



## Ask the A Team

Let our expert member services team answer your most frequently asked questions about the **IDEA World Fitness Convention®**.

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2007 IDEA World Fitness Convention in **San Diego (July 5-9)**. Whether you're a veteran attendee or a first-timer, a few details about the process always seem to remain a mystery.

In an effort to clarify some of the most frequently asked questions (FAQs) about registration, CECs, session selection, accommodations and other facets of this exciting event, we asked our member services crew—the A Team—to anticipate some of your needs. Annina Torri, senior director of membership and Alex Halkias senior account manager will answer your FAQs and give tips on how to maximize your experience.

If you don't find what you need here, you can always contact the A Team directly by calling **(800) 999-4332, ext. 7**, or—if outside the United States and Canada—**(858) 535-8979, ext. 7**. The team is friendly, knowledgeable and ready to help you!

### Which certification agencies offer CECs for this event?

The credits you can earn at this event are recognized by the following agencies: **ACE, ACSM, AFAA, NATA-BOC, NASM-CPT & -CGT, NFPT, NSCA-CSCS & -CPT** and **WITS**. If your certification agency is not listed, simply check to see what credits it allows.

### How many CECs are offered for each session?

To find out how many CECs are offered for each session, please visit the IDEA World Fitness Convention page of our website—**www.ideafit.com**—and download the **CEC Grid**, or call member services for assistance.

### What is the maximum number of CECs available for this year's IDEA World Fitness Convention?

During the 4-day event, **you can earn up to 20 CECs** (precons not included).

### How do I get continuing education credit for the sessions I attend?

The binder you receive on-site in San Diego will contain a **Continuing Education Credit Completion Form**. To get credit for the sessions you attend, simply complete the form, sign and date it, make a copy for your records and send a copy to your certification agency. If you cannot find the form in your binder or you misplace it, contact the IDEA member services team (on-site or after the convention), and they will give you a replacement.

### Do I get CECs or certification for completing the preconvention sessions?

Some of the precons offered at the 2007 IDEA World Fitness Convention in San Diego do offer CECs or certificates of completion. To find out which precons do and which don't, please visit the IDEA World Fitness Convention page of our website—**www.ideafit.com**—and download the **CEC Grid**, or call member services.

### What is required to enter sessions?

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er or at capacity, you will need to produce your session schedule at the door so the monitor can verify that you are registered for that session.

### Will I get handouts or notes for my sessions?

In the binder you receive on-site, you will find a website link to the notes for all sessions at this event. At the beginning of each class you at  
binder for safekeeping.

### Why is the convention being held in San Diego?

The in attending an event in a "destination" city. Additionally, the sheer size and scope of the IDEA World Fitness Convention necessitates that we use a venue with enough large rooms to accommodate all the workouts offered on the schedule. We also need to ensure that the city for attendees coming from every corner of the globe. Finally, some cities are just a lot more expensive to hold events in; IDEA does it the United States that are a good fit for IDEA events.

### Does the cost of registration include accommodations?

No. want to save money by sharing the cost of accommodations with another attendee, we can provide you with a list of people who wish to share a room. To add your name to the list or to obtain a copy of it, simply give us a call. We'll supply the names--you make the choice! **You save even more money by registering before the early-bird deadline on May 4** (\$399 for members; \$489 for nonmembers). If you wait to register on-site, expect to pay more (\$539 for members; \$629 for nonmembers).

### How do I select sessions?

We ask all attendees to **submit their session selections via the IDEA website ([www.ideafit.com](http://www.ideafit.com))**. Simply log onto the website and click on the link for 2007 IDEA World Fitness. Once there, select the option "Choose Sessions." You will be asked to enter your last name and membership number (if you don't know your membership number, please call IDEA member services). Once you get to the session selection screen, you will be asked to select sessions for each time block.

### Why do I have to pay extra for the InTensive sessions?

InTensive sessions are 4-hour-long workshops that offer extensive, in-depth education and provide you with a certificate of completion and hands-on attention from them.

### Why are some classes repeated throughout the convention?

Sometimes sessions are limited to a certain number of participants because of equipment limitations. We want to give the sessions as much exposure as possible throughout the convention.

### What if I want to take only a couple of sessions per day?

While sessions are based on availability. The pricing for single sessions is not determined until event time.

### Can international attendees attend?

Of course! We love seeing our international members and friends at the events. Last year delegates representing more than 62 countries need to submit for your application. Don't wait though; the sooner you get the visa application in, the better your chances of getting approved.

### What is the cancellation policy?

All requests are subject to the following administrative fees:  
\*If received before May 18, the administrative processing fee is \$50.  
\*If received May 18 - June 15, the administrative processing fee is \$100.  
\*If received after June 15, no transfers or refunds will be issued.

IDEA is not responsible for acts of God or nature, terrorist attacks, war, union or labor disputes or other events out of our control.\*

### **This is my first event, and it's a little overwhelming! What help can you offer to first-timers?**

We realize that there is a lot going on at the IDEA World Fitness Convention, but fear not, because we can help! Actually our veteran attendees can help. We have created a Mentor Program designed to help first-time attendees learn the ropes. We've recruited the assistance of IDEA convention veterans to teach first-timers the ins and outs of attending our biggest event of the year. You may even learn a secret or two and become a pro before you know it! To sign up for the IDEA World Fitness Mentor Program—or to ask other questions—simply phone or e-mail the membership team.

We also encourage you to attend the **IDEA World Fitness Orientation on Thursday, July 5, from 8:00 to 8:45 pm**. This session will provide you with inside information on how to get the most out of your convention experience. IDEA staff will be t  
our open hours with any questions or concerns.

### **Are there places to change and/or shower between classes?**

Unfortunately, other than your hotel room, there are no shower facilities available to attendees in the convention center. Restroom facilities throughout the venue can be used for changing clothes, if needed.

### **What sort of food is nearby?**

While IDEA doesn't provide food, there are several places to purchase food at kiosks and restaurants both in the convention center and at the Marriot. The Marriot has various on-site restaurants where you can enjoy a sit-down meal or grab a snack on the go.

### **Can I bring a friend with me?**

Yes, bring a friend—bring two friends! You can purchase a companion package for \$75 and share this exciting fitness experience with a spouse, friend or family member. Your companion will receive admission to the Keynote Address, the IDEA Fitness & Wellness Expo Hall, 25th Anniversary Party: Celebrate in Silver, as well as a commemorative gift. Please note that this package does not include admission to convention sessions. Any friends who would like to attend educational sessions will need to purchase those separately.

### **Is it possible to attend only the expo hall at IDEA events?**

If you can't attend the full convention but would still like to visit the IDEA Fitness & Wellness Expo Hall, we'd love to have you—and it's free! The expo provides the best shopping in the world for health and fitness professionals. It not only offers the products and services you need; it often offers them at a discounted price and before they're available to the general public. Simply download a complimentary expo pass from our website ([www.idealife.com](http://www.idealife.com)), and present it at the registration booth right outside the expo hall. Check out the expo hours:

**Thursday, July 5: 5:00 pm-8:00 pm**

**Friday, July 6: 12 noon-6:00 pm**

**Saturday, July 7: 12 noon-6:00 pm**

**Sunday, July 8: 11:00 am-7:00 pm**

### **What sorts of exhibits can I expect to see at the expo?**

Exhibitors display new, innovative and exciting products and services, ranging from apparel and footwear to nutrition and hydration products, equipment, music and other media, education, technology, business services and much more.

### **I can't make it to the convention this year. Where is it next year?**

If you're unable to join us this year, we'd love to see you next year in Las Vegas, July 8-12, 2008. Also check out the dates of our other upcoming educational events:

**Inner IDEA® Conference**

**September 6-9, 2007**

**Palm Springs, California**

**IDEA Fitness Fusion—Chicago®**

**April 2008**

**Rosemont, Illinois**

**IDEA Personal Trainer Institute®**

**October 11-14, 2007**

**Orlando, Florida**

### What if I need to earn continuing education credits but cannot attend the convention?

IDEA offers plenty of opportunities to earn continuing education credits (CECs) through our publications and correspondence courses. In fact, *IDEA Fitness Journal* offers CEC opportunities for members multiple times throughout the year. You can also visit the IDEA Education Store on [www.ideafit.com](http://www.ideafit.com) for a complete listing of the CEC courses available for purchase.

### How can I become a presenter for an IDEA event?

IDEA strives to create a unique learning environment for event attendees, who not only expect new and innovative programming but also want to broaden their knowledge, acquire new skills and gain the professional edge needed to be more successful. IDEA meets these needs by selecting presenters who are dedicated to furthering the fitness professional's career path. It is our goal to bring a well-chosen faculty to each event, blending seasoned presenters with other qualified health and fitness educators. If you think you have what it takes, **visit [www.ideafit.com/presenter\\_intro.asp](http://www.ideafit.com/presenter_intro.asp)** for application information.

### How can I become an assistant for an IDEA event?

Perhaps you'd like to attend the convention free of charge while working as an IDEA assistant, helping with the day-to-day, behind-the-scenes work. To become an assistant, **visit [www.ideafit.com/events\\_assistants.asp](http://www.ideafit.com/events_assistants.asp)** to get more information or download an application.

### Why should I become an IDEA member?

To be the best, you have to be part of the best. IDEA is the world's leading organization of health and fitness professionals, with over 21,000 members. For more than 25 years, the world's top industry professionals have looked to IDEA for the best publications, events, educational products and services. We have helped these professionals build successful careers in the field by providing them with continuing education, resources and representation—and we can do the same for you. We offer CECs through our educational conferences and Independent Study Courses and—for IDEA members only—through selected articles in IDEA publications. CECs are generally available from **ACE, AEA, AFAA, the Cooper Institute, NASM, NSCA-CSCS, NSCA-CPT, NATA, NASM, NFPT** and **WITS**, depending upon the event, article topic, independent study course or event session. Join the leading membership organization for health and fitness professionals today and be a part of the IDEA team as we Inspire the World to Fitness®.