

**CANADA'S FIRST
PERFORM BETTER
SUMMIT**



PERFORM[®] BETTER!

LEARN BY DOING SEMINAR

WHEN:

Saturday, February 18
9:00AM – 4:00PM
Registration begins at 8:00AM

WHERE:

Ryerson University
350 Victoria Street
Toronto Ont., M5B 2K3

FEES:

Pre-Register for only
\$149* CAD
(\$169* CAD at the door)
*Plus HST





THE CONCEPT

National Fitness Products of Canada is hosting the very first **Learn by Doing** one-day seminar. This seminar is designed to provide personal trainers, coaches, therapists, students and many others with a hands-on learning experience with some of the top professionals in the fitness industry.

THE FORMAT

The seminar will be divided into two sessions; morning and afternoon. The morning session will consist of three presenters, each allotted a 60-minute time frame to lecture on their area of expertise. After a one-hour lunch break, the afternoon hands-on learning session will commence. The presenters will instruct corresponding hands-on learning stations. Attendees will be divided into two smaller groups and rotate between presenters.

Presenters and Topics

RICK MAYO



- Owner of North Point Fitness, the highest revenue per square foot facility in the country since 1992
- CEO of Alloy Personal Training Solutions, a consulting and licensing

company with over 500 clubs and licensees worldwide

- Board Member for the GA State Exercise Science Department as well as the Atlanta School of Fitness
- Contributor to multiple national publications, such as Men's Health

Real Programming for Small Group Training

Learn how to write real world small group programming for your clients. Rick's gym, North Point Fitness, will conduct over 60,000 sessions this year in the small group format. Rick will share his best practices around how to program for this type of training, why it is better than private training and how to differentiate it from large group training. This is a rare opportunity to take a look behind the scenes at the processes that are now powering hundreds of small group training programs worldwide.

DIANE VIVES



- Owner and director of Vives Training Systems and Fit4Austin in Austin Texas
- Director of Education for Functional

Movement Systems

- Served on the NSCA Board of Directors and the Under Armour Performance Training Council

Unleash Upper Body Strength with FMS

Learn how to identify essential movements that allow the upper body to express strength and power. In order to unlock performance in a sport, a fitness goal or in weight loss, you must engage your total body potential for movement. This session shows how the Functional Movement Screen (FMS) alerts you when there are limitations in the upper body that must be addressed and then provides movement solutions.

ANDRE LEITERT



- Presented with Business Honours Awards; Gold Sponsors CPTN and Ontario Human Performance Network
- Senior Marketing

Manager; Moen Canada

- President Riverdale Fitness Mill
- Founded and is currently President of National Fitness Products of Canada Inc.

Financing for Small Business

Learn the finer points of today's business environment and the various sources of financing available. Andre explores the pros and cons of each source and the key elements needed to obtain effective financing for a successful small business.

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REGISTRATION

REGISTRATION INFORMATION

1. Register online at: www.nationalfitnessproducts.com/seminar
2. Register by phone at 1-877-348-4111 ext. 28
3. Mail completed form to: National Fitness Products Seminar, 104 Maple Ave., Inglewood, Ont., L7C 1J5
4. Complete the form and email to erin@nationalfitnessproducts.com, or fax to 905-838-3446

\$149 + 13% HST = \$168.37 Pre-Registration

\$169 + 13% HST = \$190.67 At the door

Please make cheque payable to **National Fitness Products**

Cancellation policy: Full refund if cancellation is received 14 days prior to event

Note: To save or email completed form requires the latest **Adobe Acrobat Reader DC** version, to download a free copy of Acrobat DC, **CLICK HERE.**

Name:

Address:

City:

Province:

Postal Code:

Phone:

Email:

I require wheelchair access

PAYMENT

Cheque

Credit Card

MC

VISA

Credit Card Number:

Expiration Date (MM/YY):

Security Code:

I agree to allow National Fitness Products to charge my credit card \$168.37 (includes HST)



Mailing address:
104 Maple Ave.,
Inglewood, Ont., L7C 1J5

