



Physical Activity Counseling and Exercise Prescription in Health Care

Friday, September 29, 2017 from 7:30 a.m. to 12:30 p.m.

Holiday Inn Sudbury, 1696 Regent St., Sudbury

Open to all health care professionals and students enrolled in health and exercise sciences.

“What if there was one prescription that could prevent and treat dozens of diseases, such as diabetes, hypertension and obesity? Would you prescribe it to your patients? Certainly.”

Robert E. Sallis, M.D., FACSM, Exercise is Medicine® Task Force Chairman.

Expert facilitator:

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

Local facilitators:

Lynn Kabaroff Registered Kinesiologist, MHK, Past-President College of Kinesiologists of Ontario, Professor Physical Fitness Management Program, Cambrian College

Heather Westaway Registered Kinesiologist, MSc.MedEd, Manager of Faculty Affairs and Continuing Education and Professional Development, Northern Ontario School of Medicine

Michelle Laurence Registered Kinesiologist, MHK, Laboratory Instructor, School of Human Kinetics, Laurentian University

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

Overview: The Exercise Vital Sign (EVS) is the most important vital sign you need to monitor with the majority of patients seen in primary care today. Learn the evidence for exercise as medicine in primary care, how to efficiently integrate the EVS into daily practice, and to provide exercise counseling and prescription for your patients to prevent, manage and treat chronic disease.

Learning objectives:

1. Discuss the health benefits and safety of regular exercise with patients.
2. Integrate physical activity assessment as part of periodic health evaluation.
3. Provide exercise counseling and prescription as part of routine patient care.
4. Utilize a motivational counseling framework for health behaviour change.
5. Monitor aerobic exercise intensity and teach how to perform basic resistance exercise.

Registration due: Friday, September 15, 2017.

Fee: \$50. Student discount available upon registration.

Register now at www.sdhu.com or complete the adjoined form.



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Registration/Contact information:

First name: _____ Last name: _____

Address: _____ City: _____

Province: _____ Postal code: _____

Telephone number: _____ Fax number: _____

Email address: _____

Registration fee: \$50 Amount authorized: \$ _____ Expiry: / /
(MM/YY)

Payment information: VISA MasterCard Card number: _____

I will be attending the networking breakfast: Yes No Dietary restrictions: _____

The Sudbury & District Health Unit (SDHU) reserves the right to cancel sessions due to unforeseen circumstances or insufficient advance registration. In the event of a cancellation made by the SDHU, a full refund will be given to the registrants. The SDHU cannot accept responsibility for out-of-pocket expenses due to the cancellation of a session.

Registration due: Friday, September 15, 2017.

Please send the completed registration form to the attention of Susan MacArthur at the Sudbury & District Health Unit at 1300 Paris Street, Sudbury, ON, P3E 3A3, or email npaatemail@sdhu.com, call 705.522.9200, ext. 257, or fax 705.677.9613.

A confirmation email will be sent within a few business days of receiving your registration. If you do not receive confirmation, please contact us. The personal information requested on this form is collected in order to process your registration for the **Physical Activity Counseling and Exercise Prescription in Health Care** and will not be used for any other purposes unless you provide your consent.

Following the workshop, the registration will be destroyed in a secure manner. Questions about this collection should be directed to Natalie Philippe at the Sudbury & District Health Unit, 1300 Paris Street, Sudbury, ON, P3E 3A3, at 705.522.9200, ext. 556.

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