

INSIDE THIS ISSUE:

Information on Fall Conference and Annual Meeting	2
Annual Meeting Board of Director Ballots	3
Mail/Fax-in Registration Form	3
Thank you Sponsors!!	4

FALL CONFERENCE / ANNUAL MEETING

- Fall Conference and Annual Meeting is scheduled for Nov. 4th, 2009 from 9am–4pm at the Eagan Community Center!
- Spectacular speakers and great topic takeaways inside!!

Another Webinar Session Complete!!



Woodard, president of Premium Performance Training, for hosting our Summer webinar series. We would also like to thank those who participated in the webinars and provided feedback to improve future webinars!

If there are any topics that you would like to see covered, or any questions or comments, please email info@nihca.org.

Thank you to One Source Fitness for sponsoring the event!

In order to make NIHCA a better value for our fitness centers, we have started providing free of charge webinars to our members and staff! Learn new ways to effectively manage your facility, get feedback from other fitness centers, while being reminded about simple changes that can help your facilities.

Our Summer webinar series ended in August resulting with great feedback! NIHCA urges you to take advantage of these FREE sessions, hosted by leading experts in the fitness industry.

NIHCA would like to thank Karen

"I thank you for offering these webinars!!"

Questions? Comments?

Thank you to all of our clubs that have been very supportive of NIHCA's decision to switch processors to Vanco Services. It is because of health clubs like you that we are able to succeed and create a healthy lifestyle for all through incentive programs!

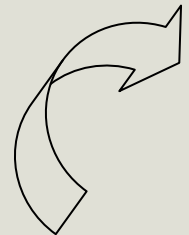
As always, we are working extremely hard to make this program an even greater benefit for you! During this last year, NIHCA has brought you rebates off of your annual dues as well as free webinars and more promotional material.

Feel free to simply let us know some of the things on your mind regarding NIHCA and our programs. If you have any questions, concerns or compliments please email info@nihca.org.

Thank you again to all of our fitness centers!

Annual Meeting and Fall Conference Information Inside!!

See inside for more information on the Annual Meeting and Fall Conference scheduled for November 4th, 2009 from 9am–4pm at the Eagan Community Center in Eagan, MN!!



FALL CONFERENCE AND ANNUAL MEETING!!

For the first year ever, the Fall Conference and Annual Meeting will be combined into one event. On November 4th, 2009 from 9am—4pm, the Eagan Community Center in Eagan, MN will host NIHCA and our members for our Fall Conference.

Round-up your staff and enjoy a day of fun and fitness while learning strategies to efficiently and effectively manage your facility! Registration starts at 9:00 am, while giving you a chance to network with other NIHCA members. To start our day, **Sal Pellegrino** from Les Mills will give two presentations that are essential for club owners, directors, and managers.

SURVIVE AND THRIVE IN TODAY'S ECONOMY Concerned about recent downturns in the economy? Come learn simple strategies for maintaining your company's brand, retaining quality personnel, and gaining market share against all odds—all from an experienced professional with more than 25 years experience.

COMPETING WITH A LOW COST COMPETITOR Faced with a new competitor? Even worse, it's one of the large national or regional chains coming to your market—at a lower cost! Discuss six case studies in which clubs faced low cost competitors that demonstrate real world survival tactics necessary to thrive in a competitive marketplace.

After a break for lunch, participate in our rotating sessions called "Fitness Frenzy".

Fitness Connections - A great networking roundtable—talk to fellow club owners and managers and share ideas!

The Tour - Take a tour of the impressive Eagan Community Center!

"Walk, Talk & Learn" - Learn how to implement a successful walking program into your facility. Grab your tennis shoes and WALK while sharing ideas about these great money-making programs.

Later in the afternoon, listen to Jill Dessler, an ultra marathoner, talk about her journey through the Colorado mountaintops. You will learn that we can do anything if we keep pushing for our goals!

Attend NIHCA's Fall Conference and listen to our wonderful speakers, network with other fitness professionals and have a fun time. Everyone who attends the event will take home a gift courtesy of NIHCA. Hope to see you on November 4th!!

Learn about our speakers below —



National Renowned Speaker: Sal Pellegrino

SAL PELLEGRINO is a favorite IHRSA, Club Industry, Athletic Business Conference, Medical Fitness Association and SCW convention presenter. Previously, Sal was the East Coast sales manager for equipment supplier Stairmaster for 13 years and also owned and operated two clubs in New York. Sal was with Precor Inc., where he was the national account manager for 11 years. Currently, he is the National Director of US sales for Les Mills International. Sal is a wealth of industry knowledge and experience. Sal will share with our members great tips to effectively manage your fitness center.

Our Master of Ceremonies — Jill Dessler's amazing story!!

Can you imagine pushing yourself to your ultimate limits physically, mentally and emotionally—but then pushing on, one step at a time until your mission is complete. Let Jill Dessler, an ultra marathoner, take you on her ultimate journey of the race of all races... the Leadville Trail 100. Leadville hosts a 100 mile ultra marathon in the hills of Colorado. Being one of the only females in Minnesota to compete in this event and being the only female in Minnesota to finish this race in under 30 hours, Jill has an amazing story of triumph from an almost insurmountable feat.

Let her story teach you that nothing is ever too big or too much to accomplish. You CAN do it—but you must dig deep and push yourself to the limit!



Make sure you RSVP by Friday, October 30th!! ~ It's FREE!!

If you are planning on attending the Fall Conference please make sure that you RSVP to our Administration department by Friday, October 30th, 2009. You are free to bring multiple people to the events, simply make sure all those attending are included with your RSVP.

We look forward to seeing all our NIHCA members at this event on November 4th, 2009!!



Kevin Boe
(INCUMBENT)

Annual Meeting Ballots

During the 2009 Annual Meeting, our NIHCA members will need to fill an open Board position. NIHCA's Board of Directors has one opening. During the Annual Meeting, attendees will be given a ballot to cast their vote for the next Board of Directors position.

This year, we have two people running for this position: Kevin Boe, General Manager of Courts Plus in Fargo, ND and Christine Shidla, Director of Wellness-ATC, ACSM H/F Instructor in Eden Prairie, MN.

Kevin Boe has enjoyed the last 4 years on the NIHCA Board, serving the last two years as president. Kevin grew up and graduated from Fergus Falls high school in 1986 from there he attended NDSU graduating in 1991. After graduation, he was hired at Courts Plus Fitness Center and in 1996 promoted to General Manager. He is also on the Board of Directors for the Arthritis Foundation since 2004 which is very active in the Fargo-Moorhead area. Kevin has been married for 15 years and has 2 Jack Russell Terriers (Ernie and Bert). In his spare time he enjoys playing golf and has been an active high school official for football and baseball for the past 18 years. He believes participating on the NIHCA board is a very important part of the health club reimbursement process. He feels that we have made great strides in developing NIHCA to where it is today. He is looking forward to the future of NIHCA and the benefits it will bring to health clubs across the country.

Christine Shidla received her Bachelor of Science Degree in Kinesiology, with emphasis in Sports Medicine, from the University of Minnesota. At the University she interned as an athletic trainer in the Men's Athletic Program for 3 years and received her athletic trainer certification. She attained her Health/Fitness Instructor certification through the American College of Sports Medicine. Her experience includes working with all fitness levels from older adults to professional athletes and individuals with spinal cord injuries, arthritis, Fibromyalgia, low back pain, weight loss goals and children with congenital disabilities. She is currently working at Summit Place Senior Campus in Eden Prairie as Director of Wellness in their state-of-the-art health club for adults ages 55 and up. Her education and work history reflect her experience in providing wellness services and programming within the six dimensions of wellness and through a continuum of care for all abilities.



Christine Shidla



NIHCA ~ Annual Meeting & Fall Conference Reply Card

YES! I will be attending the Annual Meeting and Fall Conference on Wednesday November 4th, 2009 from 9:00 A.M.—4:00 P.M. at the Eagan Community Center in Eagan, MN.

We will be bringing the following people from our club:

Club Name _____

City _____

Name _____

Title _____

Name _____

Title _____

Name _____

Title _____

Name _____

Title _____

Please fax or mail back by October 30th.

Thank you for your cooperation!

(651) 554-9935 fax

400 10th St. NW, Suite 229, New Brighton, MN 55112



Sponsors of the Fall Conference

Silver Level Sponsors:



Bronze Level Sponsors: **EKHO**

Please help support NIHCA by providing postage!



National Independent Health Club Association

**400 10th St NW, Suite 229
New Brighton, MN 55112**