

PRESENTER BIOS

Nicki Anderson is owner of Reality Fitness, Inc., an award-winning private training studio in Naperville, Illinois. She is the recipient of the 2008 IDEA Personal Trainer of the Year award and is the author of *8 Steps to Create a Successful Personal Training Business* as well as other books and articles. In addition, Nicki is the health and fitness columnist for Chicago Suburban Newspapers. Certification: NASM
Lisa Atkinson is owner of A Better Way to Fitness in Leesburg, Virginia, and chief operating officer for the Association of Fitness by Phone® Coaches. She holds a bachelor's degree in exercise science and is certified as a medical exercise specialist. Lisa has worked with dozens of postrehabilitation clients and created several workshops for fitness professionals who desire to work with special populations.

Mark Baines, MS, is the senior vice president of program development for NESTA. He holds a master's degree in exercise science and is in the process of completing his MBA. Mark has worked as a junior high school teacher, a high school basketball coach, and a cross-country and track coach prior to becoming a personal trainer and strength coach. He now leads and instructs fitness boot camps and youth speed camps at corporations, colleges and local schools in Southern California in addition to being a strength, speed and performance coach for young athletes and teams. Certifications: NASM, NESTA, NSCA

Jon Bowskill is a Level 4 C.H.E.K. practitioner living in Great Britain and he holds a degree in sport and exercise from Leeds Metropolitan University. Jon specializes in the multidisciplinary treatment of low-back spondylolisthesis, performance conditioning and the rehabilitation of golfers. Certifications: ACE, ACSM

Douglas Brooks, MS is the consulting exercise physiologist of product research and development for several fitness companies. He is the author of several texts, manuals and articles relating to personal training, exercise physiology and strength training. He coaches high school baseball and works with motocross racers, downhill skiers and other athletes.

Anthony Carey, MA, is the owner of Function First in San Diego, California, and is an internationally-recognized speaker on biomechanics, posture, motor control and their relationship to musculoskeletal pain and function. In addition to holding a master's degree in biomechanics and athletic training, he is a published author and has been featured in the *New York Times*, *Time* and Oprah's "O" magazine. Certifications: ACE, NSCA

Tanya Colucci, MS, is the director of private training for MINT in Washington, DC, as well as an educator for the National Academy of Sports Medicine. She is an adjunct professor at American University and teaches graduate courses in applied exercise physiology. Tanya holds a master's degree in health promotion management and has extensive experience training collegiate athletes. In addition to being certified as a corrective exercise and performance enhancement specialist, Tanya has considerable expertise in postrehabilitation, chronic disease and working with pre- and postmenopausal women. Certification: NASM

Matthew Comer, MS, has worked in the mind-body and wellness field for more than 20 years. He is a STOTT PILATES® instructor trainer, the founder and co-owner of Pilates South Beach, and has a master's degree in dance and movement therapy. With special expertise in the postrehabilitation applications of Pilates, Matthew blends his love and knowledge for performance enhancement, movement analysis, dance, physical therapy and Pilates into one practice.

Alwyn Cosgrove is the owner of Results Fitness in Santa Clarita, California. He holds an honors degree in sports science from the University of Liverpool and specializes in performance enhancement. Alwyn has been a featured presenter at several national conferences and has produced several training manuals and educational DVDs. In addition, Alwyn is a columnist for *Men's Health* and has just completed *The New Rules of Lifting for Women*, a sequel to the best-selling original *The New Rules of Lifting*. Certification: NSCA

Jay Dawes, MS, is director of education for the National Strength and Conditioning Association in Colorado Springs, Colorado, where he is also an assistant coach at NSCA's Human Performance Center. Jay holds a master's degree in health and human performance and is currently pursuing his doctorate degree in exercise science. He specializes in human performance and personal training. Certifications: ACSM, NSCA

Joe DeAntonis, MS, is the founder of Educational Training Concepts, Inc. in Pittsburgh and has lectured on exercise mechanics at several universities, hospitals and medical centers. He holds a master's degree in exercise science and health promotion from California University of Pennsylvania, and he conducts several certification and training courses for Muscle Activation Techniques® Jumpstart program and Resistance Training Specialist®. Certifications: ACE, AFAA, NASM
Tom DeLong, MA, is the director of research and development for NESTA, as well as the head strength and conditioning coordinator for the Naval Special Warfare Group/Special Boat Team 12 at the Coronado Island Naval Station in Coronado, California. Tom's background includes 25 years as a competitive power lifter, strength and conditioning coach and an instructor at several universities. He holds a bachelor's degree in exercise science and a master's degree in kinesiology with emphasis in biomechanics and program design. Certifications: NESTA, NSCA

Kevin Dunn, MPT, holds a master's degree in physical therapy from the University of Oklahoma and has completed specialty coursework in spinal rehabilitation and sports medicine. Kevin is also a member of the teaching faculty for Resistance Training Specialist® and Muscle Activation Techniques™.

Todd Durkin, MA, owns Fitness Quest 10 and Todd Durkin Enterprises in San Diego, California. He is a strength, speed and conditioning specialist, personal trainer and massage therapist and works with over 25 elite NFL players. Todd is also the 2004 IDEA Personal Trainer of the Year. Certifications: ACE, NSCA

Scott Gaines, MS, is senior vice president for NESTA and has been in the fitness industry for more than 15 years as a personal trainer, fitness manager, educator and martial arts instructor. Scott holds a bachelor's degree in biological sciences and a master's degree in human movement. His passion for new and innovative ways for teaching fundamental science led to the start of 3DBioMech, an animation company that specializes in 3D visuals for teaching biomechanics. Certifications: NASM, NESTA

Darren Jacobson is the innovator of the franchise personal training concept for Virgin Active South Africa, where he manages over 750 personal trainers in 88 health clubs. He holds a bachelor's degree in human movement science and is a featured writer for numerous industry publications. In addition, Darren sits on the IDEA Personal Training Committee and has presented at fitness conventions across South Africa, Canada and the United States.

Scott Josephson, MS, is the director of operations at Hippocrates Health Institute, a premier life-changing property in West Palm Beach, Florida. He has presented at conferences throughout North America, is the recipient of numerous awards, and is frequently published covering a wide range of fitness industry topics. Scott holds a master's degree in exercise physiology and nutrition and has worked with several celebrities, as well as athletes with the New York Giants and New York Mets.

Len Kravitz, PhD, is the program coordinator of exercise science and a researcher at the University of New Mexico in Albuquerque, where he recently won the Outstanding Teacher of the Year award. Len was also honored as the 2006 Fitness Educator of the Year by the American Council on Exercise.

Justin Price, MA, is a corrective exercise specialist, personal trainer and co-owner of The BioMechanics in San Diego, California. He is the 2006 IDEA Personal Trainer of the Year and the IDEA national spokesperson for personal training issues.

Tom Purvis, PT, has been a licensed physical therapist, specializing in exercise mechanics since 1983. He is the founder of RTS®, the Resistance Training Specialist® program, and has served as the keynote speaker at the Mayo Clinic Sports Medicine Symposium, as well as the IDEA Personal Training Summit.

Fraser Quelch is the head coach and director of training and development for Fitness Anywhere™ and the creator and lead educator of the revolutionary TRX® Suspension Training® program. He is a dynamic and high-energy presenter who combines an animated, entertaining style with his knowledge and gift to motivate and inspire! An internationally-renowned expert in the fields of functional training and endurance athletics, Fraser has presented at conferences and events all over the world and is a featured fitness author with more than 20 published articles and 7 DVDs to his credit.

Heather Rider, MA, holds a master's degree in psychology with an emphasis on mind-body fitness as well as eating disorders. Formerly a fitness coordinator at the Rader eating disorders clinic and an instructor at the famed Monte Nido clinic in Malibu, California, Heather has been quoted in many magazines such as *Self*, *Health*, *Shape* and *Fitness*. She has conducted workshops around the country, raising awareness for a positive body image and fitness for health. Heather has appeared on television and in exercise videos and has her own fitness DVD. Certifications: ACE, ACSM, AFAA, NASM

Greg Roskopf, MA, is the owner and developer of Muscle Activation Techniques™ (MAT) in Denver, Colorado. He is a biomechanics specialist focusing on the identification and treatment of muscular imbalances. He has worked with various elite and professional athletes and has consulted to various professional teams, including the Denver Broncos.

Juan Carlos Santana, MEd, is the director and chief executive officer of the Institute of Human Performance in Boca Raton, Florida. He holds undergraduate and graduate degrees in exercise science from Florida Atlantic University, and is currently pursuing his doctorate. Carlos has authored more than 50 books and DVDs, covering a range of topics involving optimum physical performance. His energetic approach to life and advanced knowledge of conditioning have made him a sought-after international speaker and consultant. Certifications: ACSM, NASM, NSCA

Robert Sherman is president and owner of F.I.T., Inc., as well as the group fitness manager for Lifetime Fitness. With over 25 years in the fitness industry, Robert is recognized worldwide as an accomplished speaker, trainer and consultant. He can be seen in numerous exercise videos and has made several television appearances. Robert was named one of the top 100 fitness trainers in America by *Men's Journal* and *Allure* and was selected by the *Washington Post* as one of the best fitness instructors in the Washington DC area. He holds a bachelor's degree in business administration and marketing from the University of Maryland. Certifications: ACE, ACSM, AFAA

Cody Sipe, PhD, is an assistant professor in the department of exercise and sport science at the University of North Carolina in Greensboro. He is the program coordinator and instructor for an online certificate program and co-owner of a successful fitness club targeted to older adults. His diverse experiences include personal training, group exercise, club management, clinical exercise physiology, research and teaching. He is a past recipient of the IDEA Program Director of the Year award and holds a doctorate in exercise science from Purdue University. Certification: ACSM

Peter Twist, MSc, is president and chief executive officer of Twist Conditioning, Inc. He is an exercise physiologist with a specialization in coaching science. Having coached in the NHL for 11 years, Peter has worked with over 700 professional athletes, including league MVP's Mark Messier (hockey), Justin Morneau (baseball) and Hakkem Olajuwon (basketball). He has published over 400 papers, 10 books and 19 DVDs on athlete development. Peter was honored with the National Strength and Conditioning Association's 1998 Presidents Award and the CanFitPro 2003 Specialty Presenter of the Year Award.

Diane Vives, MS, is the owner of Vives Training Systems and the director of Human Machine Personal Training Center in Austin, Texas. She trains athletes and clients, delivering revolutionary strength and conditioning programs based on current research and innovative program design. Diane serves on the Under Armour TNP Performance Training Advisory Council and is a member of the board of directors for the National Strength and Conditioning Association. She provides products and mentorship programs that allow coaches and trainers to be a driving force in the future of fitness and performance training. Certification: NSCA

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