



13 - 15 OCTOBER 2021 / ONLINE

Wednesday 13 October 2021
New Opportunities: Special Populations

0945-1000	Welcome from FILEX
1000-1100	<p>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</p>
1100-1200	<p>Understanding Diabetes Dr. Rick Richey University Adjunct Professor, NASM faculty instructor, Owner of Independent Training Spot & Co-Owner of R&COVER</p>
1200-1230	Lunch Break
1230-1330	<p>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</p>
1330-1430	<p>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</p>
1430-1530	<p>Fitness for Every Body – Disability Inclusion Principles for the Fitness Industry Tommy Trout WeFlex Founder and Disability Advocate</p>
1530	Close

Thursday 14 October 2021
Mental Health: What Fit Pros Need to Know

0955-1000	Welcome from FILEX
1000-1100	<p>Keynote Presentation + Q&A Grace Tame 2021 Australian of the Year, survivors of child sexual abuse advocate, motivational speaker, illustrator and marathon runner</p>
1100-1200	<p>Muscle Up for Mental Health Assoc. Prof Simon Rosenbaum Academic Exercise Physiologist in the School of Psychiatry, UNSW Sydney & Honorary Fellow, Black Dog Institute</p>
1200-1230	Lunch Break
1230-1330	<p>Fireside Chat: Mental Health & the Fitness Industry: Observations & Solutions Barrie Elvish - CEO, Fitness Australia Ginny Stevens - Founder, Active Farmers Bek Smith - TEDx Speaker & Mental Fitness Expert</p>
1330-1430	<p>Happy Meals: The New Science of Nutrition & Mental Health Kristen Beck Registered Nutritionist, senior sports-science lecturer, nutrition media commentator</p>
1430-1545	<p>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 Harman CEO, Beyond Blue Host: Barrie Elvish CEO, Fitness Australia</p>
1545	Close

Friday 15 October 2021
The Future of Fitness: Business Tech & Data

0955-1000	Welcome from FILEX
1000-1100	<p>Leveraging & Harnessing Data to Your Business Advantage Dr. Steve Leven Co-Founder & Co-CEO/CTO, Zenbly</p>
1100-1130	<p>Workouts and Webcasts in the age of Lockdown Ben Alcott Managing Director, Damn Good Productions</p>
1130-1200	<p>Industry insights: Customer & Consumer Trends Hema Prakash Vice-President & Managing Director – APAC, Mindbody</p>
1200-1230	Lunch Break
1230-1330	<p>Make Your Data and Technology Work For You to Get More Australians More Active, More Often James Ellender CEO, ActiveXchange</p>
1330-1430	<p>Phygital: How do we digitalise on-site and monetise off-site Brett Turner Digital Solutions Sales Manager, Technogym Darren Elkin Senior Key Account Manager, Technogym</p>
1430-1530	<p>Fitness Australia Awards 2021 Host: Chantal Brodrick Keynote Speaker: Dylan Alcott AM Paralympic Gold Medalist, World Champion and inspirational speaker</p>
1530	Close