

PROGRAM

## The Warm Up at Yeppoon Main Beach

|        |                       |                 |
|--------|-----------------------|-----------------|
| 5.30am | Community Walk / Run  | Fitstop Yeppoon |
| 6.00am | Sunrise Yoga          | Body Mind Bodhi |
| 6.30am | Family Beach Bootcamp | Ready 24 Gym    |

## Fitness Zone at Beaman Park

Spaces are limited and participation will be on a first come first in basis

|                    |  |                                     |
|--------------------|--|-------------------------------------|
| 10.30am            | Full Body Beginner Fitness Class   | Nexus Capcoast Group Fitness Studio |
| 11.00am            | APDA Physie demonstrations   | Central QLD Adpa Dance              |
| 11.15am            | "Get a great core" workshop  | Studio Pilates Yeppoon              |
| 11.45am            | Dance Fitness Workshop   | Allegra Studios                     |
| 12.15pm            | APDA Physie demonstrations   | Central QLD Adpa Dance              |
| 12.30pm            | Gentle Pilates   | Allegra Studios                     |
| Throughout the day | Book a 20-minute session in the 'Creating Calm Teepee' – musical yoga poses, movement meditation, and a squeeze and release full body relaxation | Creating Calm                       |
|                    | Come and Try Pickleball  | Yeppoon Tennis Club                 |

## The After Party

|             |  |  |
|-------------|--|--|
| 1.00pm      | Mixed Apparatus Open Session – Come and try. Register at Namaste Pole Boutique Studio stall. | Namaste Pole Boutique Yeppoon                |
| 12pm - late | Cap Coast Crocs Rugby Club present Smoke Wars  | Rugby Union Fields, 28 Chrisney St, Cooe Bay |
| 2-5.00pm    | Rumble Roadshow - Skateboarding Fan Day  | Yeppoon Skatepark, Anzac Pde                 |

## Speakers Corner at Beaman Park

|         |   |  |
|---------|---|--|
| 10.00am | Welcome   | Livingstone Shire Council  |
| 10.10am | Health and Wellness Benefits of Experiential Outdoor Learning                               | Mary - PCYC Yeppoon  |
| 10.25am | What is APDA Physie?  | Odette - Central QLD Adpa Dance  |
| 10.30am | Redefining Your Pain  | Shireen Rigby - Empowerment Physiology                                 |
| 10.45am | Health benefits of physical activity in children and adults – It's not just about being fit | Dr Stephanie Schoeppe, Researcher in Physical Activity at CQUniversity |
| 11.00am | Eating for Performance  | Liam - Fuel Your Life Dietitians                                       |
| 11.15am | Silent inflammation as a root cause of disease  | Kimberly Kushner - Naturopath & Clinical Nutritionist                  |
| 11.30am | Illuminating Wellness: The Therapeutic Potential of Light                                   | Brian - Recharge Remedial Therapy                                      |
| 11.45am | Oxidative Stress and its role in Disease  | Tanya Adams Enagic Distributor   |
| 12.00pm | Organ and Tissue Donation   | Josephine - Donate Life QLD  |
| 12.15pm | Pelvic floor considerations in physical activity and sport                                  | Mischa - Pelvic Fix Physiotherapy                                      |
| 12.30pm | Mindfulness & Meditation Wellness Retreats  | Nicole Porter - Body Mind Bodhi  |
| 12.45pm | Connection & Community Building for Wellbeing   | Shanelle Schick - The Hub Capricorn Coast                              |
| 1.00pm  | Closing   | Livingstone Shire Council  |