

Registration Form:

Name

Address.....

.....Postcode.....

Phone (h).....(w).....

Mobile.....

Email.....

Special fee for QKFA Inc. Members:

Instructor - paid by 20/08/10 - \$50.00

Affiliate and Participant - \$80.00
paid by 20/08/10

Non QKFA Members

Early bird - Paid by 30/07/09 - \$120.00

Late Fee - paid by 27/08/10 - \$150.00

Enclosed is my fee of \$ _____

Money Order Cheque

Made out to Qld Keep Fit Association Inc

FA Cert. for CECs required

Registration

Enrol early as workshop places are limited.

Complete your registration form

Send your fee with form to:

The Secretary
Queensland Keep Fit Association Inc.
22 Crescent Rd
Gympie QLD 4570
(07) 5482 2897
elaine.dimock@qldkeepfit.com.au

Workshop registration fee includes:

- 6 + CEC's
- Certificate of Attendance
- Lunch, morning & afternoon tea
- Comprehensive Handouts
- Presenters who are leaders in their field

Closing date: 27th August

CANCELLATION FEE:

\$40.00 before 27th August 2010

No refunds after 27th August 2010

Special Dietary Needs:

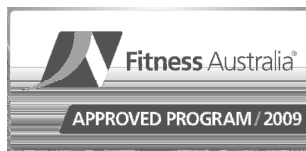
NEED ACCOMMODATION?

Mackay QKFA Instructors have offered to accommodate QKFA members visiting from out of town. Please indicate below:

I wish to be accommodated for:

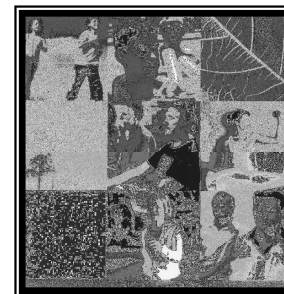
Friday night: Yes

Saturday night: Yes



Active for Life 2010

Fitness Conference



Hosted by Queensland Keep Fit Association
Incorporated

Andergrove Community Centre
Celeber Drive
Mackay
Saturday 4th September 2010



Keynote Presenters

Peter Raeburn

- PHD In Exercise Physiology (Thesis focused on lifetime athletes)
- Associate Professor in exercise and sports science at CQ University
- Published four books including recently published book "The Masters Athlete" (available on www.mastersathlete.com.au)
- Regular contributor to Australian Sports Commission's Sports Coach (1998-present) magazines
- 2005 Australian Ironman Triathlon champion (50-54 years)

IMPORTANCE OF WEIGHT TRAINING FOR OLDER ADULTS: (CEC's pending)

This session will be structured to: Firstly develop the rationale on why resistance training is so important for older adults; show American College of Sports Medicine guidelines for developing a resistance training program for older adults; then finally, the participants being able to develop a resistance training program for older adults based on these guidelines. The embed of training and the importance of both pre-screening and safety in lifting technique will be highlighted throughout the session

KEYS TO SUCCESSFUL AGING

What does research say? (CECS pending)

The session will examine in detail what science has shown to be the 10 factors, including exercise, most relevant to enhancing both the quality and quantity of life. The physiological changes that occur with aging will be presented and the implications of these changes for successful aging workshopped. The most respected websites for successful aging will be presented.

Laraine Dunn

- M. Sc (Honours), M. App. Sc
- Filex Presenter
- 2005 Australian Fitness Industry Lifetime Achievement Award
- 2000 Australian Fitness Professional of the Year

Laraine is an international and national presenter, author and educator on health, exercise, lifestyle and professional development for fitness, corporate and government sectors. With 24 years of experience, she is a recognised authority within the fitness industry and specialises in healthy ageing and having fun along the way.

ACTION BALANCE (accredited 3 CEC)

Falls injury prevention strategies are a necessary component in any senior class. Specific exercises that stimulate motor control, coordination and skill proficiency do much to enhance daily living and functioning. This workshop addresses the multiple dimensions of balance, strength and flexibility training to keep all your clients upright and active.

BRAINWAVES FOR THE 50+ (accredited 3 CEC)

"You can teach an old dog new tricks" is an adage past its prime and new research shows this not to be the case. Get your seniors moving as they, tap in to their potential and switch on with brain exercise and activities designed to energise, focus and stimulate.

YOU are invited to attend the one day Active for Life 2010 Fitness Conference at the Andergrove Community Centre, Celeber Dr. Mackay on Saturday 4th September 2010.

- Open to all people who are interested in health programs for older adults
- International & National presenters
- Conference runs 7:30am – 5:00pm

Queensland Keep Fit Association Inc. is committed to providing educational and networking opportunities for health professionals and clients who seek knowledge, skills and innovative ideas.



Our vision statement is:

"To enhance the quality of life for all Queenslanders"

The Queensland Government is proud to provide funding for Queensland Keep Fit Association Inc. to get more Queenslanders active through sport and recreation.



Queensland Government