

Come and join the most important seminar of the year - Quality as Key for Health!

Day 1, 12.2.2019 – Invitation only
Fitness Index, roundtable discussion
Time: 15:00 - 18:00

Day 2, 13.2.2019 – Open seminar day
Quality as Key for Health
Time: 8:30 – 17:00 (see below for complete details of the seminar day)

Day 3, 14.2.2019 – Invitation only
Fitness Index for Healthcare and Fitness Sector, roundtable discussion
Time: 9:00 - 14:00

13.2.2019 – Open seminar day

Trainer4You warmly welcomes you to join the open seminar of our 3-day international event on the topic of Quality as Key for Health!

The seminar is organized as a part of a joint European project called Fitness Index. The purpose of Fitness Index is to produce a tool for healthcare and exercise professionals to join hands in implementing a health enhancing physical exercise as a part of their clients path towards health.

The seminar is free of charge but uncancelled attendance results in a fee of 100€. Please inform cancellation latest on Saturday 9.2.2019 via email to mikael.witick@trainer4you.fi

The seminar will be hosting a wide variety of industry experts on quality of exercise, psychological coaching, latest technology and educational standards of exercise professionals. We will also hear success stories on implementing exercise as medicine and insights from health and fitness sector experts.

The seminar is suited for doctors, physiotherapists, healthcare and exercise industry experts, personal trainers, coaches and everyone who is interested on being on the forefront of promoting health enhancing physical exercise in the future.

The seminar will be held at Technopolis Otaniemi, Innopoli 1, Tekniikantie 12, 02150 Espoo, auditorium Leonardo.

Quality as Key for Health, seminar program

8:30	Enrollment and coffee
9:30	Welcome to the seminar, Mikael Witick, Trainer4You
9:40	Quality of movement for health, Ari-Pekka Lindberg, Trainer4You
10:25	Holistic approach to quality of exercise, Mikko Paunonen, Trainer4You
11:10	Quality of activity measurements, Arto Pesola PhD, Fibion
12:00	Lunchbreak
13:00	Psychological coaching for greater impact, Lasse Seppänen, Trainer4You
13:45	Lifestyle coaching for diabetes, Jerry Hietaniemi / Jakob Waldma, Diafree Oy
14:30	Coffee break
15:15	Quality of operators, Riitta Hämäläinen-Bister, Finnish health and fitness centers association
16:00	What is Fitness index, Matija Dunaj
16:45	Summary and seminar conclusion, Mikael Witick