

ACTIVE DOCTORS, ACTIVE PATIENTS™

The Science and Experience of Exercise

Massachusetts General Hospital



Department of Physical
Medicine & Rehabilitation

Spaulding Rehabilitation Hospital



Department of Physical
Medicine & Rehabilitation



November 12–14, 2010

Hyatt Regency Boston and The Sports Club/LA-Boston

Attendance Limited

Program and Registration Information on Reverse Side

Featured Presentations Include:

- Lifestyle Medicine: Building Physical Activity into Your Life and Practice
- Nutrition for Exercise
- Prescribing Exercise
- Why Your Habits Matter to Your Patients
- Exercise: Risks, Benefits & Precautions
- Motivating and Coaching Your Patients
- Exercise and Play: Food for the Brain
- Mindfulness in Exercise
- Promoting Health: A New Paradigm

Program Highlights:

- Highly interactive, exercise-centered course
- Sessions taught by nationally renowned Exercise Science, Nutrition, and Fitness and Wellness experts
- Experience a wide range of fitness and wellness activities: Pilates, spinning, resistance training, boxing, and cardio conditioning
- Breakout workshops on exercise injuries, exercise for older adults, and exercise to fight obesity
- Acquire tools to assess and recommend changes in patients' physical activity levels

“[This course] made me feel more confident that I could and should discuss exercise and lifestyle issues with all of my patients. It has helped me to make sure I fit adequate exercise into my life. It has given me a different approach to getting people active even if starting at only a few minutes per day.”

—2009 Attendee

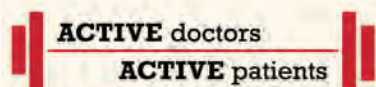
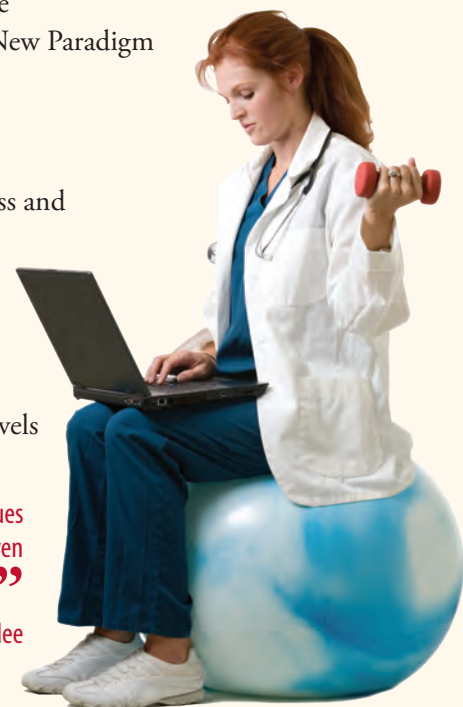
Course Director:

Edward M. Phillips, MD

Assistant Professor, Physical Medicine and Rehabilitation, Harvard Medical School;
Founder and Director, Institute of Lifestyle Medicine

HMS FACULTY: JONATHAN BEAN, MD, MS, MPH Assistant Professor, Physical Medicine and Rehabilitation • GEORGE BLACKBURN, MD, PHD S. Daniel Abraham Associate Professor of Nutrition • JOANNE BORG-STEIN, MD Assistant Professor, Physical Medicine and Rehabilitation • ELIZABETH PEGG FRATES, MD Clinical Instructor, Physical Medicine and Rehabilitation • ERNEST GERVINO, SCD Assistant Professor of Medicine • ANDREE LE-ROY, MD Clinical Fellow, Physical Medicine and Rehabilitation • DARSHAN MEHTA, MD, MPH Instructor in Medicine • MARGARET MOORE, MBA Co-Director, McLean Hospital/Harvard Medical School Institute of Coaching • EDWARD M. PHILLIPS, MD Assistant Professor, Physical Medicine and Rehabilitation, Founder and Director, Institute of Lifestyle Medicine • JOHN J. RATEY, MD Associate Clinical Professor of Psychiatry

GUEST FACULTY: SHIKHA ANAND, MD Assistant Professor of Pediatrics, Boston University School of Medicine • WALTER BORTZ, MD Clinical Associate Professor of Medicine, Stanford University School of Medicine • NANCY CLARK, MS, RD, CSSD Sports Nutritionist and Nutrition Author • ROGER FIELDING, PHD Professor, Friedman School of Nutrition Science and Policy, Tufts University • DAVID L. KATZ, MD Associate Professor (adjunct), Public Health Practice, Yale University School of Medicine • MIRIAM NELSON, PHD Associate Professor of Nutrition, Friedman School of Nutrition Science and Policy, Tufts University • PAMELA PEEKE, MD, MPH Assistant Professor of Medicine, University of Maryland



Visit www.activedoctors.org for details.

ACTIVE DOCTORS, ACTIVE PATIENTS™: Schedule

FRIDAY, NOVEMBER 12, 2010

7:00–8:00 AM	<i>Registration/Healthy Breakfast</i>
8:00–8:45	Lifestyle Medicine: Building Physical Activity into Your Life and Practice Edward M. Phillips, MD
8:45–9:30	Physical Activity and Health: An Overview of the Federal Guidelines Miriam Nelson, PhD
9:30–10:15	The Science of Exercise Roger Fielding, PhD
10:15–10:45	<i>Break/Transfer to The Sports Club/LA-Boston</i>
10:45–11:45	Concurrent Session A: CHOOSE One <ul style="list-style-type: none"> • Exercise Sessions <ul style="list-style-type: none"> A1. Spinning A2. Resistance and Movement Based Training A3. Boxing and Cardio Conditioning A4. Mind Body Sampler (Yoga, Pilates, Gyro) • Didactic Workshop—The Science of Exercise for Obesity George Blackburn, MD, PhD
11:45–1:00	<i>Lunch (on your own); Exhibits open</i>
1:00–2:00 PM	Nutrition for Exercise: Enhancing Energy and Enjoyment of Exercise Nancy Clark, MS, RD, CSSD
2:00–3:00	A Call to Arms and Legs: Using Transmedia to Write an Exercise Rx Pamela Peeke, MD, MPH
3:00–3:30	<i>Coffee Break & Exhibits</i>
3:30–4:15	Why Your Habits Matter to Your Patients Andree LeRoy, MD
4:30–5:30	Concurrent Session B The Sports Club/LA-Boston <ul style="list-style-type: none"> • Exercise Sessions (choose from list above) • Didactic Workshop—Physical Activity: Avoiding and Treating Injuries Joanne Borg-Stein, MD
5:45–6:45	<i>Reception in Exhibit Hall</i>
6:45 PM	<i>Exhibits Close/Dinner (on your own)</i>

SATURDAY, NOVEMBER 13, 2010

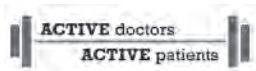
7:00–8:00 AM	<i>Healthy Breakfast/Exhibits Open</i>
8:00–9:00	Exercise: Risk, Benefits, and Precautions Ernest Gervino, ScD
9:00–10:00	Coaching Your Patients into the Driver's Seat Margaret Moore, MBA, and Elizabeth Pegg Frates, MD
10:00–11:00	Exercise and Play: Food for the Brain John J. Ratey, MD
11:00–11:30	<i>Break/Exhibits/Transfer to The Sports Club/LA-Boston</i>
11:30–12:30	Concurrent Session C The Sports Club/LA-Boston <ul style="list-style-type: none"> • Exercise Sessions (choose from list above) • Didactic Workshop—Exercise for Older Adults Jonathan Bean, MD, MS, MPH
12:30–1:45 PM	<i>Lunch (on your own)</i>
1:45–2:45	Prescribing Exercise: Motivating Your Patients Edward M. Phillips, MD
2:45–3:45	Nutrition: Why Knowing What Matters Isn't What's the Matter David L. Katz, MD
3:45–4:15	<i>Break/Exhibits/Transfer to The Sports Club/LA-Boston</i>
4:15–5:15	Concurrent Sessions D The Sports Club/LA-Boston <ul style="list-style-type: none"> • Exercise Sessions (choose from list above) • Didactic Workshop—Childhood Obesity: Exercise Solutions Shikha Anand, MD
5:15 PM	<i>Exhibits Close/Dinner (on your own)</i>

SUNDAY, NOVEMBER 14, 2010

7:30–8:30 AM	<i>Healthy Breakfast</i>
8:30–9:30	Mindful Exercise—Cultivating Presence in Ourselves and Our Patients Darshan Mehta, MD, MPH
9:30–10:00	<i>Coffee Break/In-room Exercise</i>
10:00–11:00	Square Peg, Round Hole: Prevention/Repair. Which Works Better? Walter Bortz, MD
11:00–12:00	Your Action Plan: Q&A Edward M. Phillips, MD
12:00 PM	<i>Adjourn</i>

For complete course information, please visit our website:

www.activedoctors.org



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Attendees can select up to 3 exercise sessions (1 per concurrent session) and at least 1 didactic lecture. **Due to the hands-on nature of the exercise sessions, space is very limited and early registration is highly recommended.**

ACTIVE DOCTORS, ACTIVE PATIENTS™

Class #3014268

November 12–14, 2010

Tuition Fee: \$825 (USD)

Allied Health Professionals: \$595 (USD)

Residents*/Fellows in Training* : \$595 (USD)

All Fields Required. Please Print Clearly.

* A letter of verification from the Department Chair must accompany the registration form for a reduced fee.

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