



13 - 15 OCTOBER 2021 / ONLINE

Day 1: Wednesday 13 October

**NEW OPPORTUNITIES:
SPECIAL POPULATIONS**

0945-1000	Welcome from FILEX
1000-1100	Expand Your Membership Base and Clientele by Meeting the Needs of People with Obesity Dr. Amy Bantham - CEO/Founder at Move to Live@More & Dr. Rachele Pojednic - Asst Prof and Program Director of Exercise Science at Norwich University
1100-1200	Understanding Diabetes Dr. Rick Richey - University Adjunct Professor, NASM faculty instructor, Owner of Independent Training Spot & Co-Owner of RēCOVER
1200-1230	Lunch Break
1230-1330	Preventing and Reversing Cognitive Decline Dr. Chris Chappel - Fellow in Anti Aging Metabolic Medicine, Board Certified in Anti Aging and Regenerative Medicine, Bredesen Recode 2.0 Certified Physician
1330-1430	NDIS Q&A: The Basics and The Opportunities for Fit Pros Karen Stace - Senior Manager for State and Territory Operations with National Disability Services (NDS) with Chantal Brodrick
1430-1530	Fitness for Every Body – Disability Inclusion Principles for the Fitness Industry Tommy Trout - WeFlex Founder and Disability Advocate
1530	Close

Day 2: Thursday 14 October

**MENTAL HEALTH:
WHAT FIT PROS NEED TO KNOW**

0955-1000	Welcome from FILEX
1000-1100	Keynote Presentation + Q&A Grace Tame - 2021 Australian of the Year, survivors of child sexual abuse advocate, motivational speaker, illustrator and marathon runner
1100-1200	Muscle Up for Mental Health Assoc. Prof Simon Rosenbaum - Academic Exercise Physiologist in the School of Psychiatry, UNSW Sydney & Honorary Fellow, Black Dog Institute
1200-1230	Lunch Break
1230-1330	Fireside Chat: Mental Health & the Fitness Industry: Observations & Solutions Barrie Elvish - CEO, Fitness Australia, Ginny Stevens - Founder, Active Farmers and Bek Smith - TEDx Speaker & Mental Fitness Expert
1330-1430	Happy Meals: The New Science of Nutrition & Mental Health Kristen Beck - Registered Nutritionist, senior sports-science lecturer, nutrition media commentator
1430-1545	Panel Discussion: Big Thoughts on Mental Health Prof Ian Hickie AM - Co-Director, Health and Policy, Brain and Mind Centre & inaugural Commissioner on Australia's National Mental Health Commission (2012-18), Dr Sarah Maguire - Director, InsideOut Institute, clinical psychologist, researcher, educator, and policy maker Grace Tame - 2021 Australian of the Year, survivors of child sexual abuse advocate, motivational speaker, illustrator and marathon runner Georgie Haman - CEO, Beyond Blue Host: Barrie Elvish - CEO, Fitness Australia
1545	Close

Day 3: Friday 15 October

**THE FUTURE OF FITNESS:
BUSINESS TECH & DATA**

0955-1000	Welcome from FILEX
1000-1100	Leveraging & Harnessing Data to Your Business Advantage Dr. Steve Leven - Co-Founder & Co-CEO/CTO, Zenbly
1100-1130	How Facebook and Instagram Can Help Unlock a New Era of Fitness Lucinda Bauermeister - Client Solutions Manager eCommerce, Facebook
1130-1200	Industry insights: Customer & Consumer Trends Hema Prakash - Vice-President & Managing Director – APAC, Mindbody
1200-1230	Lunch Break
1230-1330	Make Your Data and Technology Work For You to Get More Australians More Active, More Often James Ellender - CEO, ActiveXchange
1330-1430	Details to be announced!
1430-1530	Fitness Australia Awards 2021 Host: Chantal Brodrick Keynote Speaker: Dylan Alcott AM - Paralympic Gold Medallist, World Champion and inspirational speaker
1530	Close