



SCHEDULE OF EVENTS

Friday, February 8



8:00AM - 12:00PM

PRE-CONFERENCE WORKSHOP | **Capitalizing on the Space in Between Fitness and Medicine: Building or Restructuring Your Fitness Business to Achieve Excellence and Limitless Reward**

Presented by Phil Kaplan, Founder of A.L.I.V.E. Across America



8:00AM - 12:00PM

PRE-CONFERENCE WORKSHOP | **Prenatal Fitness Exercise Programming**

Presented by Danielle Spangler, Pre and Postnatal Fitness Expert and Founder of Coremoms



1:00PM - 5:00PM

PRE-CONFERENCE WORKSHOP | **The Medical Fitness Impact Plan: The Business Blue Print To Reverse Chronic Disease and Degeneration While Building Your Dream Fitness Career**

Presented by J.R. Burgess, CEO of Rejuv Medical and MedFit



1:00PM - 5:00PM

PRE-CONFERENCE WORKSHOP | **Aging Stronger: Exercise Programming for Fitness Professionals**

Presented by Dr. Mark Kelly, CEO of Principle-Centered Health; Dr. Evan Osar, Chiropractic Physician; Dr. Chris Thompson, Associate Professor at the University of San Francisco

Saturday, February 9



8:15AM - 9:30AM

The New Blue Ocean: The Opportune Space Between Fitness and Medicine

Presented by Phil Kaplan, Founder of A.L.I.V.E. Across America



9:45AM - 11:00AM

Stress: An Overview of its Overwhelming Physiological Effects

Presented by Dr. Ron Grabowski, Chiropractor, Houston Sports Rehabilitation and Nutrition Center



11:15AM - 12:30PM

Advances in Nutritional Science To Live Healthfully Past 100

Presented by Dr. Joel Fuhrman, Physician, Best Selling Author and Nutritional Researcher

12:30PM - 2:00PM – **Lunch & Learn Discussions and Expo**



2:15PM - 2:45PM

Why the MedFit Project? Why Medical Fitness? An Integrative Perspective

Presented by Dr. David Kruse, Certified Sports Medicine Physician, Orthopaedic Specialty Institute



2:45PM - 4:00PM

DNA Testing: Defining Your Path to Personalized Health & Wellness

Presented by Jessica Knurick, PhD, RDN, Director of Clinical Product & Education at Toolbox Genomics



4:15PM - 5:30PM

Exercise Progression for Improving Foot and Ankle Mobility

Presented by Dr. Evan Osar, Chiropractic Physician and Co-Founder of The Institute for Integrative Health and Fitness Education

5:30PM - 7:00PM – **Meet & Greet Evening Mixer**

Sunday, February 10



8:15AM - 9:30AM

The Medical Fitness Impact Plan

Presented by J.R. Burgess, CEO of Rejuv Medical and MedFit



9:45AM - 11:00AM

Gut Health: The Microbiome and Beyond

Presented by Dr. Alan Miller, Executive Director, Medical Education, at Thorne Research



11:15PM - 12:30PM

The Endocannabinoid System: Its Role in Human Physiology and Fitness

Presented by Dr. Karyemaitre Aliffe, Physician-Scientist

12:30PM - 2:00PM – **Lunch & Learn Discussions and Expo**



2:00PM - 3:00PM

Make The Golden Years Great: Exercise Prescription for Active Agers

Presented by Dr. Christian Thompson, Associate Professor of Kinesiology at University of San Francisco



3:15PM - 4:30PM

Using Exercise and Diet to Fight Alzheimer's

Presented by Dr. Mark Kelly, CEO of Principle-Centered Health

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