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**Friday
November 13, 2009**

7:00-8:00 AM	Registration	
8:00-8:15 AM	Welcome	Ross D. Zafonte, DO
8:15-8:45 AM	Lifestyle Medicine: Building Physical Activity into Your Life and Practice	Edward M. Phillips, MD
8:45-9:30 AM	Physician Health	Erica Frank, MD, MPH
9:30-10:15 AM	Epidemiology of Exercise: Federal Guidelines	I-Min Lee, MD, ScD
10:15-10:45 AM	Break/Transfer to SportsClub LA	
10:45-11:45 AM	Concurrent Session A: CHOOSE ONE	SportsClub LA
Exercise Sessions – Work-out attire recommended	A1. Spinning	
	A2. Yoga	
	A3. Pilates	
	A4. Resistance and Movement Based Training	
	A5. Boxing and Cardio Conditioning	
	A6. Mind Body Sampler (Yoga, Pilates, Gyro)	
	A7. Fitness Assessments Demo	
	A8. Nutrition and Coaching	
Didactic Workshops		Hyatt Regency
	A9. Exercise and Disabilities	David Crandell, MD
	A10. Exercise and Overweight/Obesity	George Blackburn, MD, PhD
11:45AM-1:00 PM	Lunch (on your own); Exhibits open	
1:00-2:00 PM	The Science of Exercise	Walter R. Frontera, MD, PhD
2:00-3:00 PM	Exercise and Stress Relief	Herbert Benson, MD
3:00-3:30 PM	Coffee Break & Exhibits	
3:30-4:15	Assessing & Addressing Readiness for Exercise	Bess Marcus, PhD
4:30-5:30PM	Concurrent Session B: CHOOSE ONE	SportsClub LA
Exercise Sessions – Work-out attire recommended	B1. Spinning	

	B2. Yoga	
	B3. Pilates	
	B4. Resistance and Movement Based Training	
	B5. Boxing and Cardio Conditioning	
	B6. Mind Body Sampler (Yoga, Pilates, Gyro)	
	B7. Fitness Assessments Demo	
	B8. Nutrition and Coaching	
Didactic Workshops		Hyatt Regency
	B9. Exercise in Older Adults	Jonathan F. Bean, MD, MS, MPH
	B10. Exercise in Children	Kyle J. McInnis, ScD
<i>5:45-6:45 PM</i>	<i>Reception in Exhibit Hall</i>	
<i>6:45 PM</i>	<i>Exhibits Close/Dinner (on your own)</i>	

**Saturday
November, 14, 2009**

7:00-8:00 AM	<i>Healthy Breakfast/Exhibits Open</i>	
8:00-8:45 AM	Exercise Intensity	Edward M. Phillips, MD
8:45-9:45 AM	Exercise and the Brain	John J. Ratey, MD
9:45-10:45 AM	Stretching and Strengthening	D. Casey Kerrigan, MD, MS
10:45-11:15 AM	<i>Break/Exhibits/Transfer to SportsClub LA</i>	
11:15 AM-12:15 PM	Concurrent Session C: CHOOSE ONE	SportsClub LA
Exercise Sessions – Work-out attire recommended	C1. Spinning	
	C2. Yoga	
	C3. Pilates	
	C4. Resistance and Movement Based Training	
	C5. Boxing and Cardio Conditioning	
	C6. Mind Body Sampler (Yoga, Pilates, Gyro)	
	C7. Fitness Assessments Demo	
	C8. Nutrition and Coaching	
Didactic Workshops		Hyatt Regency
	C9. Understanding risk stratification for exercise: Into what category does your patient fit?	Elizabeth Pegg Frates, MD
	C10. Health Coaching to Increase Activity Levels	Margaret Moore, MBA
12:15-1:45PM	<i>Lunch (provided)</i>	
1:45-2:30 PM	The Exercise Prescription	Edward M. Phillips, MD
2:30-3:30 PM	Nutrition: What Every Doctor Should Know	Walter Willett, MD, MPH, PhD
3:30-4:00 PM	<i>Break/Exhibits/Transfer to SportsClub LA</i>	
4:00-5:00 PM	Concurrent Sessions D: CHOOSE ONE	SportsClub LA
Exercise Sessions – Work-out attire recommended	D1. Spinning	
	D2. Yoga	
	D3. Pilates	
	D4. Resistance and Movement Based Training	
	D5. Boxing and Cardio Conditioning	
	D6. Fitness Assessments Demo	
Didactic Workshops		Hyatt Regency
	D7. Exercise and Women’s Health	Kelly C. McInnis, DO
	D8. Exercise and Diabetes	Anne N. Thorndike, MD, MPH
5:00 PM	<i>Exhibits Close/Dinner(on your own)</i>	

**Sunday
November 15, 2009**

<i>7:00-8:00 AM</i>	<i>Healthy Breakfast/Exhibits Open</i>	
8:00-8:45 AM	Exercise and Sports Injuries	Joanne Borg-Stein, MD
8:45-9:30 AM	Exercise and Nutrition	Nancy Clark, MS, RD
<i>9:30-10:00 AM</i>	<i>Coffee Break</i>	
<i>10:00 AM</i>	<i>Exhibits Close</i>	
	Leadership Summit: Exercise Prescription: A Call to Action	
10:00-10:30 AM	Exercise is Medicine™	Robert E. Sallis, MD
10:30-11:00 AM	Exercise: An Insurance Perspective	Steven Goldberg, MD, MBA
11:00-11:30 AM	Physicians and Health Clubs	Brad A. Roy, PhD
11:30 AM-12:00 PM	Exercise and Public Health	John Auerbach, MBA
12:00 P.M.– 12:30 PM	Q& A with panel	
12:30-12:35 PM	Final Thoughts	Edward M. Phillips, MD
<i>12:35 PM</i>	<i>Adjourn</i>	