

**FISAF IS THE
WORLD'S
LARGEST
FITNESS
ORGANISATION**



FISAF Newsletter

2/2008



FISAF

Federation of International
Sports, Aerobics and Fitness Inc

WELCOME TO THE NEWSLETTER



Dear friends,

Just couple of weeks left before the FISAF European Fitness Championships starts in Helsinki. Many athletes have already subscribed and the local organizing committee is working hard to finalize all the details. The preparations look very promising!

During the Europeans, the FISAF Global Health and Fitness Forum is held at the Arena 08 Fair for sports and fitness professionals. Arena 08 is supposed to become the new leading event in the sports and fitness branch. Lots of important players in the sports and fitness branch will show their new products and provide the audience with the latest information.

In conjunction with Arena 08 FISAF organizes the first edition of the FISAF Global Health and Fitness Forum. Leading experts and lecturers will share their information and provide training sessions.

The subject of this newsletter is the FISAF Global Health and Fitness Forum. We are delighted to inform you about the final program and give you the overview of the lecturers who will be present.

We hope to meet you all in Helsinki!

Best regards,

FISAF International





Packages

We are delighted to present to you the different possibilities we offer to visit the FISAF Global Health and Fitness Forum.

One day package

Includes three different lessons / Day as per own choice (Not business day)

Costs: 100 €

Two days package (Wed-Thu; Thu-Fri; Wed-Fri)

Includes three different lessons/ Day as per own choice (Not business day)

Costs 150 €

All event package (Wed-Thu-Fri)

Unrestricted choice/ day (Not business day)

Costs 250 €

Business day (Fri)

Costs 150 €

Please note that this schedule is subject to change.

It is still possible to subscribe for all days. Please find the form for subscription at <http://www.fisaf.org/>

Please welcome...

... all the way from Malaysia **Irene Lee!** On Wednesday the 10th of September, she starts her lessons with balanced motion and has another topics on Thu and Fri. Hereby some more information about Irene:



- Over 25 years of fitness profession
- Presented in national and international conventions and instructor certification courses in China, Maldives, Morocco, Thailand, Singapore, Indonesia, Hong Kong, Japan, Czech Republic, France, India and Finland
- Irene is a reputable writer and consultant for fitness related matters in local print and electric media
- She has been Reebok Master Trainer for more than 20 years
- Fitball, Fitball Roller, Gymstock & Balance Mat Master Trainer
- Irene received the Reebok/ Network Fitness Leader award in 1995 for Malaysia
- National Training & Championship Provider for FISAF in Malaysia and Indonesia
- FISAF Executive & Education Committee Member
- Currently pursuing PhD Sports Science investigating the effects of horse back riding for fitness and wellness.



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Program 10.9.2008



Wednesday 10.9.2008

FISAF workshop (Hall 1/ 3)

10.00 – 11.30 Spine Stabilizing – A new approach

By Michaela Polaskova, Czech Republic

16.30 – 17.45 Graded PT in a mixed client market

By Diane Haslam, Singapore

Practical lessons (Hall 2/ 3)

9.30 – 10.15 Asahi-Health Masterclass

By XXXXX, Finland

15.20 – 16.05 Masterclass salsa + reggaeton

By Deannt Conde, Finland

16.15 – 17.15 Gymstick practice

By Finland

Practical lessons (Hall 3/ 3) Max 40

9.30 – 10.30 ChiBolster

By Sandie Keane, UK

10.40 – 11.40 Balanced motion

By Irene Lee, Malaysia

11.45 – 12.50 Kidz on the Move

By Diane Haslam, Singapore

16.15 – 17.15 Street Dance Masterclass

By Irene Pallarés, Spain

17.30 – 19.00 Toiminnallisia lihaskuntoharjoituksia

By Tommi Paavola/ Kunto ry only in Finnish

Please welcome...

... We would like to introduce to you Irene Pallarés from Spain. Irene is responsible for the street dance masterclass on Wednesday, Thursday and Friday.



IRENE PALLARES

- Irene has her bachelor in Physical Education, by INEFC Barcelona

- She is organizer of the Spanish Hip Hop Championship, Barcelona
- President of the school La Urban Dance Factory in Barcelona
- Teacher in the tv show 'Operación Triunfo'
- Irene is choreographer and dancer in tv and videoclips for Spanish singers
- She is co-author of the book 'Hiphop Frunk programa de fitness'
- Irene received the third classification Individual Category on Spanish Aerobic Competition 1996
- And last but not least, she was Miss Fitness Spain in 1999.



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Program 11.9.2008



Thursday 11.9.2008

FISAF Workshop (Hall 1/ 3)

10.45 – 12.00 E-learning for fitness leaders and FISAF web services in future

By Ian Haslam, CAN/ SIN and Timo Väliharju, Finland

12.15 – 13.30 Exercise versus medication

By Eric Vandenabeele, Belgium

13.45 – 14.30 Physical activity is the way to reach multiple health benefits & global health

By Farhad Seddigh Tonekaboni, Iran

14.45 – 16.00 Face + body reading for PT:s

By Susan Woodd, UK

16.15 – 17.30 Spine stabilizing – A new approach

By Michaela Polaskova, Czech Republic

17.45 – 18.30 Fitness for the third age... Group Water Therapy and Water art for specialized populations

By Diane Haslam, Singapore

Workshops (Hall 2/ 3)

16.00 – 17.15 Asahi-Health Masterclass

By Finland

17.30 – 18.45 Waterbike

By Elena Sarabia Cachadina, Spain

Practical lessons (Hall 3/ 3)

9.30 – 10.45 Tai chi + 5 elements

By Susan Woodd, UK

10.50 – 12.05 Training methods in Kettlebell

By Steve Cotter, USA

12.10 – 13.10 Street Dance Masterclass

By Irene Pallarés, Spain

13.15 – 14.30 Training methods in Kettlebell

By Steve Cotter, USA

14.35 – 15.35 Functional training exercises to improve Health and Fitness

By Tommi Paavola, Finland

15.40 – 16.40 ChiBolster

By Sandie Keane, UK

16.45 – 17.45 Balanced back

By Irene Lee, Malaysia

17.50 – 19.00 Gymstick practise

By Finland



Please welcome...

... Steve Cotter from USA.



Steve draws from an extensive and diverse background as a champion athlete and cutting-edge trainer to develop some of the most complete and exciting programs in strength and conditioning day. Some of his professional accreditations:

- Consultant to several professional sport teams, including NFL's San Francisco 49ers and San Diego Chargers
- Subject Matter Expert to US Marines at Quantico Marine Corps Base
- Certified Strength and Conditioning Specialist (CSCS) – National Strength & Conditioning Association
- Creator of the authoritative Encyclopedia of Kettlebell Lifting DCD Series
- Creator of Full KOnTact Kettlebells System and best-selling DVD series
- Certified American Kettlebell Club coach.

Steve gives two practical lessons on Thursday.

Friday 12.9.2008

Business day (Ballroom 1)

10.00 – 16.00

Lecturers:

Eric Vandenabeele, BEL

Marc Ghering, NED

Jitka + Michaela Polaskova, CZE

Timo Väliharju, FIN

Ian Haslam, CAN/SIN

Seppo Lahtinen, FIN

Marc Bacher, SWE/USA

Jukka Pekkala, FIN

Practical lessons (Hall 3/ 3)

9.15 – 10.15 ChiBolster

By Sandie Keane, UK

10.20 – 11. 20 Street Dance Masterclass

By Irene Pallarés, Spain

11.25 – 12.40 Bodymind for children

By T. Hedrén, Sweden and Susan Woodd, UK

12.45 – 13.30 Masterclass Salsa + reggaeton

By Deannt Conde, Finland

13.35 – 14.35 Balanced power

By Irene Lee, Malaysia

14.40 – 15.55 Seasonal flow Yoga and Qiqong

By Susan Woodd, UK



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Lecturers



Please welcome...



... Tommi Paavola from Finland.

Tommi has studied in Finland and received his Master of Sport Sciences also in Finland. After completing his studies, he started to work in different functions. His

first job was assistant fitness director in New Jersey. Nowadays, Tommi has various occupations. He is director of junior conditioning programs in the Elite Athletic Performance Institute. Besides, Tommi owns Discover Movement LLC and is strength and condition coach. Tommi published various publications, for example in Coach and Athletic Director Magazine.

Tommi will give his Finnish lecture on the 10th of September and the English one on Thursday 11th.

Please welcome...



... Deannt Conde from Finland.

Deannys 'Dany' Conde came to Finland from Cuba and is enjoying living in Finland. She used to dance in several TV-shows and big events in

Chile. Dany is performing and making choreographies also in Finland. As a happy, positive and warm person, people love her and her lessons where she brings the hot and sensual Latino rhythm.

Deannys gives a masterclass salsa and reggaeton on Wednesday the 10th and on Friday the 12th of September.

Please welcome...

... from Singapore, Diane Haslam.

You probably all know Diane as an Educational Committee Member from FISAF. She is an international fitness and conditioning specialist with an undergraduate degree in Human Kinetics and a diploma in Physical Education from England. Diane has taught physical education in schools in England, Jamaica, Canada and Singapore and is a specialist in fitness education.



Furthermore Diane was hired to the marketing department of Reebok Singapore/ South East Asia as their Fitness Consultant and special event coordinator for aerobics, walking and aqua events. For the last 15 years she

has been the sole provider and Master Course Conductor of the internationally acclaimed FISAF Fitness Leader, Aerobics, Aqua and Personal Trainer Certification courses in Singapore.

This was Diane Haslam in a nut shell. Please meet her on Wednesday during her lecture 'Kidz on the Move' as well as other lessons on Wednesday and Thursday.

Please welcome...

... from the Netherlands, Marc Ghering.



Most of you will know Marc from the various championships he already organized on behalf of FISAF international. Marc owns a company Ghering Management & Marketing. The company is active in several fields of the sports industry; like event organizing, marketing, communication and management.

Before Marc started up his own company he was General Manager of the Royal Dutch Lawn Tennis Association and of the Squash Association. Please come and see Marc during the business day on Friday the 12th of September.

Kährs
QUALITY IN WOOD SINCE 1857



Please welcome...

... from Canada, Ian Haslam.

Canadian citizen Ian R. Haslam, Campus Provost, holds a doctorate in education, as well as master's degrees in both business administration and sport.

He comes to FDU-Vancouver from Los Angeles where he was an academic Dean at El Camino College. Previously Haslam held academic leadership positions at Eastern Michigan



University, and at the National Institute of Education at Nanyang Technological University in Singapore.

Ian's passion is the 'world game' of association football (soccer) which he played at representative and semi professional levels. Ian was a master course conductor for the Coaching Association of Canada's NCCP theory program, and is a Union of European Football Associations (UEFA) 'A' License Coach.

Ian will give a lecture on E-learning for fitness leaders on Thursday the 11th of September and will have a presentation also in Business Day on Friday 12th.

Please welcome...



... from the UK, Sandie Keane.

- Author of two books, Sandie offers unrivalled excellence in the holistic approach to fitness and health as a teacher for Modern Pilates and the ChiBall Method.
- She qualified at the Stott Conditioning certification centre in Toronto, Canada

in 2000 and her book *Pilates with Chi Principles* was published in 2001.

- By incorporating Pilates with the ChiBall she now presents 'Chi Pilates' nationally and internationally.
- Sandie helped develop the ChiBolster Remedial Pilates programme with Liz Guilhaus – Australian remedial Pilates specialist.

On each Forum day Sandie gives lectures with ChiBolsters focusing as follows:

- ChiBolster - re-habilitation for the upper limbs and trunk mobility
- ChiBolster - re-habilitation for the lower limbs and trunk stability
- BolsterBlast - heighten your awareness with the chibolster pilates based matwork class.

Please welcome...

... from Finland, Jukka Pekkala.

Jukka is Secretary General of the Finnish Sport Federation. In Finland Labour market



organizations (employer – employee + Ministry of Labour, Ministry of Education, Ministry for Social Affairs and Health + Finnish Sport Federation, Finnish Worker's

Sport Federation and Finnish Sport for All built a huge common project TYLI 2010 (Occupational well-being – physical activity).

This new project will be introduced in FISAF Global Health and Fitness Forum in Helsinki. Please meet Jukka during the Business Day on Friday the 12th of September.



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Lecturers



Please welcome...

... from Czech Republic, Michaela Polaskova.

'We are much the same as we move. The motion is a significant part of our Self.' This is the motto of Michaela Polaskova a twenty eight year old belly dance and fit-balls professional.

In 2000 Michaela started her professional career at Charles University She followed various courses and seminars and at the moment she is a student of Psychology. Furthermore she is instructor of the oriental belly dance, exercise on fit-balls and balantes/pilates, Bands, Balls & Balance.

Michaela is the first one to give her lecture during the GHFF. On Wednesday the 10th and Thursday the 11th of September she will give her presentation on 'Spine Stabilizing – A new approach'. She will also have a presentation on Friday in the Business Day.



Please welcome...

... from Belgium, Eric Vandenabeele.

Eric is Executive Director of BBF&W/DFO and one of four authors of an important study on the cost of exercise versus medication.

'Health economic evaluation of controlled and maintained physical exercise in the prevention of prosperity diseases' was published in the European Journal of Cardiovascular Prevention and Rehabilitation in December. This research calculated the economic return for regular and maintained exercise as offered in fitness and wellness clubs – similar to the way the return

on a medication is calculated before it is brought to market...

If you are interested in this topic, please meet Eric on Thursday the 11th of September. Eric's presentation is also in the schedule of the Business Day on Friday 12th.

Please welcome...

... from Iran, Farhad Seddigh Tonekaboni



Farhad is an executive member of various health-related organizations in Iran. He has taken Sport Medicine and general physician courses/degrees in Tehran Medical Sciences University. .

On Thursday Farhad gives his lecture 'Physical activity is the way to reach multiple health benefits & global health'.

Please welcome...

... from Czech Republic, Jitka Polaskova.



Most of the athletes have known Jitka for a long time already as vice-president of FISAF. She is president of the Czech Aerobic Union as well and teacher at the Faculty of Education,

Charles University, Prague.

She gives a presentation in the Business Day on Friday 12th.



Please welcome...

... from Finland, Timo Väliharju.



Timo is Managing Director of an e-learning company Mediamasteri Group and gives a lecture on Thursday of FISAF web services in the future. You will meet him also in the Business Day on Friday.

You can find more information of the company from <http://www.mediamasteri.com/en/>

Please welcome...

... from UK, Susan Woodd



Sue Woodd has been working in the field of Complementary Medicine for the past 20 years, founding her own school in 1991. She is a registered Trainer with the Shiatsu Society and T'ai Chi Union and she teaches for the European School of Tai Chi Ch'uan, and is also graduate of the College of Cranial Sacral Therapy and teacher affiliated with Yoga Alliance. As an International Master Trainer she trains fitness instructors and lectures for leading Health Farms and Fitness Companies world wide and continues to raise public awareness through her books, DVD's and radio and television appearances.

Susan gives various lessons on Thursday and Friday.

Please welcome...

... from Sweden, Tina Hedrén



Tina Hedrén comes from a background with Gymnastics, Dance and Aerobics. With more than thirty years of experience training children in gymnastics she is passionate to share a healthy life-style to the younger generations. She has written books on the topic of Aerobics and been a Swedish Champion of Sports Aerobics. Since 1998 she's involved in different bodymind concepts. She has trained in the UK to be a qualified Feldenkrais Practitioner, also a Yoga teacher and Pilates instructor. Tina is currently working as an international presenter in the bodymind field.

Tina gives a lesson with Susan Woodd on Friday 12th of Bodymind for children.

The schedule and the presenters are subject to change.



CLUB Management
by **POLAR**



FISAF
Federation of International
Sports, Aerobics and Fitness Inc

WHO'S WHO



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The Stadium arena, which has been described as the most beautiful in the world, is the product of an architectural competition. Architects Mr. Yrjö Lindegren and Mr. Toivo Jäntti won the competition with their clearly lined functionalistic style design. The most important events in the life of the Helsinki Olympic Stadium were the XVth Olympic Games, 19. July-3. August, 1952.



The Stadium Building is 243 m long and up to 159m wide. The tower is 72m high. The Stadium covers 4.9 hectares. The Olympic Stadium is administrated by the Stadium Foundation. The Municipality of Helsinki, the Ministry of Education and the central sports organisations are represented in the Board of the Foundation.

FISAF Committees:

- Executive committee, president Stephane Barthelemi stephane.barthelemi@fisaf.org
- Education committee, chair Isabelle Gall isabelle.gall@fisaf.org
- PR & communication committee, chair Stella Diblik stella.diblik@fisaf.org
- Technical committee, chair Tanya Houpt tanya.houpt@fisaf.org
- Business committee, external. Please contact Riitta Hämäläinen-Bister fisaf@fisaf.org