



**Manitoba
Fitness Council**

Have a Hecla of a good time..

In-Person Conference to be held at
Hecla Lakeview Resort on Hecla
Island

May 3 and 4 , 2024

Have a Hecla of a
Good Time..

Register before May
1, 2024 and be
entered to win your
own
COLD PLUNGE TANK

FITNESS TOGETHER IS BETTER..



We started the Made in Manitoba Conference 20 plus years ago with the purpose of creating space to use only local presenters and for fitness professionals to come together and share ideas, inspire one another, and to connect. In the years since we've had many successful events, they've all been fulfilling, If you have never been to it, you are missing out on some fantastic networking and knowledge sharing.

This conference offers a unique combination of being both a learning weekend and a retreat to help you rest, and reconnect.

We try to create a program with something for everyone. Come out, learn something and enjoy the experience!

It's said that one of the secrets to happiness is always having something to look forward to, and we are so looking forward to being together with all of you. It brings us such joy to share the Made in Manitoba 2024: **Have a Hecla of a good time!**

CONFERENCE PRICING



PRECONFERENCE SESSIONS

MFC MEMBER \$60.00 PLUS GST
NON-MEMBER PRICE \$60 PLUS GST

FULL CONFERENCE

INCLUDES: HIKE FRIDAY, RECEPTION AND KEYNOTE FRIDAY
EVENING
ALL SATURDAY SESSION AS WELL AS BREAKFAST, LUNCH AND
COFFEE BREAK AND SNACKS

MFC MEMBER \$215.00 PLUS GST
NON-MEMBER PRICE \$230 PLUS GST

WHERE TO STAY?

TWO OPTIONS ARE READILY AVAILABLE

1. HECLA LAKEVIEW RESORT – TO BOOK A ROOM UNDER OUR
DISCOUNTED RATE PLEASE INDICATE YOU’LL BE ATTENDING
OUR CONFERENCE. YOU CAN CALL 204-279-2041 TO MAKE A
RESERVATION-

****OUR ROOM BLOCK IS BEING HELD UNTIL APRIL 4, 2024**

2. GULL HARBOUR MARINA AND LIGHTHOUSE INN (1 KM AWAY
FROM CONFERENCE) CALL 204-279-2180

Schedule at a Glance

Friday May 3, 2024 Pre-Conference Sessions

1:30 - 3:00 PM Hike Hecla with Stephanie Jeffrey and Sheena Kilpatrick

1:30 - 3:00 PM Brain Health and Dual Task Training with Andrea Smith

3:00 - 4:00 PM Muscular Endurance Training for the Mature Population with Dave Rondeau

Friday May 3, 2024 Conference Opening

7:00- 7:45 PM Keynote: Lead with Passion with Andrew Wood

7:45 - 10:00 PM Networking

Saturday, May 4, 2024

7:00 - 7:45 AM The Aqua Experience with Candace Csordas

8:00 - 8:30 AM Tai Chi Master Class with Sheena Kilpatrick

8:30 - 9:15 AM Breakfast - included

9:20 - 10:30 AM 2.5 cecs each pick one session	Sound Bath and Intro to Guided Meditation with Samantha Long	The Fitness ABC's: Agility, Balance & Coordination With Rachelle Valel	Where has civility gone? with Shawn Tole
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10:45-12:00pm 2.5 cec each Pick one session	Rollga Rolling with Sam Long	Barbie AND Ken Workout with Brenda Kuik Macauley	Pelvic Imbalances and Associated Injuries with Glen Bergeron
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12:00-1:00 pm Lunch - included

1:00 -2:15 pm 5 Top Fitness Leader injuries and how to prevent them with Glen Bergeron

2:30-4:00 pm 2.5 cecs each (pick one)	Chair Weights and Chair Yoga with Doreen Wuckert	Aqualates with Stephanie Jeffrey	Yin Yoga Full Body Release and Recovery with Sheena Kilpatrick
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Friday, May 3, 2024

Pre-conference sessions

1:30-3:00 PM Hike Hecla (included with Registration)

with Stephanie Jeffrey and Sheena Kilpatrick

Come prepared to walk through whatever the trail conditions are. We will start at the Lakeview Resort and hike for 5 kms to the lighthouse and to the marina.

1:30-3:00 PM 90 minutes on Brain Health and Dual Task Training.

with Andrea Smith

In this session, participants will gain a comprehensive understanding of how regular exercise not only strengthens the body but also nurtures the brain. The session will spotlight the benefits of different exercise modalities and their contributions to cognitive well-being, emphasizing the importance of incorporating dual task activities and both aerobic and resistance training into one's routine. Participants will get to practice movements that optimize brain health, enhance memory, and promote overall mental well-being.

3:00-4:00 PM Muscular Endurance Training for the Mature Population.

With Dave Rondeau

Looking for a new challenge? Tired of recurrent, chronic injuries? Are you beginning to feel like Father Time is winning? Maybe it's time to look at a new approach to resistance training. This presentation will lead you through the reasons why this work-out was conceived and how it has answered some of these troublesome questions. Less emphasis on the traditional principles of muscle fatigue and muscular overload with greater importance placed on muscular endurance may be a way to address your personal health-related issues.

Conference Official Start

7:00 PM Keynote Session: Lead with Passion

with Andrew Wood

In this 30-minute presentation, Andrew discusses how the backbone of fitness leadership is passion. He will cover how passion and belief impacts sales, processes, and the growth of the business.



Saturday, May 4, 2024

7:00-7:45 am The Aqua Experience

with Candace Csordas

Get ready for a 45-minute aquatic escapade with the electrifying Candace Csordas! Immerse yourself in pulsating beats, fantastic aqua techniques, and an exhilarating blend of choreography, interval training, and dance. This isn't just a workout; it's a high-energy fiesta you won't want to miss! Join us for the ultimate "Aqua Experience" that promises to leave you invigorated, joyous, and eagerly anticipating your next aquatic adventure!

8:00-8:30 am Tai Chi Master Class

with Sheena Kilpatrick

Tai chi is often described as "meditation in motion". There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. Come try this master class and see why so many people love it.

9:20-10:30 AM (Choose 1)

Sound Bath with Intro Guided Meditation

with Samantha Long

What is sound bath? It is a meditative experience where those in attendance are "bathed" in sound waves. These waves are produced by various tools, including healing instruments such as gongs, singing bowls, drumming, chimes, tuning forks, and quartz crystal items.

The intention: To create an opportunity for change and the possibility to help balance the energy of the participants. It is also to create a state of harmony in the listener by using sound too clear and bring a "vibrational flow" through the participants' energy fields. The benefits can be relaxation, an increased sense of wellbeing, expanded awareness, and access to inner visionary experience.

ABC's- Agility, Balance & Coordination

with Rachelle Valel

Your ABC's all contribute to your cumulative ability to perform in both sports and life. Exercises are geared towards improving agility, balance and coordination through unique movements, patterns, and challenges. Assess the world around you through physical literacy so the next time you pivot, jump, fall or crawl you will do it with ease and grace :)

"Where has civility gone?"

with Shawn Tole

Have you noticed any changes in how we engage with one another? What about and the changes we have all experienced in our daily interactions with one another? There really seems to have been a nose-dive in how we react and interact with others; much of which is a fallout from the COVID-19 pandemic. The session is about respect, why do we react so quickly and assume the worst when we feel someone has disrespected us. How do we address someone if we feel disrespected? How do we react when someone tells us we have been disrespectful?

10:45:AM-12:00 pm (Choose 1)

Rollga Rolling Session

with Samantha Long

What is a Rollga? It is a contoured foam roller designed to reach and target muscles. The unique, patented design of the Rollga is equipped with bumps that target and dig deeper into muscles, significantly enhancing muscle release. The Rollga Design also enables the spine, bones, and tendons to drop into grooves, preventing compression, damage, or bruising. The Rollga foam roller is ideal for improving flexibility, reducing muscle soreness, and back and neck massage. The degeneration of fascia can be accelerated with repetitive overuse, stress, or injury. Rollga prevents fascia from becoming unhealthy, and by restoring your fascia, you restore your mobility.

Barbie AND Ken - The WORKOUT:

with Brenda Kulik Macauley

Dance based choreography for the performer in all of us. Hi Barbie, Hi Ken! Ready to dance? According to recent data found by Google, dance classes have been deemed the most popular exercise classes, averaging approximately 670,000 monthly Google searches in 2023!

Dance's top spot makes sense given the workout's wide range of health benefits both mentally and physically. What are the specific benefits of busting a move?

Dance boosts cardiovascular health, builds core strength, body awareness, promotes flexibility, is good for your bones, helps manage weight, may help prevent memory loss, decreases anxiety, increases self-esteem, is a stress buster, and helps us feel more socially connected. Whew that was a mouthful! Join Brenda & Ken for a fabulously fun dance party with easy-to-follow moves, plus music and choreography inspired by the blockbuster hit, Barbie the Movie! Prepare to channel your inner Barbie, Ken or Allan and release the dancer within!

Pelvic Imbalances and Associated Injuries

with Glen Bergeron

This presentation will discuss the central role of pelvic posture as it relates to upper and lower body injuries. The skeletal and muscular anatomy will be reviewed and its impact on normal and abnormal function.

1:00 - 2:15 PM

Common Fitness Leader injuries and how to prevent them

with Glen Bergeron

This presentation will look at the most common injuries sustained by fitness leaders. The anatomy, mechanism of injury and preventative strategies will be presented for the most common upper and lower body injuries. Participants will be welcome to share their own experiences.

2:30 - 4:00 PM (Choose 1)

**Chair Weights/Chair Yoga
with Doreen Wuckert**

This workshop mainly deals with participants who do not want to lie on the floor. The goals are to increase strength, balance and flexibility using weights, resistance bands and bender balls.

The second section will concentrate on yoga, working on flexibility, core strength and balance.

As participants become stronger and more confident, they rely less on the chair.

Aqualates

with Stephanie Jeffrey

Explore the dimensions of water and Pilates we'll focus on incorporating the shallow water and a noodle. This class will help you investigate new options and new ways to think about the classes you are already offering. How do we get to the root of many weaker muscles, and how do we explain this to our participants.

Rest, Rejuvenation and Yin Yoga

with Sheena Kilpatrick

Yin yoga is a slower-paced style of yoga that is developed from principles of Traditional Chinese Medicine. Examining the 12 major meridian lines learn how to build yoga sequences to improve the function and energy flow throughout the body.



**Fleece Warm-
up Jacket
available for
purchase with
your
registration!
Only \$55.00
plus tax!**

CONFERENCE WAIVERS



Made in Manitoba Waiver of Liability

In consideration of accepting this registration, I, the undersigned, intend to be legally bound, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Manitoba Fitness Council, the facilities and all promoters, sponsors and their representatives, successors and their assigns for any and all injuries suffered during the Manitoba Fitness Council Hecla Retreat for fitness leaders 2024 Conference. I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment or taking any medication that would cause me harm or limit my participation.

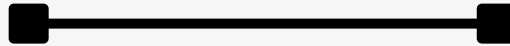
Photography Release

I hereby Grant the Manitoba Fitness Council the irrevocable and unrestricted right to use and publish photographs of me, or in which I may be included, for publications, electronic reproductions (websites) and/or promotional materials or any other purpose and in any manner or medium. In addition, I grant my permission to alter the same without restriction and to copyright the same. I hereby release the photographer and the Manitoba Fitness Council from all claims and liability related to said photographs

PRESENTERS



Andrea Smith MSc, ACSM-CIFT is a full-time instructor in the Department of Kinesiology and Applied Health at the University of Winnipeg. She specializes in movement for special populations including seniors. Andrea has been involved with the Manitoba Fitness Council for as long as she can remember.



Andrew Wood is an Operations Divisional Manager for GoodLife Fitness and oversees the provinces of Manitoba and Saskatchewan. He has been in the fitness industry for 15 years and has a proven track record of shattering sales metrics and increasing revenue at fitness clubs. Andrew, is an advocate for fitness being a part of mental health treatment in Canada and he sits on the board of directors at Fitness for Mental Health (FMH).



Brenda Kulik-Macaulay has been in the fitness industry for decades and was awarded Manitoba's Fitness Instructor of the year for 2010. She is certified by the MFC in Group Fitness and Resistance Training and holds certifications for TRX Suspension Training, Group Cycling, Stability Ball, Drums Alive and is a Bellyfit Master Trainer. Brenda enjoys teaching a wide variety of classes including Step, Bosu, Resistance Training, Cycling, Senior's Fitness and ViPR (loaded movement training), but her favourite workouts are dance focused. Her passion for music and movement helps inspire her creative and juicy dance-based choreography.



Candace Csordas has over two decades of fitness and adventure, to bring to her teaching . Starting in Winnipeg in 2000, she has guided diverse fitness programs, from land and pools to parks, Zoom, lakeshores, and mountains. In 2023 she founded Candace Csordas Fitness and Wilderness, thriving in impacting the wellness in the community. With

Six Certifications from the Manitoba Fitness Council, Candace pioneers programs, teaches aqua, yoga, strength training, and fitness for Active Older Adults as well as Personal Training. She blends her fitness passion with wilderness exploration, hosting a unique wilderness hike program and paddleboarding. Candace's life is a blend of activities, sports, fitness, and continuous education in a holistic and playful approach.



Dave Rondeau. Is currently a registered Fitness Leader with the MFC, as well as once being a certified Personal Trainer with CSEP. A retired Phys. Ed. teacher with +25 years of experience, he holds a Master's degree as well as degrees in Phys. Ed. and Education and has been involved in resistance training since his teens. Dave appreciates the benefits that physical fitness and sound nutrition offer to leading an active and healthy lifestyle and enjoys sharing his knowledge and experience.



Doreen Wuckert is a retired French Immersion teacher. Currently she is a Faculty Supervisor at the U of W, guiding student teachers to become professionals.

Also, Doreen is a bilingual Yoga and Resistance Instructor, certified through MFC and Yoga Studios, Toronto. She has taught at various recreation centres, gyms, senior centres and her home studio. She enjoys teaching fitness, watching participants get stronger and more flexible.



Dr. Glen Bergeron is associate professor and coordinator of the Athletic Therapy curriculum at the University of Winnipeg. He certified with the Canadian Athletic Therapists Association (1975) and has served as an executive member of the CATA for 8 years. Glen brings with him a wealth of clinical skills and experiences at the university, professional, national and international levels. He was on the Board of Directors of Sport Manitoba (1996-2001), Chairperson of the National Sport Centre-MB (1996-2001) and President of the Manitoba Brain Injury Association (1996-2002). He is presently the VP of the Sport Medicine Council of Manitoba.



Samantha Long is passionate about empowering people with knowledge of overall wellness. We are all bio-individuals, wellness comes from a variety of personalized tools and sources. Physical movement, energetic movement, mindfulness of how we nourish our mind, body, spirit and soul. With the development of this connection, one can achieve clarity on healing opportunities. Credentials: Manitoba Fitness Council certified 2011 Certified Instructor for Alignment Essentials®, Usui® Reiki Master (and various Reiki extension Certifications), Integrative Nutrition® Health Coach (2016), Functional Diagnostic Nutrition® Practitioner (2018), Sound Therapy & Sound Healing Practitioner and a variety of vibrational healing modalities certifications.



Sheena Kilpatrick graduated from Queen's University with a Bachelor of Physical and Health Education. She is a Clinical Exercise Physiologist and Instructor- Trainer with the Manitoba Fitness Council, Urban Pole Canada, and Canadian Yoga Alliance. Sheena is passionate about holistic wellness and teaches a variety of clients in studio and online through her company Harmony Tree Studio.



Stephanie Jeffrey BMGNT holds almost 25 years of experience in recreation, fitness and community development. She believes in not only talking about physical activity but getting out and being active. In addition to her role as the Executive Director and Evaluator of fitness leaders for the Manitoba Fitness Council, she is a certified fitness leader, leading classes weekly both online and in person.



Shawn Tole has had a varied career. She has owned her own business, worked in the private sector and non-profit sector, all wearing a variety of hats. One of the main common factors during her working career in a variety of industries is working with people. During the last several years, she has been a Human Resource Professional for the Public Service Commission (Province of Manitoba). She also happens to be a group fitness instructor 20+ years, specifically a STOTT Pilates® instructor. During both of her careers as a Human Resources Professional and a fitness instructor, she has been very fortunate to meet and learn from so many talented and passionate people. She has tried to include and embody these professional and life lessons into her interactions with others. She is also a mom, wife, and grandmother to three amazing little girls.



Rachelle Valel is NCCP Level 4 certified in artistic gymnastics and is also a NCCP Course Facilitator and Coach Evaluator. She has coached athletes to the National Championships for over 20 years, including several national champions. Rachelle has been to four Canada Games as a coach (2007, 2011, 2019 & 2023), and represented Canada at the 2013 World University Games in Kazan, Russia as a team coach. Rachelle has a Kinesiology degree and a Master of Science degree from the University of Manitoba. Rachelle has been a Fitness Instructor at the Rady Centre for many years and has certifications in Pilates and TRX. Rachelle is also a mental performance coach and has worked with all types and levels of athletes including amateur and professional, children and adults, teams, and individuals.

