

# Schedule



## Hyatt Regency Boston & The Sports Club/LA-Boston

### Friday, November 12, 2010

7:00-8:00 AM	<i>Registration/Healthy Breakfast</i>	
8:00-8:45 AM	Welcome Lifestyle Medicine: Building Physical Activity into Your Life and Practice	Edward M. Phillips, MD
8:45-9:30 AM	Physical Activity and Health: An Overview of the Federal Guidelines	Miriam Nelson , PhD
9:30-10:15 AM	The Science of Exercise	Roger Fielding, PhD
10:15-10:45 AM	<i>Break/Transfer to The Sports Club/LA-Boston</i>	The Sports Club/LA-Boston
10:45-11:45 AM	Concurrent Session A: CHOOSE ONE	
Exercise Sessions	A1. Spinning	
	A2. Resistance and Movement Based Training	
	A3. Boxing and Cardio Conditioning	
	A4. Mind Body Sampler (Yoga, Pilates, Gyro)	
Didactic Workshop		Hyatt Regency
	A5. The Science of Exercise for Obesity	George Blackburn, MD, PhD
11:45AM-1:00 PM	<i>Lunch (on your own); Exhibits open</i>	
1:00-2:00 PM	Nutrition for Exercise: How to Enhance Energy and Enjoyment of Exercise	Nancy Clark, MS, RD, CSSD
2:00-3:00 PM	A Call to Arms...and Legs: Using Transmedia to Write Your Exercise Rx	Pamela Peeke, MD, MPH, FACP
3:00-3:30 PM	<i>Coffee Break &amp; Exhibits</i>	
3:30-4:15	Why Your Habits Matter to Your Patients	Andree LeRoy, MD
	<i>Transfer to The Sports Club/LA-Boston</i>	
4:30-5:30PM	Concurrent Session B: CHOOSE ONE	The Sports Club/LA-Boston
Exercise Sessions	B1. Spinning	
	B2. Resistance and Movement Based Training	
	B3. Boxing and Cardio Conditioning	
	B4. Mind Body Sampler (Yoga, Pilates, Gyro)	
Didactic Workshop		Hyatt Regency
	B5. Physical Activity: Avoiding and Treating Injuries	Joanne Borg-Stein, MD
5:45-6:45 PM	<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 AM	Exercise: Risk, Benefits & Precautions	Ernest Gervino, ScD
9:00-10:00 AM	Coaching Your Patients into the Driver's Seat	Margaret Moore, MBA and Beth Frates, MD,
10:00-11:00 AM	Exercise and Play: Food for the Brain	John J. Ratey, MD
11:00-11:30 AM	<i>Break/Exhibits/Transfer to The Sports Club/LA-Boston</i>	
11:30 AM-12:30 PM	Concurrent Session C: CHOOSE ONE	The Sports Club/LA-Boston
Exercise Sessions	C1. Spinning	
	C2. Resistance and Movement Based Training	
	C3. Boxing and Cardio Conditioning	
	C4. Mind Body Sampler (Yoga, Pilates, Gyro)	
Didactic Workshop		Hyatt Regency
	C5. Exercise for Older Adults	Jonathan Bean, MD, MS, MPH
12:30-1:45PM	<i>Lunch (on your own)</i>	
1:45-2:45 PM	Prescribing Exercise: Motivating Your Patients	Edward M. Phillips, MD

2:45-3:45 PM	Nutrition: Why Knowing What Matters Isn't What's the Matter	David L. Katz, MD
3:45-4:15 PM	<i>Break/Exhibits/Transfer to The Sports Club/LA-Boston</i>	
4:15-5:15 PM	Concurrent Sessions D: CHOOSE ONE	The Sports Club/LA-Boston
Exercise Sessions	D1. Spinning	
	D2. Resistance and Movement Based Training	
	D3. Boxing and Cardio Conditioning	
	D4. Mind Body Sampler (Yoga, Pilates, Gyro)	
Didactic Workshops		Hyatt Regency
	D5 Childhood Obesity: Exercise Solutions	Shikha Anand, MD
5:15PM	<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 AM	Mindful Exercise – Cultivating presence in ourselves and our patients	Darshan Mehta, MD, MPH
9:30-10:00 AM	<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 PM	Your Action Plan: Q&A	Edward Phillips, MD
12:00 PM	Adjourn	