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Physical Activity Counseling and Exercise Prescription in Health Care Workshop

Friday, March 6, 2019 8:30am -4:30pm

Location:

GoodLife Fitness Home Office: 710 Proudfoot Ln, London, ON N6H 1T2

Expert Faculty:

Dr. Jonathon Fowles, PhD, FCSEP, CSEP-CEP, CSCS, Chair, Exercise is Medicine Canada, Clifford Shand Chair, Director, Centre of Lifestyle Studies, Professor, School of Kinesiology, Acadia University.

Dr. Paul Oh, MD, Medical Director of the Cardiovascular Prevention and Rehabilitation Program, Toronto Rehabilitation Institute / University Health Network, Assistant Professor of Medicine, University of Toronto

A Prescription to GET ACTIVE

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 7 Mainpro+ credits

Overview: This workshop will give you the confidence and skills to help you prevent, manage and treat chronic disease using 'Movement as Medicine'. There will be in-depth coverage of the consequences of sedentary behavior, the benefits of improved fitness on health, motivational strategies to improve adherence to physical activity, case studies, aerobic and resistance exercise prescription, exercise modifications for chronic disease and strategies to overcome challenges in physical activity programming. Learn how to efficiently integrate the Physical Activity Vital Sign (PAVS), physical activity counseling and exercise prescription into regular clinical care.

Learning Objectives:

1. Discuss the health benefits and safety of regular exercise with their patients.
2. Use physical activity as one of the vital signs when doing a clinical health evaluation
3. Provide PA counseling and exercise prescription for patients as part of patient care
4. Utilize motivational counseling to help patients overcome barriers for health behaviour change
5. Learn how to monitor aerobic exercise intensity and how to do basic resistance exercise and modify recommendations for patients with different conditions

Workshop Registration: Open to all health care professionals as well as students enrolled in health and exercise science programs.

Physicians: \$250 (7 Mainpro+ credits)

Exercise/allied health professionals: \$150

Students: \$75

Half day option available, please contact Kim Vaughan for more details.

Fee Includes: Instruction by expert professionals, Light morning/afternoon refreshments, lunch, Access to Exercise is Medicine Canada newsletter and online resources, Exercise Prescription and Referral Pad.

Registration deadline: Thursday, February, 20, 2020 preferred. Late registrations will be accepted, space permitting

Please contact Kristina Miller with any questions via Kristina.miller@goodlifefitness.com or 519-661-0190 ext. 6402

Physical Activity Counseling and Exercise Prescription in Health Care Workshop: A Prescription to Get Active

Registration Form: March 6, 2020, London Ontario

Contact Information

Name: _____

Affiliation: _____

Mailing Address: _____

Telephone: _____ Fax: _____

Email: _____ 2nd email _____

Registration Category

Please check one:

Physicians: \$250.00 License # _____

Exercise / allied health professionals: \$150.00 Provider Registration # _____

Students: Full Day \$ 75.00

Credits

Please send me a participation certificate so I can claim continuing professional development credits

Payment

Payment must accompany the Registration Form. Note: Refunds are not permitted for last minute cancellations. Substitutions are allowed, or you may attend a future workshop in an alternate location. We reserve the right to cancel or postpone workshops with fewer than 10 registrations.

Cheque (payable to Acadia University)

Credit Card If you prefer to phone us with your credit card information, please contact: Kim Vaughan at (902) 585-1307

Visa MasterCard American Express

Card Number: _____ Expiration Date: _____ Payment Amount: _____

Signature: _____ Name as it appears on card: _____

Dietary Restrictions

A light morning snack and lunch is provided.

Please indicate any dietary restrictions: _____

Mail, Fax or Email registration form and payment to:

Kimberly Vaughan

School of Kinesiology

Acadia University

Wolfville, Nova Scotia Canada B4P 2R6

Tel: (902) 585-1307

Fax : (902) 585-1702

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