

2022 ANNUAL CONFERENCE | APRIL 22-23 2022

Manitoba
Dental
Association



**we miss
your**



Healthy Lifestyle for Peak Performance

This will be a hard hitting series of comprehensive vignettes on achieving a truly healthy lifestyle, debunking myths and demystifying the science. The benefits of physical activity will be clearly outlined in terms of prevention of disease & psychological conditions, as well as injury reduction in this worlds movement suppressed culture. Where should you put your money? Into your training equipment? The latest in biometric monitoring equipment will be discussed including the use of virtual reality training systems for cycling and running shoes – complete with a live demonstration. What are the actual performance benefits of equipment like runners, bikes etc?

Given the disturbing percentage of people with disrupted sleep, the facts underlying quality sleep and performance will also be highlighted. Performance fueling including substance use will be discussed including the vegan versus omnivore debate, and marijuana for health. Finally, a never seen before, inside look into the world of high performance circus training will be provided by the scientific director of the circus research institute in Montreal.

Outcomes:

1. Understanding the principle factors which keep people engaged in, and the amount and type of physical activity and sleep necessary to achieve a healthy lifestyle.
2. Understanding of the new types of biometric equipment software for engaging in physical activity.
3. Inspiration to be active from the high performance world.



Dr. Dean Kriellaars

Dr. Dean Kriellaars is a faculty member of the School of Medical Rehabilitation, Department of Physical Therapy at the University of Manitoba. He is a member of the Spinal Cord Research Centre and a scientist of the Manitoba Institute of Child Health. His Human Performance Laboratory has numerous students and staff directed to undertaking research on exercise, physical activity and obesity. Dr. Kriellaars has been awarded two major university teaching awards, as well as national and international awards for scientific research and innovation. Dr. Kriellaars has received two University of Manitoba Presidential Outreach awards for his community work. In 2007, he was named as the co-chair of the Premiers Council on Health Living for the province of Manitoba. He was awarded the Healthy Living Award (2007) for his outstanding activities in building community wellness in the province of Manitoba.