



# NPC Conference & Health & Fitness Expo Agenda

February 15, 2025

7:00 AM	Promoter & Vendor Setup (7:00am - 8:30am)					
8:30 AM	<b>Registration &amp; Check-Ins (8am - 9am)</b>					Break Room: Judges & Chairman Breakfast & Debriefing
9:00 AM	<b>WELCOME EVERYONE</b>					
9:30 AM	<b>NPC NEWS UPDATES/ ANNOUNCEMENTS - AUDITORIUM</b>					
9:45 AM	<b>9:00am - 9:45am</b>					
	<b>Room 1</b>	<b>Room 2</b>	<b>Room 3</b>	<b>Room 4</b>	<b>Room 5</b>	<b>Room 6</b>
10:00 AM	<b>1st timers: What to know before your show (all divisions, all age groups, includes posing for 1st timers)</b>	<b>Mind Prep</b>	<b>Fit at Any Age</b>	<b>Stage Presence (male &amp; female) - female hair &amp; make up, suits, male grooming, suits &amp; tanning</b>	<b>Getting Started in the Gym - Vince Crawford &amp; Olivia Terry</b>	
10:30 AM						
11:00 AM						
11:30 AM						
11:45 AM			<b>Leveraging Social Media for Brand Growth</b>	<b>Competing as a Masters Athlete - First time national show, First time pro show, etc...</b>		<b>Transform Your Body/ Train For A Show</b>
12:00 PM						
12:30 PM						
<b>Lunch Break / Vendor Visits (12:30pm - 1pm)</b>					<b>Lunch for Presenters &amp; IFBB Pros</b>	
1:15 PM	<b>Compete NPC Natural</b>	<b>Living Healthy &amp; Strong</b>	<b>Motivation Comes from Within</b>	<b>Cost to Compete</b>	 <b>Powerlifting</b>	 <b>I.A.F.S. Personal Training Certification - 8x Mr. Olympia Lee Haney - FEE \$100</b>
1:30 PM						
2:00 PM						
2:15 PM	<b>Posing with the Pro's + Q &amp; A</b>	<b>Posing with the Pro's + Q &amp; A</b>	<b>Posing with the Pro's + Q &amp; A</b>	<b>Fitness &amp; Fashion</b>	 <b>Strongman</b>	<b>Posing with the Pro's + Q &amp; A</b>
2:30 PM	<b>Men's Physique</b>	<b>Men's Bodybuilding</b>	<b>Wellness &amp; Figure</b>			<b>Fitness</b>
3:00 PM						
3:30 PM						
3:45 PM						
4:00 PM	<b>Posing with the Pro's + Q &amp; A</b>	<b>Posing with the Pro's + Q &amp; A</b>	<b>Posing with the Pro's + Q &amp; A</b>	<b>Creating a Fitness Plan for YOU: Yoga, Core Strength, Functional Training &amp; more</b>	<b>Martial Arts</b>	
4:30 PM	<b>Bikini</b>	<b>Classic Physique</b>	<b>Women's Bodybuilding &amp; Women's Physique</b>			
5:00 PM						
5:15 PM						