-2 (lower)	
7:30 a.m. - 8:30 a.m.	316	Independent Lecture	PT Pricing, Programs and Profits	Sherri McMillan	Denver 3 (lower)	
7:30 a.m. - 8:30 a.m.	317	Independent Lecture	AI Power Tools: The Future of Exercise Professionals	Ted Vickey	Denver 5-6 (lower)	
7:30 a.m. - 8:30 a.m.	318	Industry Presented Lecture	Maximizing Muscle for Longevity with Exercise and Nutrition	Brad Currier	Mattie Skills (upper)	Timeline
7:30 a.m. - 8:30 a.m.	319	Industry Presented Lecture	Balancing Science and Experience: Reconciling Research with Real-World Coaching	Rich Pruett	Denver 4 (lower)	Exos
8:50 a.m. - 10:40 a.m.	320	Independent Interactive Workshop	Mind-Body Boost: Amplify Your Prop Power	Lauren George, Tricia Madden	Penrose (upper)	
8:50 a.m. - 10:40 a.m.	321	Independent Interactive Workshop	Strengthening Exercise in the Autism Community: Practical, Proven Approaches	David Geslak	Colorado F (lower)	
8:50 a.m. - 10:40 a.m.	322	Independent Interactive Workshop	Integrating Yoga with Functional Fitness	Stacy McCarthy	Colorado E (lower)	
8:50 a.m. - 10:40 a.m.	323	Independent Interactive Workshop	Glute Training, Beginner to Advanced, Assessment and Implementation	Greg Johnson	Colorado G-J (lower)	
8:50 a.m. - 10:40 a.m.	324	Independent Interactive Workshop	The Physical, Physiological and Behavioral Benefits of Myofascial Release	Leslee Bender	Colorado A-D (lower)	
8:50 a.m. - 10:40 a.m.	325	Independent Lecture	Elevate Your Impact: Building Your Legacy Through Mentorship, Collaboration, and Longevity	Jessica Maurer	Mattie Skills (upper)	

8:50 a.m. - 10:40 a.m.	326	Independent Lecture	Science meets Action: Nutrition, Physical Activity, and Health	Erin Nitschke	Denver 5-6 (lower)	
8:50 a.m. - 10:40 a.m.	327	Independent Lecture	Mindful Movement: Enhancing Mental Health Through Fitness	Robyn Whitehead, Travis Weisbrod	Denver 1-2 (lower)	
8:50 a.m. - 10:40 a.m.	328	Independent Lecture	Lead from Behind: A Leadership Approach that Empowers Teams and Drives Success	Manny Escalante	Denver 3 (lower)	
8:50 a.m. - 10:40 a.m.	329	Independent Lecture	ACSM's Health & Fitness Journal: A Tool for Professional Development and a Focus on the Future	Paul Gallo	Denver 4 (lower)	
11:00 a.m. - 12:00 p.m.	330	Independent Interactive Workshop	Physical Activity vs. Exercise Training: Integrating Both for Optimal Health and Fitness	Tony Nuñez	Colorado A-D (lower)	
11:00 a.m. - 12:00 p.m.	331	Industry Presented Interactive Workshop	Mind Over Muscle: Transforming Fitness Training with Cereset's BrainEcho® Innovation	Gina Fontaine	Colorado F (lower)	Cereset
11:00 a.m. - 12:00 p.m.	332	Independent Interactive Workshop	Nature-Deficit Disorder	Mary Yoke	Colorado E (lower)	
11:00 a.m. - 12:00 p.m.	334	Independent Interactive Workshop	The Fitness Assessment Toolkit- Purposes, Priorities, Processes, and Procedures	Peter Ronai	Penrose (upper)	
11:00 a.m. - 12:00 p.m.	335	Industry Presented Lecture	The Latest in Trending Diets: What's Hype vs. Reality?	Megan Engel Sally Lyons Wyatt	Denver 1-2 (lower)	PepsiCo, Inc.
11:00 a.m. - 12:00 p.m.	336	Independent Lecture	The Neuroscience of Sleep and Mental Health	Ryan Glatt	Denver 5-6 (lower)	
11:00 a.m. - 12:00 p.m.	337	Industry Presented Lecture	Striking the Balance: Strategies for Preserving Lean Muscle During Weight Loss	Monica Reinagel, Nina Crowley	Mattie Skills (upper)	National Cattlemen's Beef Association
11:00 a.m. - 12:00 p.m.	338	Industry Presented Lecture	Max Strength = Max Speed	Josh Cuthbert	Denver 4 (lower)	Technogym
11:00 a.m. - 12:00 p.m.	339	Independent Lecture	Fit Pro Panel	Francis Neric, Aimee Nicotera, Brian Clevon, Ingrid Knight-Cohee, Ruben Pereyra	Denver 3 (lower)	
12:00 p.m. - 5:00 p.m.		Marketplace	Marketplace Open		Lower Level 2 Prefunction	
12:15 p.m. - 1:00 p.m.	340	Industry Presented Lecture	From Assessment to Action: Creating Client-Specific Programs Based on Body Composition Insights	Johnny August	Denver 1-2 (lower)	InBody
1:15 p.m. - 3:05 p.m.	350	Independent Interactive Workshop	Trauma-Informed Exercise Instruction: An Exploration Across Multiple Modalities	Kate O'Farrell	Colorado A-D (lower)	
1:15 p.m. - 3:05 p.m.	351	Independent Interactive Workshop	Empower & Thrive: Tools for Purposeful Aging	Ruben Pereyra	Colorado F (lower)	
1:15 p.m. - 3:05 p.m.	353	Independent Interactive Workshop	Studio Walking	Grace DeSimone	Colorado G-J (lower)	
1:15 p.m. - 3:05 p.m.	354	Industry Presented Interactive Workshop	Balanced Body® ReforMat with Bands and Rollers	Helen Vanderburg	Penrose (upper)	Balanced Body
1:15 p.m. - 3:05 p.m.	355	Independent Lecture	From Evidence to Exercise Studios: Confronting Weight-related Bias and Stigma and Creating More Inclusive Fitness Spaces	Sara Kovacs	Denver 4 (lower)	

1:15 p.m. - 3:05 p.m.	356	Independent Lecture	From Passion to Presenter: Uplevel your Fitness Industry Presence Learn to be a Presenter, Continuing Education Provider, and Master Educator	Becky Langton	Denver 5-6 (lower)	
1:15 p.m. - 3:05 p.m.	357	Independent Lecture	Starting an Exercise Program for People Living with and Beyond Cancer	Kathryn Schmitz	Mattie Skills (upper)	
1:15 p.m. - 3:05 p.m.	358	Independent Lecture	Enhancing Balance and Stability Skills in Older Adults to Prevent Slips and Trips	Jan Schroeder	Denver 1-2 (lower)	
1:15 p.m. - 3:05 p.m.	359	Independent Lecture	Organization + Systems = Success: A Guide for Thriving as an Independent Trainer	Billy Polson	Denver 3 (lower)	
3:25 p.m. - 5:15 p.m.	360	Independent Interactive Workshop	Vital Core Training	Leslee Bender	Colorado A-D (lower)	
3:25 p.m. - 5:15 p.m.	361	Independent Interactive Workshop	Your Brain in 3D	Aimee Nicotera, Ryan Glatt	Colorado F (lower)	
3:25 p.m. - 5:15 p.m.	362	Independent Interactive Workshop	Posture Perfect: Body Weight Exercises for Better Posture	John Preston	Colorado E (lower)	
3:25 p.m. - 5:15 p.m.	363	Independent Interactive Workshop	Pickle Power	Ingrid Knight-Cohee, Jeff Huling	Colorado G-J (lower)	
3:25 p.m. - 5:15 p.m.	364	Industry Presented Interactive Workshop	Elevating Coaching Impact: Emotional Intelligence in Action	Rich Pruettt	Penrose (upper)	Exos
3:25 p.m. - 5:15 p.m.	365	Independent Lecture	Inclusive Fitness Environments	Kia Williams, David Geslak, Kate O'Farrell, Sara Kovacs	Denver 3 (lower)	
3:25 p.m. - 5:15 p.m.	366	Independent Lecture	Fitness and Fulfillment: How Relationship Self-Care Enhances Fitness Professional Well-being	Darian Parker	Mattie Skills (upper)	
3:25 p.m. - 5:15 p.m.	367	Independent Lecture	Client Results: The Ultimate Tool for Professional Development	Michael Stack	Denver 5-6 (lower)	
3:25 p.m. - 5:15 p.m.	368	Industry Presented Lecture	Whole-Body Electric Muscle Stimulation: An Expandable New Tool for the Trainer's Toolbox	Brian Cooper	Denver 4 (lower)	Xbody
3:25 p.m. - 5:15 p.m.	369	Industry Presented Lecture	Muscle as a Longevity Organ - The Role of Urolithin A	Jennifer Scheinman	Denver 1-2 (lower)	Timeline

Sunday, March 9, 2025

Time	Sess#	Session Type	Session Title	Presenters	Room	Company
8:00 a.m. - 9:50 a.m.	400	Independent Interactive Workshop	Cultivating Resilience: Yoga and Meditation for Stress Management	Stacy McCarthy	Colorado E (lower)	
8:00 a.m. - 9:50 a.m.	401	Independent Interactive Workshop	Squat It Like It's Hot: Choosing the Correct Variation	John Preston	Colorado F (lower)	
8:00 a.m. - 9:50 a.m.	403	Independent Lecture	From Ideation to Implementation: Creating Smart and Unique Exercise Programs That Sell	Aimee Nicotera	Denver 3 (lower)	
8:00 a.m. - 9:50 a.m.	404	Independent Lecture	Keeping Your Marbles Until the End	Mary Yoke	Denver 1-2 (lower)	
10:00 a.m. - 11:50 a.m.	410	Industry Presented Interactive Workshop	How to Use Recovery Technologies to Optimize Client Warm-up and Recovery	Josh Adams	Colorado F (lower)	Therabody

10:00 a.m. - 11:50 a.m.	411	Independent Interactive Workshop	Tailored Circuit Training for Your Tailored Goals	Tony Nuñez	Colorado E (lower)
10:00 a.m. - 11:50 a.m.	413	Independent Lecture	Neuroscience Research Update: Brain Health & Lifestyle Behaviors	Ryan Glatt	Denver 1-2 (lower)
10:00 a.m. - 11:50 a.m.	414	Independent Lecture	Credentials Matter: Ensuring Safety, Standards of Practice, and Promoting Continuing Education	Sara Kovacs, Francis Neric, John Preston, Rachelle Reed, Sherri McMillan	Denver 3 (lower)

Online Content



Want even more Summit content? Visit www.acsmsummit.org or www.ideafit.com to purchase the following online content. 20 CECs available!

Lecture		AI Revolution in Sports and Exercise: Enhancing Performance Analysis and Training	Jaime Roa
Lecture		Brain Gains: Top Exercises and Supplements for Cognitive Enhancement and Brain Physiology	Terence Moriarty
Interactive Workshop		Building a Successful Small Business as a Fitness Professional	Laura Irving
Lecture		Creating an Inclusive Fitness Experience for Individuals With Intellectual and Developmental Disabilities: A Fun and Fit Lifespan Approach From Special Olympics	Leigha Cummings, Melissa Otterbein
Lecture		Don't Say Prevention: Meeting Healthcare Networks and Payers Where They Are	Graham Melstrand, Michael Stack
Interactive Workshop		Every Breath You Take	Stacey Krauss
Lecture		From Main Stage to Manager	Chris Stevenson, Steven Trotter
Lecture		From Passion to Profit: Harnessing the Financial Potential of Your Fitness Business	Dan Kleckner
Lecture		Future Focused Group Training	Steven Trotter
Lecture		Level Up! How to Advance in Your Health Fitness Career	Francis Neric, Lauren Korzan
Lecture		Panel Discussion - Advocacy & Professionalization within the Exercise Profession	Francis Neric, Jeff Young, Michael Stack, Rachele Pojednic
Interactive Workshop		Revitalize Pool Programming and Elevate Instructor Expertise	Melissa Plumeau
Lecture		RRRRevenue: The Four Rs of Building and Sustaining Revenue in the Fitness Business	Greg Johnson
Lecture		Sensory Strategies to Promote Inclusive Physical Activity for Those with Autism and Other Neurodiversity	Emilee Moore
Interactive Workshop		SpeakNess: Improve How You Show Up Personally & Professionally With Public Speaking Skills	Nicholas Lambe
Lecture		Stride Smart: Leveraging Walking Science for Enhanced Health Outcomes	Colin Carriker
Interactive Workshop		Teaching Yoga and Movement for people with Neurological Conditions	Danielle Kipnis
Lecture		The Exercise Consultation in a Clinical Setting: Bridging the Gap for Clinical Populations Needing Exercise Guidance without Qualifying for Supervised Programs	Casey Filler, Kaitlin Moore
Lecture		The Power of Routine	Jessica Maurer
Lecture		What's New in the 12th Edition of ACSM's Guidelines for Exercise Testing and Prescription and Considerations for their Practical Applications	Amanda Bonikowske, Cemal Ozemek, Jeffrey Christle, Paul Gallo