



Irish Smiles of Gratitude

Many thanks to IHRSA for the recent European Congress in Dublin. We really enjoyed the event, especially the First Timers Reception. It was well worth doing and we've had some great feedback. In addition to talking about the wonderful opportunities for networking, sharing experiences, meeting new and old colleagues, and learning from experts we shared the *craic*. *Craic* is an Irish term, which means having a great time, and epitomizes the spirit of IHRSA.

I look forward to sharing the *craic* with IHRSA members in San Diego, during the 2010 International Convention and Trade Show! →

Lexie Griffiths | Executive Manager and Team Coach | Teamwork | Dorset, UK

Double Duty in Dublin

→ A huge thank you to Hans Muench for his assistance with my two sessions at the European Congress in Dublin, in October. He really went to a lot of trouble to help select the CEO panelists, and it all worked out well. Then, he went to a variety of club leaders to get them to focus on the cost-cutting survey. Their answers made a real difference in my talk. →

Rick Caro | President | Vision Management, Inc. | New York, NY

Bright Spots in Brazil

→ Thanks to all of the people who attended my speech at the 10th Anniversary IHRSA/Fitness Brasil Latin American Conference & Trade Show, held in São Paulo, in October. I had so much fun speaking on service design and moderating the Branding Workshop with Patricia Totaro, my dear friend and renowned architect.

At the event, we had the opportunity to discuss some key themes that form the basis of an innovative strategy. I am twice satisfied—first, for having the opportunity to coordinate the conference program along with the IHRSA/Fitness Brasil team, and second, because of the success that the Microsoft project “MyGym” had at its launch during the same event.

The fitness sector occupies a bright spot in the wellness industry and definitely needs to take over this position, reinventing itself to move from being an attachment to being part of people's lives. →

Tennyson Pinheiro | CEO | Design Loyalty | São Paulo, Brazil

IHRSA Success in India

→ I just wanted to report what a huge success the IHRSA Management Conference in India, part of the IHRSA Road Show was in September. The immediate verbal feedback we received was very pleasing and my e-mail has been running hot with requests for more information. I think it was a hugely successful event, and I would highly recommend developing a strong India arm to IHRSA, as this market is expanding quickly.

I would also like to personally remind you of what a wonderful IHRSA Ambassador John Holsinger is on these trips. He walks the talk and has a thorough understanding of what's involved to make these events successful. Additionally, he did a great presentation and handled the three biggest players in the Indian market with aplomb on a panel. He was excellent.

All in all, a very successful trip. Thank you for having faith to go to India and for allowing me to be part of this landmark conference! →

Justin Tamsett | President | Active Management | New South Wales, Australia

Healthcare Solutions

→ As the Senate debates how to bring health insurance to all Americans, let's focus on keeping people healthy in the first place. Research shows that exercise helps prevent chronic diseases, from diabetes and depression to osteoporosis and cancer. The action steps are clear: Congress must support programs to help Americans follow healthy lifestyles; each of us should eat a balanced diet, avoid tobacco, and stay physically active. It's a simple prescription with a big payoff. →

James Pivarnik | President | American College of Sports Medicine | Indianapolis, IN