

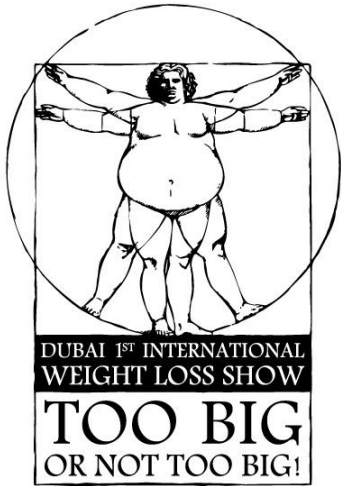


The Weight Loss Show

29th January 2010

Educational Talks			
Timing:	Description:	Presenter:	Company:
Friday 11:00 to 11:20	Opening Speech	Nick Watson	U Concept & Organizers
Friday 12:00 to 12:20	Supplements Decoded	Tim Hawkins	TFC Team
Friday 13:00 to 13:20	Hypnosis & Weight Loss	Dave Crane	The Life Designers
Friday 14:00 to 14:20	Kettlebell/ TRX Lecture	MeFit Pro Team	MeFit Pro
Friday 15:00 to 15:20	How To Lose Fat – The Bare Fact	Matt Coe	u concept
Friday 16:00 to 16:20	How to Read Labels while Shopping	Bernadette Abraham	
Friday 17:00 to 17:20	Love Yourself Just A Little More: A Holistic Approach to Weight Loss	Dr. Milan Keswani	The Third Eye
Friday 18:00 to 18:20	A Head Start (To Weight Loss)	Carol Talbot	Matrix TRG Solutions
Friday 19:00 to 19:20	A Comprehensive & Practical Approach to Weight Loss	Dr. Sean Penny	TFC Team
Friday 20:00 to 20:20	Ask The Experts!		Health & Fitness Professionals
Friday 21:00 to 21:20	The Path Way to Sustainable Weight Loss	Dr. Ryan Penny	TFC Team

Demonstrations			
Timing:	Description:	Presenter:	Company:
Friday 11:30 to 11:50	The TFC Breakfast Smoothie	Dr. Ryan Penny	TFC Team
Friday 12:30 to 12:50	A Healthy Packed Lunch to Go	Carole Holditch	Good Habits
Friday 13:30 to 13:50	Kettlebell Demo	MeFit Pro Team	MeFit Pro
Friday 14:30 to 14:50	TRX Demo	MeFit Pro Team	MeFit Pro
Friday 15:30 to 15:50	The Importance of the Enzyme Supplements: The Pudding Test	Tim Hawkins	TFC Team
Friday 16:30 to 16:50	Spinning Competition		Technogym
Friday 17:30 to 17:50	Fruit Ice Cream Preparation	Bronwyn Penny	TFC Team
Friday 18:30 to 18:50	Training Circuit	Jyoti Anand	Shape Express
Friday 19:30 to 19:50	Circuit Boot camp	Parveez Mohammed	Hayya
Friday 20:30 to 20:50	Spinning Competition		Technogym
Friday 21:30 to 21:50	Yoga – A Lifestyle Modification	Dr. Vijayshri Prashant	Sahaja Yoga



The Weight Loss Show

30th January 2010

Educational Talks			
Timing:	Description:	Presenter:	Company:
Saturday 11:00 to 11:20	Top 10 Diet Mistakes	Caroline Kanaan Kamel	ANC
Saturday 12:00 to 12:20	The Path Way to Sustainable Weight Loss	Dr. Ryan Penny	TFC Team
Saturday 13:00 to 13:20	Hypnosis & Weight Loss	Dave Crane	The Life Designers
Saturday 14:00 to 14:20	Bosu Lecture	MeFit Pro Team	MeFit Pro
Saturday 15:00 to 15:20	How To Lose Fat – The Bare Fact	Matt Coe	u concept
Saturday 16:00 to 16:20	Looking at U	Kai Mitchell	u concept
Saturday 17:00 to 17:20	Energize Your Workplace	Ramez Halou	
Saturday 18:00 to 18:20	The Obesity Diabetes Link	Dr. Manoj Kumar	TFC Team
Saturday 19:00 to 19:20	How to Read Labels while Shopping	Bernadette Abraham	
Saturday 20:00 to 20:20	Ask The Experts!		Health & Fitness Professionals
Saturday 21:00 to 21:20	A Comprehensive & Practical Approach to Weight Loss	Dr. Sean Penny	TFC Team

Demonstrations			
Timing:	Description:	Presenter:	Company:
Saturday 11:30 to 11:50	The TFC Breakfast Smoothie	Dr. Ryan Penny	TFC Team
Saturday 12:30 to 12:50	A Healthy Packed Lunch to Go	Carole Holditch	Good Habits
Saturday 13:30 to 13:50	Bosu Demo	MeFit Pro Team	MeFit Pro
Saturday 14:30 to 14:50	Demo	MeFit Pro Team	MeFit Pro
Saturday 15:30 to 15:50	Spinning Competition		Technogym
Saturday 16:30 to 16:50	The Wheel of Health & Fitness- Are You Out of Balance?	Wendy Shaw or Bola Awoyinka	Matrix TRG Solutions
Saturday 17:30 to 17:50	The Importance of the Enzyme Supplements: The Pudding Test	Tim Hawkins	TFC Team
Saturday 18:30 to 18:50	Group Exercise Classes	GX Team	Fitness First
Saturday 19:30 to 19:50	Fruit Ice Cream Preparation	Bronwyn Penny	TFC Team
Saturday 20:30 to 20:50	Spinning Competition		Technogym
Saturday 21:30 to 21:50	Group Drumming	Dubai Drum Team	Dubai Drum
Saturday 21:50 to 22:00	Closing Speech	Nick Watson	u concept & Organizers