



Agenda
Medical Conditions & Exercise Certification
October 5th – 8th, 2026 – Hinckley, Minnesota

*Note - Participants must attend the complete event to receive the Medical Conditions & Exercise Certificate!

Day 1

- 8:00 - 8:15 Registration
- 8:15 - 9:30 The Fitness Professional's Role Working with the Medical Community
- 9:30 - 10:00 Exercising with Medical Conditions
- 10:00 - 10:15 Break
- 10:15 - 12:00 Chronic Disease & Exercise - Hypertension, Heart Diseases
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Chronic Disease & Exercise - Respiratory Diseases
- 2:30 - 2:45 Break
- 2:45 - 3:15 Special Conditions - Pregnancy
- 3:15 - 4:15 Working with Youth & Elders
- 4:15 - 4:30 Questions & Answers

Day 2

- 8:00 - 8:15 Introductions & Warm-up
- 8:15 - 10:00 Chronic Disease & Exercise - Diabetes
- 10:00 - 10:15 Break
- 10:15 - 12:00 Chronic Disease & Exercise - Cancer
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Chronic Disease & Exercise - Arthritis
- 2:30 - 2:45 Break
- 2:45 - 4:15 Functional Exercise System Lecture
- 4:15 - 4:30 Questions & Answers

Day 3

- 8:00 - 9:30 Warm-up – Dynamic Joint Movement
- 9:30 - 10:00 Functional Exercise System – Foot & Ankle
- 10:00 - 10:15 Break
- 10:15 - 12:00 Functional Exercise System – Knee
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Functional Exercise System - Hip
- 2:30 - 2:45 Break
- 2:45 - 4:15 Functional Exercise System - Core
- 4:15 - 4:30 Questions & Answers

Day 4

- 8:00 - 8:30 Warm-up
- 8:00 - 9:30 Warm-up - Tai Chi Elder Workout
- 9:30 - 10:00 Relaxation Exercise Lecture - Breathing
- 10:00 - 10:15 Break
- 10:15 - 12:00 Relaxation & Balance Exercises Hands On
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Relaxation Exercise Lecture - Soft Tissue Mobilization
- 2:30 - 2:45 Break
- 2:45 - 4:15 Functional Exercise System - Shoulder
- 4:15 - 4:30 Awarding of Certificates

Topic/Times Subject to Change



Travel Information
Medical Conditions & Exercise Certification
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Participants must attend the complete event to receive the Certificate so plan travel accordingly!

Training Site

Meshakwad Community Center 1-320-336-0220
38043 Hinckley Road
Hinckley, MN 55037

The Meshakwad Community Center is a half mile walk from the Grand Casino Hinckley Hotel.

Official Hotel

Grand Casino Hinckley Hotel 1-800-472-6321
777 Lady Luck Drive
Hinckley, MN 55037

A block of rooms, single/double occupancy with 2 queen beds, have been designated for event attendees for 4 nights Oct 4th – 7th. (Check in Sunday Oct 4th, Check Out Thursday Oct 8th) Room rates are \$99+ per night. Available rooms are limited & reservations should be made by Sept 28th to receive the above rates. Reserve rooms by calling Grand Casino Hinckley Hotel at **1-800-468-3517** or by booking online with the Group Code **EA1004H**. [Grand Casino Hinckley](#)

Local Airport

Minneapolis - Saint Paul International Airport (airport code MSP)

Ground Transport

Rental car provides the best option to get from the airport to the Grand Casino Hinckley Hotel.

The suggested shuttle transportation from MSP Airport to Hinckley, MN is Groome Transportation. The cost is about \$47.00 one way when booked online. [Groome Transportation](#) The drop off point in Hinckley, MN is Tobie's Station which is about 1.7 miles from the casino hotel.

Plan ahead of time to get a taxi, Uber or Lyft from Tobie's Station to the Grand Casino Hinckley Hotel as these services are limited!

Meals on Your Own

Light snacks and beverages will be provided in the morning. Meals are on your own.

Hands On Learning

NAFC teaches through hands on exercise. The movements are fun and many are non strenuous. Wear appropriate workout clothing (jacket for outdoors) & gym shoes. Plan to participate at your own comfort & safety level as approved by your physician!