Women’s Community Living Fit Conference

May 12, 2012

National Conference Center, Leesburg, VA

WELCOME
Redskins Families Living Healthy

• Mr. & Mrs. Lorenzo Alexander
  – Lorenzo Alexander #97 LB

• Mr. & Mrs. Kedric Golston
  – Kedric Golston #64 DT

• THE STUDIO - mind.body.soul    www.thestudiombs.com
  – The Studio has been serving the Ashburn community since 2006, offering Pilates, Dance, TRX training, and the Children's Program - The Studio ZOO
THANK YOU SPONSORS

Commonwealth Emergency Physicians
Earley Legal Group
George Mason University School of Nursing
Guest Metrics, LLC
OB-GYN Consultants of Fairfax
Saba Sharif, MD
The Donster
The Studio
Wegmans, Leesburg
THANK YOU EXHIBITORS

• Inova Exhibitors:
  – Inova Mobile Health
  – Inova Community Health Information
  – Inova Fair Oaks Hospital Weight Loss Center
  – Inova Heart and Vascular Institute
  – Inova Health Source
• Fit testing: Nicole Price / Wendy Johnson
• George Mason University School of Nursing
• Loudoun OB-GYN
• Saba Sharif, MD
• Silpada jewelry
• The Studio
• Wegmans
THANK YOU
CONFERENCE PLANNING COMMITTEE

• Cynthia Earley
• Sheree O’Neil
• Karen Gabel Speroni
• Deb Stanger
• Kris Suder
Women’s Community Living Fit Conference

8a-850a Opening Exercise
  – Walk / run
  – Yoga & Ageless Grace

9a-930a Conference Opening
  Redskins Families Living Healthy

Physician Lectures
  930a-1030a Women’s Health and Healthy Lifestyles
  1030a-11a Female Urology

11a-1110a Break

Working Lunch
  1110a-1210p Healthy Cooking Demonstration
  1210p-110p Registered Dietitian Lecture
  110p-145p Physician Lecture: Living Fit
  150p-225p Exercise: Zumba [or health screens / exhibitor viewing]

230p-330p Closing Speaker: Weight Loss & Maintenance
  Stacey Capers, Biggest Loser Contestant

330p Conference Adjourns & Participant Evaluations / Prize Basket Drawing

Screenings / Exhibitors: Includes

-12n-330p Free Health Screenings provided by Inova Mobile Health Services: Blood pressure, Body Mass Index, Waist Circumference, & Glucose [Glucose:first 50 participants receive free Glucose screens, thereafter $10.00). Additional Screenings Available for a Fee: Cholesterol: $15.00; Dermaview: $10.00
-Free asthma screens
-Free fit testing
Early Registration
$100 Winner
Kids Living Fit™ References


Additional Principles for Healthy Lifestyle

– 15,000 steps per day [pedometer]
– Yoga once per week at a minimum
– Limit fast food meals to two per week
– Drink recommended amount of water per day
  • Don’t mistake being thirsty for hunger
– Get 8 hours of sleep her night
  • Don’t mistake being tired for hunger
Speaker Information

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-Co-Chair, Inova Health System Nursing Research Scientist
-Clinical Scientist, Inova Research Center Institutional Review Board

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