



Sports & Wellness Expo — Workshop Schedule

10:30 – 2:00 Fitness Assessments (Second Floor)

When you enter the expo, make sure to schedule a 15-minute private fitness assessment. During the assessment, body fat, blood pressure and flexibility will be screened. Your BMI and target heart-rate will be calculated to assist you in establishing your fitness goals.

11:00 - 11:25 AIAM (2nd Floor Conference Room)

Representatives from the American Institute of Alternative Medicine will conduct an interactive presentation on the benefits of acupuncture.

11:30 – 11:55 Powershock Power Workout (1st Floor Conference Room)

Nick, a personal trainer from Powershock Fitness in Hilliard, will teach participants a 20-minute workout to kick start your fitness goals!

12:00 – 12:25 Seven Secrets to Anti-Aging (2nd Floor Conference Room)

Why do some people look young for their age? Join Dr. Lewis from Healthy Life Doctors as he addresses the "Seven Secrets to Anti-Aging" and how free radicals, telomeres, neuro transmitters, GI health, toxins and poor oxygen concentration can affect the aging process.

12:00 – 12:30 Get Fit! (1st Floor Conference Room)

Get fit with Urban Active! During this hands-on presentation, participants will be walked through a 20 minute core workout with Jen, a personal trainer from Clintonville's newest fitness center, Urban Active!

12:30 – 12:55 Beyond the Sauna (2nd Floor Conference Room)

During this informative presentation, Portia from Momentum 98 will share the health and healing benefits of Far-Infrared technology.

12:30 – 12:55 Powershock Power Workout (1st Floor Conference Room)

Nick, a personal trainer from Powershock Fitness in Hilliard, will teach participants a 20-minute workout to kick start your fitness goals!

1:00 – 1:25 Supplementing a Healthy Diet (2nd Floor Conference Room)

Join bodybuilder and personal trainer Cindy Leister as she shares specific strategies on how you can supplement a healthy diet to help achieve your fitness goals.

1:30 - 1:55 AIAM (2nd Floor Conference Room)

Representatives from the American Institute of Alternative Medicine will conduct an interactive presentation on the benefits of therapeutic massage. . . AAAHHHH!

May 16, 2009

10:00 am—3:00 pm

Center on High
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