



HARVARD
MEDICAL SCHOOL

This program is among the highest-rated
Harvard Medical School CME courses

Active Lives

Transforming Our Patients and Ourselves

December 4-5

2015

Boston, MA

How to help patients (and ourselves) initiate and sustain more active, healthier lifestyles:
Education, guidelines, tools, and best practices



Education and skills development for:

- In-office exercise assessment
- Motivational interviewing
- Counseling and health coaching
- Demonstrating exercises to patients
- Self-assessment
- Applying the new screening criteria

Guidance for exercise prescription:

- Frequency, intensity, time, type
- Personalization by age, conditions, and fitness levels
- Physician compensation, liability, and obligation
- Screening

Earn up to 27.75 AMA PRA Category 1 Credits™



Under the direction of
Edward M. Phillips, MD, FACSM:
Founder and Director of the
Institute of Lifestyle Medicine
(ILM), Department of Physical
Medicine and Rehabilitation
at Harvard Medical School

Accreditation

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 23.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- 1-Day Children and Adolescents Course Only - 7.75 *AMA PRA Category 1 Credits™*
- 2-Day Active Lives Course Only - 16.00 *AMA PRA Category 1 Credits™*

Registrants are also invited to participate in an optional online activity, *Lifestyle Medicine for Weight Management*. The Harvard Medical School designates this enduring material for a maximum of 4 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Explanation of Credit Award: Participants can earn up to 27.75 *AMA PRA Category 1 Credits™*, consisting of 23.75 *AMA PRA Category 1 Credits™* for participating in the live activity **Active Lives: Transforming Our Patients and Ourselves** and 4 *AMA PRA Category 1 Credits™* for participating in the optional enduring activity ***Lifestyle Medicine for Weight Management***.

Participation in Active Lives: Transforming Our Patients and Ourselves will count toward the CME requirements to qualify for American Board of Obesity Medicine certification (60 hours total, at least 30 hours live).

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

AMA PRA Category 1 Credits™ claimed by physicians attending live events certified and organized in the United States for *AMA PRA Category 1 Credits™* can be claimed through the agreement on mutual recognition of credits between UEMS and AMA, considered as being equal to the **European Continuous Medical Education Credits (ECMEC®)** granted by the UEMS. One *AMA PRA Category 1 Credit™* is equivalent to one (1) hour of European EACME Credit (ECMEC®), therefore up to 23.75 ECMEC® Credits are available. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

ACGME Competencies

This course is designed to meet the following Accreditation Council of Graduate Medical Education competencies: patient care, medical knowledge, practice-based learning and improvement, interpersonal and communication skills, professionalism, and systems-based practice.

Course Description

Most practices grapple with the challenge of enabling patients to be drivers of their own wellness regimen. This course offers proven strategies to counsel and motivate patients, and gives you evidence-based tools and techniques to prescribe individualized exercise programs. Attendees get the latest updates in exercise risks and outcomes, best practices for behavioral counseling, exercise demonstration techniques, and guidelines for patient-centered exercise prescription. You'll also have the opportunity to hone your new skills as you participate in exercise demonstration sessions and workshops for office-based fitness assessment. The economics of healthcare reform increasingly pressure clinicians to promote physical activity. This course provides education to stay at the forefront of this critical global trend and to lead by example in transforming ourselves and our patients to Active Lives.

Exercise and Lifestyle Medicine

Exercise is a vital part of Lifestyle Medicine, which not only prevents disease, but is integral to the treatment of many noncommunicable chronic diseases:

- Type-2 diabetes
- Hypertension
- Cardiovascular disease
- Stroke
- High cholesterol
- Many cancers, including breast and colon
- Depression
- Anxiety
- Osteoarthritis
- Sexual health issues

Learning Objectives:

Upon completion of this course, participants will be able to:

- Apply important principles of exercise science to their adult and pediatric patients.
- Negotiate and write an effective exercise prescription.
- Demonstrate various exercise activities.
- Track the results of a patient's physical activity plan.
- Improve and maintain a personal program of regular physical activity.

Course Directors

Edward M. Phillips, MD, FACSM

Dr. Phillips is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School and Director of the Institute of Lifestyle Medicine (ILM).

Martin J. Abrahamson, MD, FACP

Martin Abrahamson is Associate Professor of Medicine at Harvard Medical School and Senior Vice President at Joslin Diabetes Center, Boston.

Disclosure Policy

Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g., planners, faculty, authors, reviewers, and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.



HARVARD

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Dear Colleague,

Our daily work as healthcare professionals increasingly involves caring for patients with diseases resulting from sedentary lifestyles and inadequate exercise. Indeed, the *Lancet* reported in July 2012 that globally, physical inactivity is now more deadly than smoking. Counseling our patients to adopt and sustain more active lifestyles is a necessary and logical response, but our professional training does not adequately prepare us to leverage our position of trust to help our patients initiate health-promoting behaviors. At the same time, we are seeing payment structures rapidly evolve to reward clinicians based upon patients' health behaviors and health outcomes.

These factors have given rise to an overwhelming demand for evidence-based, lifestyle medicine practices that have been shown to reduce patient risk for chronic diseases in part by adopting more active lifestyles. That is precisely what is offered at Active Lives 2015.

Some of the country's most experienced and committed experts in physical activity and behavior change will offer cutting-edge research, accumulated knowledge, and hands-on methods to further your expertise in guiding your patients to healthier, more active lives. Moreover, because our personal health behaviors so profoundly impact the health of our patients, Active Lives engages you as a truly active course participant. We provide opportunities to exercise, learn how to assess both your and your patients' physical activity, and take part in interactive workshops where you gain knowledge and skills to prescribe exercise.

Prior course participants describe a renewed passion for practicing medicine and increased levels of personal daily physical activity leading to reduced stress, as they themselves learn to pay attention to their own health and to serve as role models for their patients of all ages.

I look forward to seeing you in Boston this December.



Edward M. Phillips, MD, FACS

*Founder and Director,
Institute of Lifestyle Medicine
in the Department of Physical
Medicine and Rehabilitation at
Harvard Medical School*

Who Should Attend

- Physicians
- Nurse Practitioners
- Physician Assistants
- Wellness Coaches
- Registered Nurses
- Physical Therapists
- Social Workers
- Physiologists
- Exercise Physiologists
- Occupational Therapists
- Residents
- Fellows in Training
- Personal Trainers



HARVARD MEDICAL SCHOOL

Harvard Medical School Faculty

Martin J. Abrahamson, MD, FACP

Associate Professor of Medicine

Jennifer Green, PT, DPT, CSCS

Physical Therapist, Spaulding Outpatient Center

Mary Kennedy, MS

Research Associate

Lori Laffel, MD, MPH

Professor of Pediatrics

David Ludwig, MD, PhD

Professor of Pediatrics, Harvard Medical School;

Professor of Nutrition, Harvard School of Public Health

Lyle Micheli, MD

Professor, part-time, of Orthopedic Surgery

Margaret Moore, MBA

Co-Director, Institute of Coaching, McLean Hospital

Edward M. Phillips, MD, FACSM

Assistant Professor of Physical Medicine and Rehabilitation

Rachele Pojednic, MEd, MS, PhD

Research Fellow

John Ratey, MD

Associate Professor, part-time, of Psychiatry

Jacqueline Shahar, MEd, RCEP, CDE

Clinical Exercise Physiologist, Joslin Diabetes Center

Thomas W. Storer, PhD

Visiting Professor of Medicine

Cary H. Wing, EdD, FACSM

Consultant to the Institute of Lifestyle Medicine

Guest Faculty

Steven N. Blair, PED

Professor, Departments of Exercise Science and Epidemiology and Biostatistics, Arnold School of Public Health, University of South Carolina

Nancy Clark, RD, CSSD

Sports Nutritionist, Private Practice

Marie Dacey, EdD

Associate Professor of Psychology, Massachusetts College of Pharmacy and Health Sciences

Nancy M. Enos, FACMPE, CPMA, CPC-I, CEMC

AAPC Certified ICD-10-CM Instructor, Enos Medical Coding

Mark Fenton, MS

Adjunct Associate Professor, Friedman School of Nutrition Science and Policy, Tufts University

Peter Fifiield, MS, LCMHC, MLADC

Manager of Behavior Health Services, Families First Health and Support Center

Ron Glotzer

VP of Strategic Partnerships, Zamzee®: The Game that Gets Kids Moving

Matthew Levy, MD, MPH

Professor, Department of Pediatrics, Georgetown University School of Medicine

Sharon Palmer, MEd

Educator, Meadowbrook School

Jennifer Sacheck, PhD

Associate Professor of Nutrition, Friedman School of Nutrition Science and Policy, Tufts University

Sally Sampson

Founder, Chop Chop Magazine

Jennifer L. Trilk, PhD

Clinical Assistant Professor, Physiology and Exercise Science, University of South Carolina School of Medicine, Greenville

David Vendetti

Co-Owner, South Boston Yoga

Wayne Westcott, PhD

Fitness Research Director, South Shore YMCA

Lifestyle Medicine for Children and Adolescents

Special One-Day Pre-Course

Thursday, December 3

This one-day pre-course focuses on the special challenges faced by clinicians who care for children and adolescents, providing them with the tools, research, and best practices to help their patients adopt and sustain more active, healthy lifestyles.

7:00-8:00	Registration/Continental Breakfast
7:30-8:00	Meet and Greet
8:00-8:15	The Four Pillars of Lifestyle Medicine: Knowledge, Skills, Tools, and Self-Care Edward M. Phillips, MD, FACSM
8:15-9:00	Lifestyle Medicine for Children and Adolescents: True Healthcare Reform Matthew Levy, MD, MPH
9:00-9:45	Physiology of Exercise in Children and Adolescents: What the Evidence Now Tells Us Lyle Micheli, MD
9:45-10:00	Exercise Prescription Essentials Lyle Micheli, MD
10:00-10:45	Innovative Ways To Get Kids Active Ron Glotzer
10:45-11:15	<i>Break - Meditation and Networking</i>
11:15-12:15	Helping Children and Adolescents Achieve Optimal Weight: Don't Go It Alone David Ludwig, MD, PhD
12:15-1:15	<i>Lunch Break</i>
1:15-2:15	Exercise and Cognition in School Children John Ratey, MD
2:15-3:00	Kids in the Kitchen: Overcoming Obesity through Cooking Sally Sampson
3:00-3:30	<i>Break - Invigoration and Networking</i>
3:30-4:15	Pediatric Diabetes Lori Laffel, MD, MPH
4:15-5:15	What Really Gets Children and Adolescents to Effect Healthy Change Jennifer Sacheck, PhD

Take-Home Tool

Tuition for any part of this program includes free registration to the online Harvard Medical School course:

► Lifestyle Medicine for Weight Management

This bonus online course, an \$80 value, provides an additional 4 AMA PRA Category 1 Credits™.



Active Lives: Transforming Our Patients and Ourselves

Friday, December 4	
7:00-8:00	Registration/Continental Breakfast
7:30-8:00	Meet and Greet
	DATA AND COMPETENCIES FOR PRESCRIBING EXERCISE
8:00-9:00	Physical Activity for Optimal Health: New Data and Competencies for Prescribing Exercise Edward M. Phillips, MD, FACSM
9:00-9:15	Exercise Demonstration (participation welcome)
	PHYSICAL ACTIVITY AND FITNESS ASSESSMENT
9:15-10:15	Cardiovascular Exercise: New Evidence and Essentials Thomas W. Storer, PhD
10:15-10:30	Introduction to Hands-On Workshops and Workshop Leaders, and Recommendations for Optimizing Your Workshop Experiences Edward M. Phillips, MD, FACSM
10:30-10:45	Networking Break
10:45-11:30	HANDS-ON SKILLS DEVELOPMENT WORKSHOP 1 <i>You will have the opportunity to participate in each one of these three concurrent, highly interactive workshops during the two-day course.</i>
A	Exercise Instruction/Demonstration for Children, Adolescents, Adults, and Geriatric Patients: • Core strengthening and stretching • Aerobic • Balance Jacqueline Shahar, MEd, RCEP, CDE
B	Exercise for You: Crafting Your Own Exercise Prescription Rachele Pojednic, MEd, MS, PhD
C	Quick, Easy, Effective Office-Based Patient Assessment of Strength, Flexibility, Balance, Aerobic Capacity Jennifer Green, PT, DPT, CSCS
	PHYSICAL ACTIVITY AND FITNESS ASSESSMENT
11:30-12:30	Resistance Training, Muscle Performance, and Strength: New Science and Evidence Wayne Westcott, PhD
	LUNCH AND OPTIONAL ACTIVITIES
12:30-1:30	Lunch Break or 12:45-1:30 Optional Lunch-and-Learn Forum: Billing and Coding for Lifestyle Medicine and Exercise Prescription Nancy M. Enos, FACMPE, CPMA, CPC-I, CEMC or 1:00-1:30 Networking Walk or Meditative Walk
	NEW DATA ON THE BENEFITS OF EXERCISE
1:30-2:30	U.S. Department of Health & Human Services Physical Activity Guidelines Steven N. Blair, PED
2:30-2:45	Networking Break
2:45-3:30	HANDS-ON SKILLS DEVELOPMENT WORKSHOP 2 <i>(See description for 10:45am session.)</i>
A	Exercise Instruction/Demonstration for Children, Adolescents, Adults, and Geriatric Patients: • Core strengthening and stretching • Aerobic • Balance Jacqueline Shahar, MEd, RCEP, CDE
B	Exercise for You: Crafting Your Own Exercise Prescription Rachele Pojednic, MEd, MS, PhD
C	Quick, Easy, Effective Office-Based Patient Assessment of Strength, Flexibility, Balance, Aerobic Capacity Jennifer Green, PT, DPT, CSCS
	INNOVATIONS IN PHYSICAL ACTIVITY PROMOTION
3:30-4:30	Transforming Our Patients and Ourselves Mark Fenton, MS
	OPTIONAL EXERCISE WORKOUT SESSIONS (PARTICIPATION WELCOME) <i>Two 30-minute workouts--try either, or both.</i>
4:45-5:45	Yoga David Vendetti Zumba Sharon Palmer, MEd

Active Lives: Transforming Our Patients and Ourselves

Saturday, December 5	
	OPTIONAL MORNING SESSIONS (ALL ARE WELCOME)
6:30-7:15	Bootcamp: Hands-On Strength Training with Master Instructor Thomas W. Storer, PhD <i>or</i> Run to the Finish Line of the Boston Marathon (3 miles roundtrip—weather permitting) Mary Kennedy, MS and Martin J. Abrahamson, MD, FACP
7:00-8:00	Registration/Continental Breakfast
7:30-8:00	Meet and Greet
	WELLNESS COACHING, COUNSELING, AND BEHAVIORAL STRATEGIES
8:00-8:45	Supporting Self-Determination while Promoting Physical Activity in Older Adults Marie Dacey, EdD
8:45-9:00	Exercise Demonstration (participation welcome)
9:00-9:45	Motivational Interviewing for Increased Physical Activity Peter Fifield, MS, LCMHC, MLADC
9:45-10:00	<i>Networking Break</i>
10:00-10:45	HANDS-ON SKILLS DEVELOPMENT WORKSHOP 3 <i>You will have the opportunity to participate in each one of these three concurrent, highly interactive workshops during the two-day course.</i>
A	Exercise Instruction/Demonstration for Children, Adolescents, Adults, and Geriatric Patients: • Core strengthening and stretching • Aerobic • Balance Jacqueline Shahr, MEd, RCEP, CDE
B	Exercise for You: Crafting Your Own Exercise Prescription Rachele Pojednic, MEd, MS, PhD
C	Quick, Easy, Effective Office-Based Patient Assessment of Strength, Flexibility, Balance, Aerobic Capacity Jennifer Green, PT, DPT, CSCS
	WELLNESS COACHING, COUNSELING, AND BEHAVIORAL STRATEGIES
10:45-11:30	Coaching Science in Motion: Delivering Change that Lasts Margaret Moore, MBA
11:30-11:45	<i>Transfer to Breakout Rooms</i>
11:45-12:30	Motivational Interviewing: Skills Development Workshop <i>Interactive small group practice to hone your skills</i> Marie Dacey, EdD, Margaret Moore, MBA, Peter Fifield, MS, LCMHC, MLADC
	LUNCH AND OPTIONAL ACTIVITIES
12:30-1:30	<i>Lunch Break</i> <i>or</i> 12:45-1:30 Optional Lunch-and-Learn Forum: Social Media as a Tool for Practicing Lifestyle Medicine Cary H. Wing, EdD, FACSM <i>or</i> 1:00-1:30 Networking Walk or Meditative Walk
	EXERCISE PRESCRIPTION
1:30-2:30	Interactive Skills-Based Workshop: Writing Exercise Prescriptions for Special Conditions and Populations <i>Pediatrics, Older Adults, Pregnancy, Disability, Heart Disease, Diabetes, Obesity, Osteoporosis, Osteoarthritis, Cancer</i> Edward M. Phillips, MD, FACSM
2:30-3:00	Trends in Exercise and Filling the Exercise Prescription: Helping Patients and You Increase Physical Activity Edward M. Phillips, MD
3:00-3:15	Exercise Demonstration (participation welcome)
3:15-4:00	Exercise Is Medicine Jennifer L. Trilk, PhD
4:00-4:45	Weight Loss and Exercise: Fueling for Optimal Performance Nancy Clark, RD, CSSD
	EXERCISE PRESCRIPTION IN YOUR DAY-TO-DAY PRACTICE
4:45-5:00	Active Lives: Putting Theory Into Action Edward M. Phillips, MD, FACSM

Program changes/substitutions may be made without notice.
To view the most up-to-date version of the course program, please visit the course website

Register at **ActiveLives.HMSCME.com**

REGISTRATION INFORMATION

Course # 734268-1601

Register at ActiveLives.HMSCME.com

Course Tuition*	Register after October 16, 2015	Register on or before October 16, 2015
December 4-5 - Active Lives	\$645	\$595 (Save \$50)
December 3 - Lifestyle Medicine for Children and Adolescents	\$345	\$295 (Save \$50)
December 3-5 - Active Lives + Lifestyle Medicine for Children and Adolescents	\$895	\$795 (Save \$100)
Optional Lunch-and-Learn Forums (Lunch will be provided)		
Billing and Coding for Lifestyle Medicine <i>Friday afternoon, December 4, 12:45–1:30pm</i>		\$50
Social Media as a Tool for Practicing Lifestyle Medicine <i>Saturday afternoon, December 5, 12:45–1:30pm</i>		\$50

*Your tuition includes free registration to the online Harvard Medical School course, "Lifestyle Medicine for Weight Management." This bonus online course, an \$80 value, provides an additional 4 *AMA PRA Category 1 Credits™*.

REGISTRATION, PAYMENT, CONFIRMATION AND REFUND POLICY

Registrations for Harvard Medical School CME programs are made via our secure online registration system. To register for this course, please visit the course website.

At the end of the registration process you will have the choice of paying by check or credit card (Visa, MasterCard or American Express). If you are paying by check, the online registration system will provide you with instructions and a printable form for remitting your course fees by check. Postal, telephone, fax, and cash-payment registrations are not accepted.

Upon receipt of your paid registration, an email confirmation from the HMS DCE office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by postal mail, email, or fax. No refund will be issued should cancellation occur less than two weeks prior. "No shows" are subject to the full course fee and no refunds will be issued once the conference has started.



VENUE

Joseph B. Martin Conference Center
at Harvard Medical School
77 Avenue Louis Pasteur
Boston, MA 02115

Complimentary wifi is provided in the meeting room.

(photo: Steve Lipofsky)

Accommodations

The Inn at Longwood Medical

Fenway Kenmore • 342 Longwood Avenue
Boston, MA 02115

(800) 468-2378 or (617) 731-4700

A limited number of rooms have been reserved here until **November 2, 2015**. When calling the hotel, specify that you are enrolled in this activity to receive a reduced room rate of \$169 per person single/double occupancy. Online, use the group code ACTI2015 on the hotel website (www.innatlongwood.com), or visit the course website by November 2 for an exclusive reservation link.

The Residence Inn by Marriott - Boston

Back Bay/Fenway • 125 Brookline Avenue
Boston, MA 02215

(800) 331-3131

A limited number of rooms have been reserved here until **November 3, 2015**. When calling the hotel, specify that you are enrolled in this activity to receive a reduced room rate of \$179 per person single/double occupancy. Hotel arrangements can also be made online by visiting the course website by November 3 for an exclusive reservation link.

Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration.

INQUIRIES

Call 617-384-8600 Monday – Friday, 9am – 5pm EST. Send email to HMS-CME@hms.harvard.edu