2010 NIH Health & Wellness Expo – Fall Fitness Festival
Building 45 – Main Auditorium
Speakers and Bios

(11:30am – 11:55am) Debbie Norris, Ph.D. Dr. Norris is the Executive Director of Science for Health and Energy, Inc. She is trained in both psychopharmacology and holistic therapies. A health scientist with over 30 years of experience in research, clinical application and education, Dr. Norris can help you formulate an integrative approach to your health care, working with you and your physicians.

She has a B.A., M.A., and Ph.D. in psychology/ psychopharmacology, and is Adjunct Professor and Scientist in Residence in the Department of Psychology at American University. Dr. Norris teaches and conducts research in behavioral medicine. Dr. Norris previously taught in the Psychiatry Department at Georgetown University Medical School, and in the Health/Fitness Department at American University. Dr. Norris worked for more than 10 years as a health scientist specializing in neurotoxicology and environmental illnesses at the United States Environmental Protection Agency. As Adjunct Professor at American University, Dr. Norris has taught Stress Management in the Health/Fitness Department. Dr. Norris can help you identify the causes of stress in your life, and to gain control over stress.

Dr. Norris has studied a number of mind-body-spirit modalities. She has intensive training in the theory and practice of Gestalt Psychotherapy and meditation. She has also trained with the American Society of Clinical Hypnosis. Integrating her studies of mind and body, Dr. Norris is certified in exercise physiology by the American College of Sports Medicine and other certifying organizations. She is an instructor for the Arthritis Foundation. In her quest for continuing education in healing modalities, Dr. Norris is also trained and certified in a number of forms of bioenergetic healing, including Reconnective Healing (TM) with Dr. Eric Pearl. Dr. Norris has over thirty years of experience in health sciences, exercise and dance.

Dr. Norris maintains a private practice specializing in mind-body-spirit therapies. In her practice, Dr. Norris integrates lifestyle elements of physical exercise, meditation, spiritual development, relaxation therapy, energy work, imagery, nutrition and herbalism for maximal health and happiness!

(12:00pm – 12:20pm Balcony A) Ashley Sky Litecky, M.S., E-RYT 200 Ashley Sky Litecky began her study of yoga and meditation in 1997. In 2003 she became a Registered Yoga Teacher with Yoga Alliance and has completed over 500 hours of training and 1,200 teaching hours. Her love of the human form and the inspirational qualities of yoga have drawn her to study several forms of yoga including Anusara, Hatha, Kundalini, Jivamukti, Vinyasa, and Tantric Philosophy. As an instructor, Ashley emphases the importance of breath and presence in her classes and offers a unique style, blended from her background in yoga, herbal medicine, and the healing arts. She is known for her intelligent fusion of spirituality, humor, and attention to alignment, to move students to a place of greater freedom and joy.

(12:20pm – 12:40pm) Lance Breger, M.S., NASM-CPT, PES Lance Berger earned his Master of Science degree from The American University and his Bachelor of Science degree in Kinesiology from the University of Illinois Urbana-Champaign. Lance has been certified by the National Academy of Sports Medicine for eight years as a Personal Trainer (CPT) and more recently received his Performance Enhancement Specialist (PES) credential. He is also a member of the University of Illinois Kinesiology Honorary Society (Alpha Sigma Nu), National Strength and Conditioning Association (NSCA), and IDEA.

Lance is the Health & Fitness Columnist for City Living Source Magazine and was invited to be on the advisory board for Discovery Health On line's National Body Challenge. He is also an Ambassador for the yoga-inspired fitness apparel brand, Lululemon Athletica. Currently, Lance is the Head Private Trainer and Senior Master Instructor at MINT in Washington, DC.

He also presents on health and fitness topics before large corporations, governmental agencies, and universities. Lance believes that as a health and fitness professional he can positively influence someone's hour, day, week, year, and life! His real passion is for working with individuals and groups looking to transform the way the live and think.

(1:05pm – 1:25pm) Nicole Hollis, M.B.A, NASM-CPT Nicole Michele Hollis is fitness competitor and fitness model, as well as a skilled personal trainer and educator. Her consistency, discipline, and dedication earned her a spot as a competitor at the 2008 Fitness Atlantic competition, after shedding nearly 70 pounds.

Nicole received her personal training certification through the National Academy of Sports Medicine and is a personal trainer for Gold's Gym. Here she advises clients on exercise technique and lifestyle management and is committed to helping her clients achieve their personal fitness goals. Her results and goal oriented approach is what drives her and inspires her clients to accomplish their fitness and lifestyle goals.

As an employee for the National Institutes of Health, Nicole continues to showcase her dedication to public health. As a Public Information Coordinator for the National Library of Medicine, Nicole is committed to health information outreach and consumer health education.

Nicole credits much of her success to Weight Watchers and to competitive fitness coach Cathy Savage, as well as to the support of friends and family. After a two year break from competing, Nicole will be returning to the world of competitive fitness in March 2011 at the Arnold Amateur in Columbus, OH.
Nicole holds a Master of Business Administration from the University of Maryland University College and is currently pursuing a Master of International Management. She resides in Bethesda, Maryland.

(2:15 pm – 2:35 pm) Megan Nechanicky, M.S. Megan Nechanicky, an expert on nutrition and health behavior change, is currently involved in battling the obesity crisis at a local and national level by delivering simplified health messages to various federal, state and local audiences. She holds M.S. degrees in Nutrition and Exercise Physiology from San Diego State University and a B.S. in Food Marketing from Saint Joseph's University in Philadelphia. Megan is personally dedicated to living a healthy lifestyle and, after serving as the Captain of her university rowing team, has transitioned into playing tennis and golf and racing triathlons.

(**2:40pm – 3:00pm) Wylie Belasik, B.A.**, Director of Programming Back on My Feet
Wylie's first connection to running began while attending Kennett High School in nearby Chester County, after which he received BA's in Political Science and Communication from the University of New Hampshire. Wylie competitively trains for half and full marathons and has been running with BOMF since day one.

"Being a part of BOMF has been an incredible experience. I have met people and formed relationships that I never thought possible and I learn more about the world each day through experiences with other BOMF members…Watching our members complete their first race is amazing. To see someone's face light up and realize another part of their potential is inspiring."