



### **SCHEDULE OF EVENTS**

#### **THURSDAY, APRIL 12**

- 12:00-6:00PM      REGISTRATION and PACKET PICKUP – *Riverside Room 2<sup>nd</sup> floor*
- 12:00-4:00PM      PHYSICAL ASSESSMENTS – *Boardroom 2<sup>nd</sup> floor*  
OPTIONAL: VO2 TESTING  
SUMMIT EXPO  
SIGN UP FOR POST SUMMIT ACTIVITIES
- 4:00-5:00PM      ZONING Fitness: WALK/HIKE - *Lobby*
- 5:00-7:00PM      BREAK: enjoy DINNER *on your own at Chestnut Mountain Sunset Grille or The Summit Bar and Grille*
- 7:00-7:15PM      WELCOME AND INTRODUCTIONS: KATHY KENT – *Mississippi Vista Room -Lower Level*
- 7:15PM-8PM      **KEYNOTE: SALLY EDWARDS**  
*“Get Motivated. Get Inspired. When was the last time you did something for the first time?”*
- 8:00PM      WINE TASTING EVENT  
*Sponsored by Rocky Waters Winery*

***Sponsored by***  
Midwest Medical Center  
Heart Zones and ZONING  
Galena State Bank

Fever River Outfitters  
A Clover on Main Day Spa  
Mary Kay Cosmetics  
Juice Plus  
Dr.'s Beth and Matt Gullone

Midwest Medical Center  
Women's Health Summit

**FRIDAY, APRIL 13**

7:00-7:45AM	WORKOUTS: Water Exercise, Yoga, Walk/Hike, Basic Training	
7:45-8:30AM	BREAK	<p><b>FRIDAY LOCATIONS</b></p> <p><i>Water Exercise – Pool (Lower Level)</i></p> <p><i>Hiking/Walk – Lobby 1<sup>st</sup> fl</i></p> <p><i>Yoga – Riverside Room 2<sup>nd</sup> fl</i></p> <p><i>Basic Training – West Banquet Room (Lower Level)</i></p> <p><i>All other meals and events held in the Mississippi River Room Lower Level</i></p>
8:30-9:00AM	BREAKFAST	
9:00-10:00AM	<b>DR. LEN KRAVITZ, Ph.D</b>	
10:00-10:15AM	BREAK	
10:15-11:15AM	<b>DR. LEN KRAVITZ, Ph.D.</b>	
11:15-11:30AM	ZONING WORKOUT: <i>“It’s Like An Apple A Day”</i>	
11:30-12:00PM	LUNCH - <i>Sponsored by Galena State Bank</i>	
12:00-12:30PM	<b>SYD SINCOCK</b>	
12:30-12:45PM	BREAK	
12:45-1:45PM	<b>Dr. LEN KRAVITZ, Ph.D.</b>	
1:45-2:00PM	BREAK <i>Q and A Session</i>	
2:00-3:00PM	<b>SALLY EDWARDS</b>	
3:00-3:15PM	BREAK	
3:15-4:15PM	WORKOUTS: Water Exercise, Yoga, Walk/Hike, Basic Training	
4:15-5:30PM	BREAK	
5:30-6:00PM	SOCIAL HOUR: <i>Cash Bar</i>	
6:00-7:00PM	DINNER (included)	
7:00-8:00PM	<b>KEYNOTE: SALLY EDWARDS</b>	
	<i>“Get Up. Get Out. Get Going”</i>	

Midwest Medical Center  
Women's Health Summit

**SATURDAY, APRIL 14**

7:00-7:45AM WORKOUTS: Water Exercise, Yoga, Walk/Hike, Basic Training

7:45-8:30AM BREAK

8:30-9:00AM BREAKFAST

9:00-10:00AM **SALLY EDWARDS**  
***"The "X" Factor – Solving the Mystery of  
Health Active Living"***

10:00-10:15AM BREAK

10:15-11:15AM **SMALL GROUP BREAKOUT SESSIONS**  
***"YOUR Recipe for Success"***

11:15-11:30AM BREAK

11:30-12:15PM **COOKING DEMONSTRATION/LUNCH**  
***Sponsored by Chestnut Mountain***

12:15-1:00PM **DR.'S ROUNDTABLE**  
***Dr. Debbie Cihak, MD***  
***Dr. Beth Gullone, MD***  
***Peg Dittmar, FNP-BC***

1:00-1:15PM **CLOSING REMARKS: KATHY KENT**

**POST SUMMIT ACTIVITIES: AT REGISTRATION AND THROUGHOUT THE WEEKEND,  
PLEASE SIGN UP FOR ANY OF OUR POST SUMMIT ACTIVITIES:**

**FEVER RIVER OUTFITTERS**  
**A CLOVER ON MAIN DAY SPA**  
**MARY KAY COSMETICS**  
**JUICE PLUS**

**SATURDAY LOCATIONS**

*Water Exercise – Pool  
(Lower Level)*

*Hiking/Walk – Lobby 1<sup>st</sup> fl*

*Yoga – Riverside Room 2<sup>nd</sup> fl*

*Basic Training –  
West Banquet Room  
(Lower Level)*

*All other meals and events held  
in the Mississippi River Room  
Lower Level*



## **WORKOUTS**

**ZONING Fitness** – We are proud to offer to you ZONING Fitness, fitness in a blink. A BLINK heart rate monitor is available to you to check out the easiest way to gauge your intensity. This monitor will flash blue for easy, yellow for moderate, and red for hard. It really is: fitness in a blink! Just strap it on and move your body and watch the colors light up. Use your monitor all weekend for added benefits and understanding of what moving your body is all about.

We encourage you to try all workouts, but realize that you may gravitate to one or two different workouts. Please let us know at registration if you wish to not do all workouts.

**WALK/HIKE** – Meet in the lobby of Chestnut Mountain Resort (or just outside the doors). Wear comfortable shoes and clothing appropriate for the weather. Your guides will lead you on a 45 minute walk on flat roads, or, if you want more challenge, you can hike the ski hills! Appropriate for all abilities.

**WATER EXERCISE** – Meet in the pool area. Swimsuits or other suitable clothing is required (jog bra and shorts/T-shirt). Your instructor will take you through a water workout demonstrating the ability of the water to reduce stress on the joints and back, while proving the resistance of the water for strength, toning and a great cardiovascular workout. Appropriate for all abilities.

**YOGA** – Meet in the Riverside Room (upper level) for a peaceful and restorative stretch for the body and mind. Wear comfortable clothing. Bring your own mat, or borrow one of ours. Mats are available for purchase. Modifications will be made for individuals with bad knees, backs and wrists or who have trouble getting up or down.

**BASIC TRAINING** – Meet in the West Banquet Room in the lower level next to the pool. Lightweight comfortable clothing and shoes, and a water bottle are recommended. Your instructor will demonstrate a variety of simple activities for strengthening and toning your body while burning lots of calories!