

Medical Fitness Summit - Northeast Region

May 20-21, 2026

Jennersville YMCA - Hosted by the YMCA of Greater Brandywine
880 W Baltimore Pike, West Grove, PA



Wednesday, May 20

12:00 PM - 1:00 PM	Registration and Networking		
1:00 PM - 1:30 PM	Opening Address & Industry Partner Welcome	David Flench, President & CEO	Medical Fitness Association
1:30 PM - 2:30 PM	Session 1: Keynote - Health Equity Through Access: The Role of Medical Fitness Professionals in Community Health	Veronica Lopez	YMCA of Greater Brandywine
2:30 PM - 2:45 PM	Networking Break		
2:45 PM - 3:35 PM	Session 2a: Beyond the Blood Panel: Why Movement Health is the Next Essential Longevity Biomarker	Dr. Marty Miller	Kinotek
2:45 PM - 3:35 PM	Session 2b: The AI Cure: Why Your Medical Fitness Needs These Tools	Aesha Tahir	Princeton Longevity Center & Tone and Strengthen Wellness
3:35 PM - 3:50 PM	Networking Break		
3:50 PM - 4:50 PM	Roundtables: Medical Emergency Response Planning; AI in Medical Fitness; Resistance Training; Exercise Oncology; Stress Response; Exercise & Mental Health <i>Bring your ideas, questions, or challenges to these sessions and be ready to share your advice and successes too!</i>		
4:50 PM - 5:00 PM	Day 1 Closing Comments	Mariann Murphy, Vice President & Andy Graham, Sales Director	Medical Fitness Association
5:30 PM - 7:30 PM	Social Event at Stubborn Goat Brewing at 122 Rosehill Ave, West Grove, PA		

Thursday, May 21

5:00 AM - 8:00 AM	Early Morning Workouts: visit the Jennersville YMCA for a workout on your own		
8:30 AM - 8:45 AM	Day 2 Kickoff	Mariann Murphy, Vice President & Andy Graham, Sales Director	Medical Fitness Association
8:45 AM - 9:45 AM	Session 3 Keynote: Advancing Health Care Using Exercise is Medicine® and Community-based Lifestyle Intervention Programs as Standard Practice	Dr. Tina Kelly-Brown	Divine Fitness and Health Services, Inc.
9:45 AM - 9:55 AM	Networking Break		
9:55 AM - 10:45 AM	Session 4a: Exercise as Medicine In Oncology: A Medically Integrated Approach	Joshua Shade	Valley Health Wellness and Fitness
9:55 AM - 10:45 AM	Session 4b: Regulated to Perform: The Six Stress Patterns Impacting Clinical and Fitness Outcomes	Dr. Ali Novitsky	The FIT Collective®
10:45 AM - 10:55 AM	Networking Break		
10:55 AM - 11:55 AM	Roundtables: Medical Emergency Response Planning; AI in Medical Fitness; Resistance Training; Exercise Oncology; Stress Response; Exercise & Mental Health <i>This is your opportunity to tap into the experience of other industry professionals on these hot topics.</i>		
11:55 AM - 12:55 PM	Networking & Lunch Break		
12:55 PM - 1:45 PM	Session 5a: Move Your Mind: How Exercise Rewires Mental Health (and Why It Works Better Than We Think)	Dr. Mark Novitsky	The FIT Collective®
12:55 PM - 1:45 PM	Session 5b: Using Walking Poles to Foster Resiliency in Older Adults	Lisa Limper	Urban Poling
1:45 PM - 1:55 PM	Networking Break		
1:55 PM - 2:45 PM	Session 6a: Scaling Medical Fitness Through Digital Programming	Scott Bergen & Bo Pearson	Power Wellness & Volt Athletics
1:55 PM - 2:45 PM	Session 6b: The Need for Common Language to Promote Physical Activity Across Populations	Dr. Rick Howard	West Chester University
2:45 PM - 3:00 PM	Summit Wrap Up	David Flench	Medical Fitness Association