

IDEA

Fitness Journal

FOR PROFESSIONALS WHO INSPIRE THE WORLD TO FITNESS®

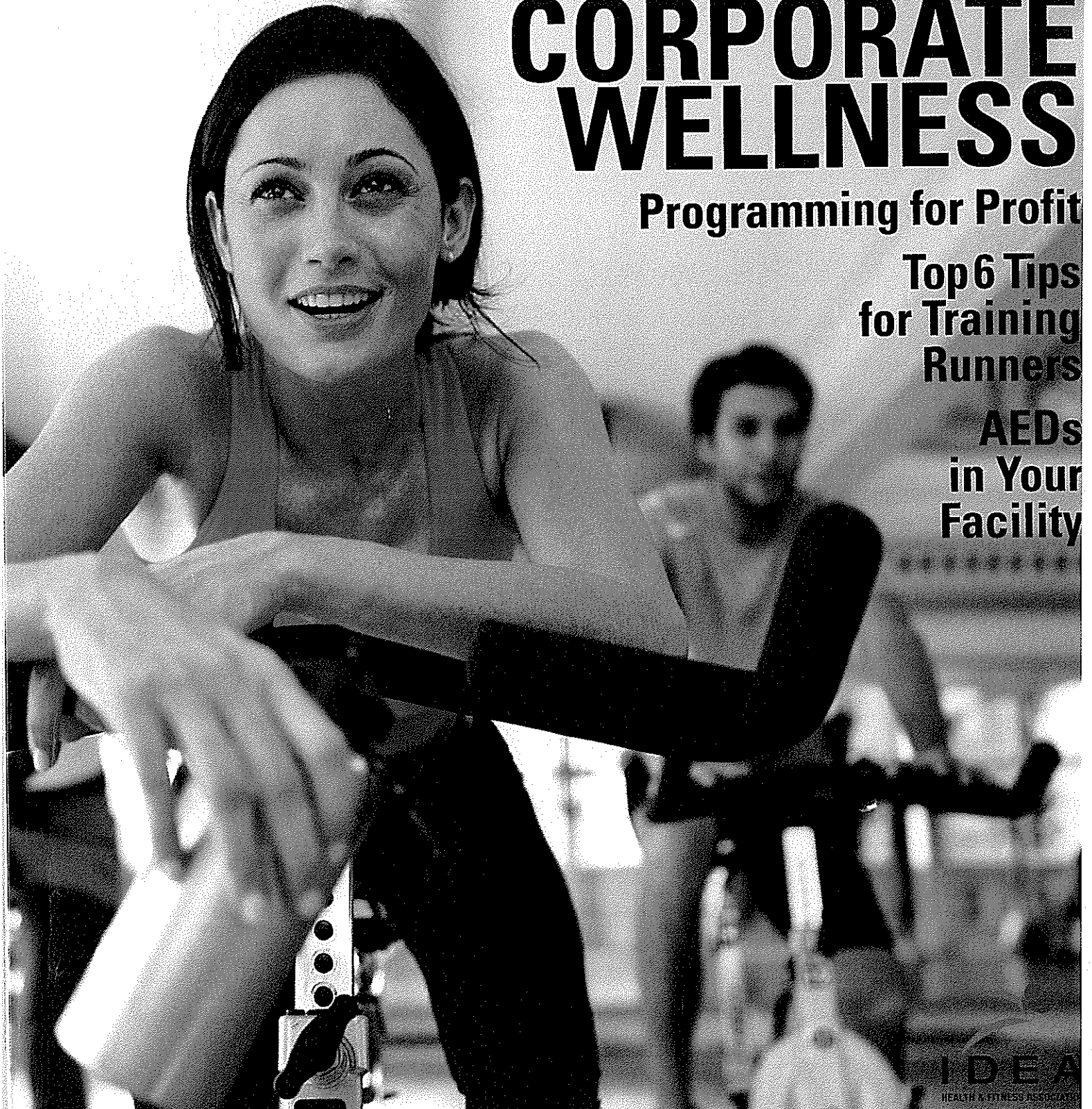
MAY 2008

CORPORATE WELLNESS

Programming for Profit

Top 6 Tips
for Training
Runners

AEDs
in Your
Facility



IDEA
HEALTH & FITNESS ASSOCIATION

>> IDEA Member Spotlight Meet Some Outstanding Members!

Each month this section briefly focuses on a few IDEA members who stand out in the crowd.



Gail Bannister-Munn, Member Since 2006
Long Island, New York

Twenty-year fitness industry veteran Gail Bannister-Munn is a chameleon, changing titles and offerings to spread the word about healthy living. Currently the regional group fitness manager for XSport Fitness, Gail has taught step, body shaping, yoga and more and has been a conference presenter and an associate strength coach

for the New York Jets football team. "These opportunities have helped mold me into a fitness professional who is knowledgeable and who cares about the people I lead, direct, manage and work with," she says. Gail also works with Giving It Back for Unconditional Love and Care Together, a nonprofit organization that raises funds to help educate children on the importance of fitness and nutrition.



Pedro Mala, Member Since 1986
Lisbon, Portugal

Pedro Mala finds motivation to continue working as a fitness instructor, personal trainer, Spinning® master trainer and cycling coach through the feeling of well-being he achieves from interacting with people who share his interests in fitness and health. He coaches young cycling teams in two small towns in Portugal. He inspires by "doing the

best I can to make people realize that we need to concentrate on fitness for a better living with others and with ourselves," he says. Pedro also gives back to his community by working with postrehab cancer patients and by participating in Spinning rides to raise funds for the Portuguese Heart Association, AIDS and cancer research.



Linda L. Nenninger, Member Since 2004
Bozrah, Connecticut

"I am motivating, funny, outgoing, energetic, caring, loving and passionate," says Linda L. Nenninger, certified personal trainer. "I am truly sincere when it comes to fitness training." She tells clients, "I am here when you need a shoulder to lean on, and I am here when you have fallen off your fitness wagon." Linda derives passion from every aspect

of her career—from helping a newbie find her legs to teaching seniors how to release physical stress. "I believe that being physically active is one of the most important things you can do for your body," she asserts. "I inspire my clients to understand that their minds have no idea what their bodies are truly capable of accomplishing."

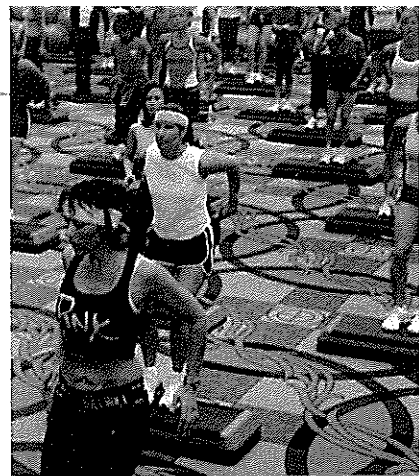


Beth Shaw, Member Since 1997
Los Angeles, California

CEO and founder of YogaFit Inc., Beth Shaw takes great pride in "leading people toward transformation of the mind, body and spirit." Her educational programs have helped countless yoga instructors make a difference in the lives of their students and clients. "I enjoy making positive changes in the world and helping people achieve their

full potential, starting with the physical benefits and then achieving the mental and spiritual benefits," she says. When not educating others about yoga, Beth offers support as a national council member for the Humane Society of the United States and is chairwoman of the advisory board for Karma Rescue, an organization that rescues "at-risk dogs from the high-kill Los Angeles-area shelters."

If you would like to be featured in this section or know an IDEA member who stands out in the fitness crowd, e-mail a brief description of your (or your colleague's) fitness activities and achievements and a high-resolution digital photograph (at least 300 dpi, in focus, well-lit and at least 3" x 3" in its original digital format) to Ryan Halvorson, rhalvorson@ideafit.com. Please include your IDEA member number, if possible. You (or the colleague) must be an IDEA member to be considered for this section.



2008 IDEA World Fitness Convention™

Don't miss the must-attend educational event of the year! The 2008 IDEA World Fitness Convention (July 8–12 in Las Vegas) will be packed with stellar education, networking opportunities and enough inspiration to refuel your tank for another year. Register by May 9, 2008, and save \$70 off the full registration price. Take advantage of real-time session selection, which allows you to confirm sessions immediately. To register or request a brochure, visit www.ideafit.com/world, or call (800) 999-4332, ext. 7, or (858) 535-8979, ext. 7.

Eligibility for Low-Cost Comprehensive Insurance



As an IDEA member, you can protect yourself for \$1,000,000 per occurrence on an annual basis, for about \$15 per month. With your IDEA membership number and expiration date, you can sign up for insurance online at www.ideafwi.com, or by calling (800) 395-8075. Enroll today and protect your peace of mind!

Canadian members: Please contact Sports-Can Insurance Consultants Ltd. at (800) 993-6388 for your specialized insurance coverage needs. >>