



HARVARD
MEDICAL SCHOOL

Active Lives

Transforming Our Patients and Ourselves

December 9-10

2016

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

NEW Customize your learning experience with:

- Advanced-practice and hands-on workshops
- Special one-day pre-course:
Lifestyle Medicine for Children and Adolescents

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

Register at ActiveLives.HMSCME.com

Earn up to 24.75 AMA PRA Category 1 Credits™

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 22.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- One-Day *Lifestyle Medicine for Children and Adolescents*: 7.00 AMA PRA Category 1 Credits™

- Two-Day *Active Lives: Transforming Our Patients and Ourselves*: 15.75 AMA PRA Category 1 Credits™

For optional

Lifestyle Medicine: Prescribing Exercise

The Harvard Medical School designates this enduring material for a maximum of 1.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For optional

Lifestyle Medicine: Acute Low Back Pain

The Harvard Medical School designates this enduring material for a maximum of 1.00 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 24.75 AMA PRA Category 1 Credits™, consisting of 22.75 AMA PRA Category 1 Credits™ for participating in the live activities *Lifestyle Medicine for Children and Adolescents* and *Active Lives: Transforming Our Patients and Ourselves* and 2.00 AMA PRA Category 1 Credits™ for participating in the optional enduring activities *Lifestyle Medicine: Prescribing Exercise* and *Lifestyle Medicine: Acute Low Back Pain*.

CANADIAN ACCREDITATION

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.

EUROPEAN ACCREDITATION

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert AMA PRA Category 1 Credit™ to an equivalent number of European CME Credits® (ECMECs®). Information on the process of converting AMA PRA Category 1 Credits™ to ECMECs® can be found at: www.eaccme.eu.

ABMS/ACGME COMPETENCIES

This course is designed to meet the following American Board of Medical Specialties and Accreditation Council of Graduate Medical Education competencies: patient care and procedural skills, and interpersonal and communication skills.

IOM COMPETENCIES

This course is designed to meet one or more of the following Institute of Medicine competencies: patient-centered care.

Disclaimer

CME activities sponsored by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.

Course Description

Most practices grapple with the challenge of enabling patients to be drivers of their own wellness regimen. Exercise is a vital part of Lifestyle Medicine, which not only prevents disease, but is integral to the treatment and management of many noncommunicable chronic diseases: type-2 diabetes, hypertension, cardiovascular disease, stroke, high cholesterol, many cancers including breast and colon, depression, anxiety, osteoarthritis, and sexual health issues.

This course offers proven strategies to counsel and motivate patients, and offers evidence-based tools and techniques to prescribe individualized exercise programs. Attendees receive the latest updates in exercise risks and outcomes, best practices for behavioral counseling, exercise demonstration techniques, and guidelines for patient-centered exercise prescription. Attendees will also have the opportunity to hone new skills through participation 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 our patients and ourselves to Active Lives. An additional one-day pre-course on lifestyle medicine for children and adolescents will focus 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.

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 activity, participants will be able to:

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

Course Director

Edward M. Phillips, MD, FACS

Dr. Phillips is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School and Chief of the Physical Medicine and Rehabilitation Service at the VA Boston Healthcare System. He founded and directs the Institute of Lifestyle Medicine at Spaulding Rehabilitation Hospital, and is co-founder and co-director of the Lifestyle Medicine Education Collaborative "LMEd," dedicated to integrating Lifestyle Medicine into medical school curricula.

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.



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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 2016.

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,
Spaulding Rehabilitation Hospital*

Who Should Attend

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



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Harvard Medical School Faculty

Shelley H. Carson, PhD

Associate of the Department of Psychology, Harvard University;
Research Fellow, Institute of Lifestyle Medicine,
Spaulding Rehabilitation Hospital

Elizabeth P. Frates, MD

Director of Wellness Programming, Stroke Research and Recovery
Institute, Spaulding Rehabilitation Hospital

Jennifer B. Green, PT, DPT, CSCS

Advanced Clinical Specialist, RunStrong Specialist,
and Physical Therapist for the New England Revolution,
Spaulding Outpatient Center, Framingham

Lori Laffel, MD, MPH

Chief of Pediatrics, Joslin Diabetes Center

William P. Meehan, III, MD

Director, Micheli Center for Sports Injury Prevention,
Division of Sports Medicine, Boston Children's Hospital

Margaret Moore, MBA

Co-Founder/Board Member, National Consortium for Credentialing
Health and Wellness Coaches; Co-Founder/Co-Director,
Institute of Coaching, McLean Hospital

Edward M. Phillips, MD, FACSM

Founder and Director, Institute of Lifestyle Medicine,
Spaulding Rehabilitation Hospital

Rachele Pojednic, MEd, MS, PhD

Research Fellow, Institute of Lifestyle Medicine

John Ratey, MD

Associate Professor of Psychiatry, Part-time, Harvard Medical School

Jacqueline Shahar, MEd, RCEP, CDE

Manager, Clinical Exercise Physiology Department; Clinical Exercise
Physiologist and Certified Diabetes Educator, Joslin Diabetes Center

Thomas W. Storer, PhD

Visiting Professor of Medicine, Harvard Medical School

Andrea Stracciolini, MD

Director of Dance Medicine, Division of Sports Medicine,
Boston Children's Hospital

Elsie Taveras, MD, MPH

Chief, Division of General Pediatrics; Director,
Pediatric Population Health Management; Director,
Raising Healthy Hearts Clinic, Massachusetts General Hospital

Guest Faculty

Marie Dacey, EdD

Professor of Psychology, MCPHS University (formerly Massachusetts
College of Pharmacy and Health Sciences)

Darryl Edwards, MSc

Movement Coach; Founder of the Primal Play Method

Mark Fenton, MS

Public Health, Planning, and Transportation Consultant, Associate Adjunct
Professor, Friedman School of Nutrition Science and Policy,
Tufts University

Peter Fifield, EdD, LCMHC, MLADC

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

Julia R. Nordgren, MD, Chef

Pediatric Lipid Specialist, Palo Alto Medical Foundation

Sharon Palmer, MEd

Zumba, Zumba Kids, Aqua Zumba and MOSSA Group Fitness Instructor;
Second Grade Teacher, Weston, MA

Shirly Ramchandani, MD

Internal Medicine, Harvard Vanguard

Michelle Segar, PhD, MPH

Director, Sport, Health, and Activity Research and Policy Center, University
of Michigan; Chair, U.S. National Physical Activity Plan's
Communications Committee

Jennifer L. Trilk, PhD

Assistant Professor, Department of Biomedical Sciences; Director, Human
Performance Lab, University of South Carolina School of Medicine, Greenville

David Vendetti

Co-owner, South Boston Yoga

Wayne L. Westcott, PhD

Professor of Exercise Science, Quincy College

Lifestyle Medicine for Children and Adolescents

Thursday, December 8



Special
One-Day
Pre-Course

7:00-8:00	Registration and Coffee
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	Physiology of Exercise in Children and Adolescents: What the Evidence Now Tells Us William P. Meehan, III, MD
9:00-9:15	Exercise Prescription Essentials William P. Meehan, III, MD
9:15-10:00	Physical Literacy Andrea Stracciolini, MD
10:00-10:30	<i>Morning Break (refreshments provided)</i>
10:30-11:15	Sleep Restriction/Deprivation and Weight Gain in Children Elsie Taveras, MD
11:15-12:00	Pediatric Diabetes Lori Laffel, MD, MPH
12:00-1:00	<i>Lunch Break</i>
1:00-1:45	Kids in the Kitchen: Cooking as an Evidence-Based Treatment for Obesity Julia R. Nordgren, MD
1:45-2:45	Exercise and Cognition in School Children John Ratey, MD
2:45-3:15	<i>Afternoon Break (refreshments provided)</i>
3:15-4:00	Promoting Creativity and Resilience in Children Shelley H. Carson, PhD
4:00-5:00	Encouraging Play to Help Your Patients Increase Physical Activity Darryl Edwards, MSc

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

Active Lives sold out
last year. Early
registration is strongly
recommended.

Active Lives: Transforming Our Patients and Ourselves

Friday, December 9

7:00-8:00	Registration and Coffee
	THE EXERCISE PRESCRIPTION
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	Science and Application of Exercise: Cardiovascular Training Thomas W. Storer, PhD
10:15-10:30	Introduction to Hands-On Workshops and Workshop Leaders Edward M. Phillips, MD, FACSM
10:30-10:45	<i>Networking Break and Transition to Workshops (refreshments provided)</i>
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 for Children, Adolescents, Adults, and Geriatric Patients: • Core strengthening and stretching • Aerobic • Balance Jacqueline Shahar, MEd, RCEP, CDE and Shirly Ramchandani, MD
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, and Aerobic Capacity Jennifer Green, PT, DPT, CSCS
	PHYSICAL ACTIVITY AND FITNESS ASSESSMENT
11:30-12:30	Science and Application of Exercise: Muscle Performance and Strength Wayne Westcott, PhD
	LUNCH BREAK AND OPTIONAL ACTIVITIES
12:30-1:30	<i>Lunch Break</i>
1:00-1:30	<i>Networking Walk or Meditative Walk (optional)</i>
	NEW DATA ON THE BENEFITS OF EXERCISE
1:30-2:30	Exercise Is Medicine: 2016 Updates Jennifer Trilk, PhD
2:30-2:45	<i>Networking Break and Transition to Workshops (refreshments provided)</i>
2:45-3:30	HANDS-ON SKILLS DEVELOPMENT WORKSHOP 2 <i>(See description for 10:45am session.)</i>
A	Exercise Instruction for Children, Adolescents, Adults, and Geriatric Patients: • Core strengthening and stretching • Aerobic • Balance Jacqueline Shahar, MEd, RCEP, CDE and Shirly Ramchandani, MD
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, and Aerobic Capacity Jennifer Green, PT, DPT, CSCS
	NEW DATA ON THE BENEFITS OF EXERCISE
3:30-4:30	Changing the Reluctant Patient's Perception of Physical Activity Michelle Segar, PhD, MPH
	OPTIONAL EXERCISE WORKOUT SESSIONS (participation welcome) <i>Choose either, or both.</i>
4:45-5:45	Yoga David Vendetti <i>and/or</i> Zumba® Sharon Palmer, MEd Two 25-minute sessions of each.

7:00-8:30 **NEW: (OPTIONAL) ADVANCED-PRACTICE AND HANDS-ON WORKSHOPS**
(Choose one of these five evening workshops to advance your knowledge and skills)

WORKSHOPS



- Resistance Training
 - Culinary Medicine 101
 - Primal Play
 - The Hidden Barrier to Self-Care
 - The New Fundamentals of Health Coaching (*free book included*)
- Full descriptions at <http://activelives.hmscme.com/schedule>

Register at ActiveLives.HMSCME.com

Active Lives: Transforming Our Patients and Ourselves

Saturday, December 10

	OPTIONAL MORNING SESSIONS (participation welcome)
6:30-7:15	Boot Camp: Hands-On Strength Training with Master Instructor Thomas W. Storer, PhD
7:00-8:00	Networking and Coffee
	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, EdD, LCMHC, MLADC
9:45-10:00	<i>Networking Break and Transition to Workshops (refreshments provided)</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 for Children, Adolescents, Adults, and Geriatric Patients: • Core strengthening and stretching • Aerobic • Balance Jacqueline Shahar, MEd, RCEP, CDE and Shirly Ramchandani, MD
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, and Aerobic Capacity Jennifer Green, PT, DPT, CSCS
	WELLNESS COACHING, COUNSELING, AND BEHAVIORAL STRATEGIES
10:45-11:30	Health Coaching Conversations: The Key to Therapeutic Lifestyle Change (TLC) Elizabeth P. Frates, MD
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, Elizabeth P. Frates, MD, Peter Fifield, EdD, LCMHC, MLADC
	LUNCH BREAK AND OPTIONAL ACTIVITIES
12:30-1:30	<i>Lunch Break</i>
1:00-1:30	<i>Networking Walk or Meditative Walk (optional)</i>
	THE EXERCISE PRESCRIPTION
1:30-2:30	Writing Exercise Prescriptions for Special Conditions and Populations Edward M. Phillips, MD, FACSM and Jennifer Trilk, PhD
2:30-2:45	Exercise Demonstration (participation welcome) or <i>Networking Break (refreshments provided)</i>
2:45-3:45	Transforming Our Patients and Ourselves Mark Fenton, MS
3:45-4:45	Exercise and Nutrition Rachele Pojednic, MEd, MS, PhD
4:45-5:00	Active Lives: Putting Theory into Action Edward M. Phillips, MD, FACSM
5:00	Adjourn

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.

Take-Home Tools

Tuition for any part of this program includes free registration to two online Harvard Medical School CME courses:

- Lifestyle Medicine: Acute Low Back Pain
- Lifestyle Medicine: Prescribing Exercise

These bonus online courses, a \$50 value, provide an additional 2 AMA PRA Category 1 Credits™.

Register at ActiveLives.HMSCME.com



This course sold out last year. Early registration is strongly recommended.

7 Reasons to Attend Active Lives 2016

Guidance to prescribe exercise for a patient's age and conditions

Instruction for in-office exercise risk assessment

The new data on the impact of exercise on hypertension, stroke, obesity, diabetes, cancer, stress resiliency, memory, mood, cognitive performance, weight management

Updates for physician liability and obligation for prescribing physical activity

Instruction for demonstrating exercises for balance, strength training, flexibility, and cardiovascular function

Workshops to assess your own fitness level and guidance to start or advance your own personal exercise regimen

NEW Advanced-practice and hands-on workshops

- Resistance Training
- Culinary Medicine 101
- Primal Play
- The Hidden Barrier to Self-Care
- The New Fundamentals of Health Coaching (free book included)
- Lifestyle Medicine for Children and Adolescents



Register at ActiveLives.HMSCME.com



Registration Information

Course #734268-1701

Register at ActiveLives.HMSCME.com	Tuition
Active Lives (December 9-10)	\$645
Lifestyle Medicine for Children and Adolescents (December 8)	\$345
Active Lives + Lifestyle Medicine for Children and Adolescents (December 8-10)	\$895
Advanced-Practice and Hands-On Workshop* (December 9, 7:00pm-8:30pm)	\$125

* Choose from one of the following workshops:

- Resistance Training
- Culinary Medicine 101
- Primal Play
- The Hidden Barrier to Self-Care
- The New Fundamentals of Health Coaching (free book included)

Your tuition includes free registration to the online Harvard Medical School CME courses: Lifestyle Medicine: Exercise Prescription and Lifestyle Medicine: Acute Low Back Pain. These bonus online courses, a \$50 value, provide an additional 2 AMA PRA Category 1 Credits™.

Tuition also includes coffee breaks, afternoon snacks, and complimentary internet in the meeting room.

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, a \$5 non-refundable processing fee will be added to your registration, and 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. Fees shown in USD.

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

The Westin Boston Waterfront Hotel
425 Summer St.
Boston, MA 02210
617-532-4600



ACCOMMODATIONS

A limited number of rooms have been reserved at the Westin Boston Waterfront Hotel until November 14, 2016. When calling the hotel at (866) 716-8108, be sure to specify that you are enrolled in this activity to receive a reduced room rate of \$239 per person single/double occupancy. Hotel arrangements can also be made online before November 14, 2016 by going to the course website and clicking on the course-specific link on the Venue page.

Please do not make non-refundable travel arrangements until you have received an email from the Harvard Medical School Department of Continuing Education confirming your paid registration.

INQUIRIES

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