

Presentation Topic Options

Topic	Presenter	Price	Description
Exercise and Fitness, what you may not know	Lara Price Personal Trainer	\$250	Discussion about little known exercise and fitness concepts that can be used to reach your goals
Movement Preparation	Trey Adams Personal Trainer	\$250	This lecture will focus on how to implement exercises for us to move better and build a foundation for the body to perform at optimal levels.
Strength Training 101	Trey Adams Personal Trainer	\$250	Learn the basics to building a solid resistance training program to get the results you want
Energy System Development – Different Ways to do Cardio	Trey Adams Personal Trainer	\$250	A non traditional approach to cardio. This lecture will focus on the body's different energy systems and how to design a non traditional "cardio" workout.
Performance Living	Trey Adams Personal Trainer	\$250	How to implement effective training strategies into your routine that create high performance living
Resistance training for today's youth	Personal Trainer	\$200	Learn the myths and proper training progressions for training youth with resistance
Childhood Obesity	Personal Trainer	\$150	Discussion and presentation on the effects of child obesity and simple steps to implement to help reverse the trends.
Health and fitness today (data/charts on all obesity and trends)	Personal Trainer	\$150	Presentation on the health and fitness of our society with data, charts, and trends. Also, solutions to creating a healthier society.
Movement in the Classroom	Personal Trainer	\$150	Simple and fun exercises to implement into the classroom
Dynamic Warm-Up, Stretching	Jeron Howell Personal Trainer	\$150	Interactive lecture on dynamic warm-up routines and how to implement proper stretching into your program.
The Core (flexion, rotation, extension, stability)	Jeron Howell Personal Trainer	\$150	Use simple core exercises to increase stability and strength for more complicated movement patterns.
How training splits and rest ratios can be determined to fit our goals	Jeron Howell Personal Trainer	\$150	A discussion on the positives and negatives of splitting the body into "upper" and "lower" workouts. Also, how the body benefits from functional exercises.
Why Plyometrics?	David McGarry Fitness Director	\$400	Plyometrics have been the exercise of choice for coaches but find out why plyometrics can be the wrong exercises for your athletes and find new ways to implement other plyo exercises.

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Stress Management	David McGarry Fitness Director	\$400	How to reduce stress and balance your life with six simple ways to create that balance in your life.
Customer Service: How great do you want to be?	Jason Barth General Manager	\$300	Customer Service is a key component to success in any organization. Learn techniques on providing great customer service and how to handle difficult customers.
Nutrition You Can Live With	Cindy Kleckner Registered & Licensed Dietitian	\$300	Healthful eating is one of your best personal investments! This lecture will share the Cooper philosophy of Nutrition You Can Live With . Share Cindy's enthusiasm for making healthy food choices, supported by solid scientific evidence. She will provide practical tips and information you can incorporate into your lifestyle.
Nutrition Demonstrations & Meal	Cindy Kleckner Registered & Licensed Dietitian	\$400 + per person menu cost	Our dietitian will create heart healthy cuisine while demonstrating food preparation techniques and answering general and nutritional audience questions. Recipe packets and handouts included.