



Mission: Mission: to provide online, premium fitness & wellness continuing education on a convenient platform as a convenient stay-cation.

When: All published times are EST/Eastern Standard Time. To be sure, use Google/Siri/Alexa what this means for YOUR time zone.

<https://www.timeanddate.com/worldclock/converter.html>

Where: on a secret group on Facebook LIVE to which you are added a few days before our event begins; if you don't have a Facebook account we can refund you or you can accept the recording and credits and links to watch videos outside of Facebook after the event.

EDT/ EST

1045-1100EDT	Lawrence	Welcome Prayer	
1100-1145EDT	Team	wow SPEEDstayVention	Zoom games to build movement skills and community Enjoy several sessions in one to learn innovative and low equipment Zoom games to play with residents on social media, Zoom, interactive TV and Closed Circuit TV inside your active aging centers. Learn innovative online games to enhance memory, increase simple movement skills and improve dynamic flexibility while enhancing a sense of community amidst possible isolation. You'll also learn to: Understand the dynamics of one-sided and two-sided games, Integrate simple, low equipment based games, Discuss ways to use gaming to enhance memory, increase simple movement skills and even improve dynamic flexibility.
1200-1245EDT	Denise Klatte	FUNCTIONal Balance chALLENGE	Join Denise Klatte for an interactive, dynamic balance class, which uses towels (hand or dish towel, washcloth, and a paper towel). Participants need very little space so it works well for our virtual world and for those at home. The beauty is that the moves are perfect for people of all ages, athletic ability, and levels! The progressive drills/exercises work to improve eye/hand coordination, balance, reaction time, postural awareness, and brain health...all while laughing and having fun with movement. Current research supports the benefit of task-oriented exercises for balance improvement.
1300-1345EDT	Ragen Chastain	Creating Inclusive Fitness Spaces	Nobody is obligated to participate in fitness, but every body should be welcome. Unfortunately, many fitness spaces aren't comfortable for those with marginalized identities. In this workshop you'll learn practical, realistic strategies to create fitness spaces that are welcoming and accessible to every body!

1400-1445EDT	Paul Galloro	-----	Join Paul for meditation and sensation!
1500-1515EDT	Lawrence	Closing	
THE	FAMOUS	HALLOWEEN	AFTER PARTY STARTS NOW!

Your FG2000 Faculty Alphabetically by Last Named

Lawrence Biscontini, MA: has made fitness history as a Mindful Movement Specialist winning awards from ACE, IDEA & Inner IDEA, Can Fit Pro, and ECA. Lawrence is an SCW Faculty Member, and industry Author, Presenter, Keynoter, and Course Development Specialist for various companies, serving on the Advisory Board for the ICAA and Power Music®, and People of iSPA. Lawrence (RYT 500) teaches with multiple certification experience. Find Lawrence at www.findlawrence.com.

Ragen Chastain is a speaker, writer, certified fitness professional and thought leader in the fields of Body Image, Health at Every Size, and Inclusive Fitness. Ragen speaks on the corporate, conference, and college circuits where she has brought her signature mix of humor and hard facts to diverse stages from Google Headquarters to Dartmouth to the Diabetes Education Specialists National Conference. Ragen is a three-time National dance champion, triathlete, two-time marathoner who holds the Guinness World Record for Heaviest Woman to Complete a Marathon, and co-founder of the Fit Fatties Facebook group which has grown to over 10,000 members. She is an ACE Certified Health Coach, Group Fitness Instructor, and Functional Training Specialist. She lives in LA with her fiancée Julianne and their two dogs.

Paul Galloro approach to health and wellness goes beyond the physical and is grounded in Love. With 15 years experience in the health and wellness industry and over 20 years studying metaphysics, he blends modern sciences with ancient practices to help his clients optimize their physical, mental, emotional, and spiritual well-being. Paul is a 2021 canfitpro Advisory Board Panelist and the recipient of canfitpro's 2015 Specialty Presenter Of The Year. Spending time with Paul feels like being wrapped in a warm hug. His mission is to spread joy and serve others on their journey to self-love.

Heather Harris has spent the past 23 years living a dual life as both a professional singer and as a fitness pro (with certifications ranging from NASM PT to Exercise for the Frail Elderly). She transforms the lives of Active Agers with music; movement, motivation and meraki.

Denise Klatte is a physical therapist, fitness instructor and consultant whose passion is to inspire others to live their most vibrant lives — despite age, limitation, or situation. She is a board-certified Geriatric Clinical Specialist (American Board of Physical Therapy Specialties) whose expertise focuses on working with today's aging population—treating patients in home-health settings, teaching online classes for Silver & Fit®, training clients, and educating individuals to live full and dynamic lives. Denise earned her post-professional Doctorate of Physical Therapy from A.T. Still University, and received both her MPT Biokinesiology/Physical Therapy, and BS Exercise Science from the University of Southern California. Additionally, Denise is a certified Functional Aging Specialist through the Functional Aging Institute, as well as a program developer and consultant for different fitness products.

Bernadette O'Brien: named "Super Betty" worldwide for her unmatched dynamism with people from bands to BOSU®. Bernadette won the Centrum Vitamin contest for "The Most Energized, Amazing Woman in America," over applicants 50 - 70 old, and, at 90 years of age Bernadette, not only teaches, but inspires the world to rethink what "teaching active agers" really means today.

Claire Powell has shown many how to seriously, LaughAnyWay. With her mission of “Laughter, Laughter Everywhere” along with promoting fitness and fun, Claire’s vision is to achieve World Peace using Laughter, our universal language.

#stayVention PopUp!



Biscontini Chastain Galloro Harris Klatte Powell O'Brien

*the fitness convention you attend when you STAY at home
brought to you by*

