

REGISTRATION

CVI's 4th Annual Conference for Community Health Professionals Exercise as a Prescription for Health

Thursday, October 7, 2010 8:00am–4:00pm

Sheet Metal Workers' Union Local 19 ■ 1301 South Columbus Blvd, Philadelphia

Please—This form must be neatly printed and completely filled out for certificate and nametag.

Name: _____ Gender: M F

Degree: _____ Organization: _____

Position: _____ Membership Number (for Certificate): _____

Membership Type/Organizations (for CEU's): _____

Phone: _____ Fax: _____

E-mail address: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Special Dietary Needs? _____

Breakfast & Lunch Included. Free On-Site Parking.

Early Registration, Until August 15—\$40.00* | Registration Fee—\$50.00*

Payment Method: Checks or Visa/Mastercard/AmEx

Discounted Registration Fees for Cash or Check. Add \$4.00 for Credit Cards

Card #: _____ Exp: _____

Name on Card: _____

Billing Address: _____

Please make checks payable to:

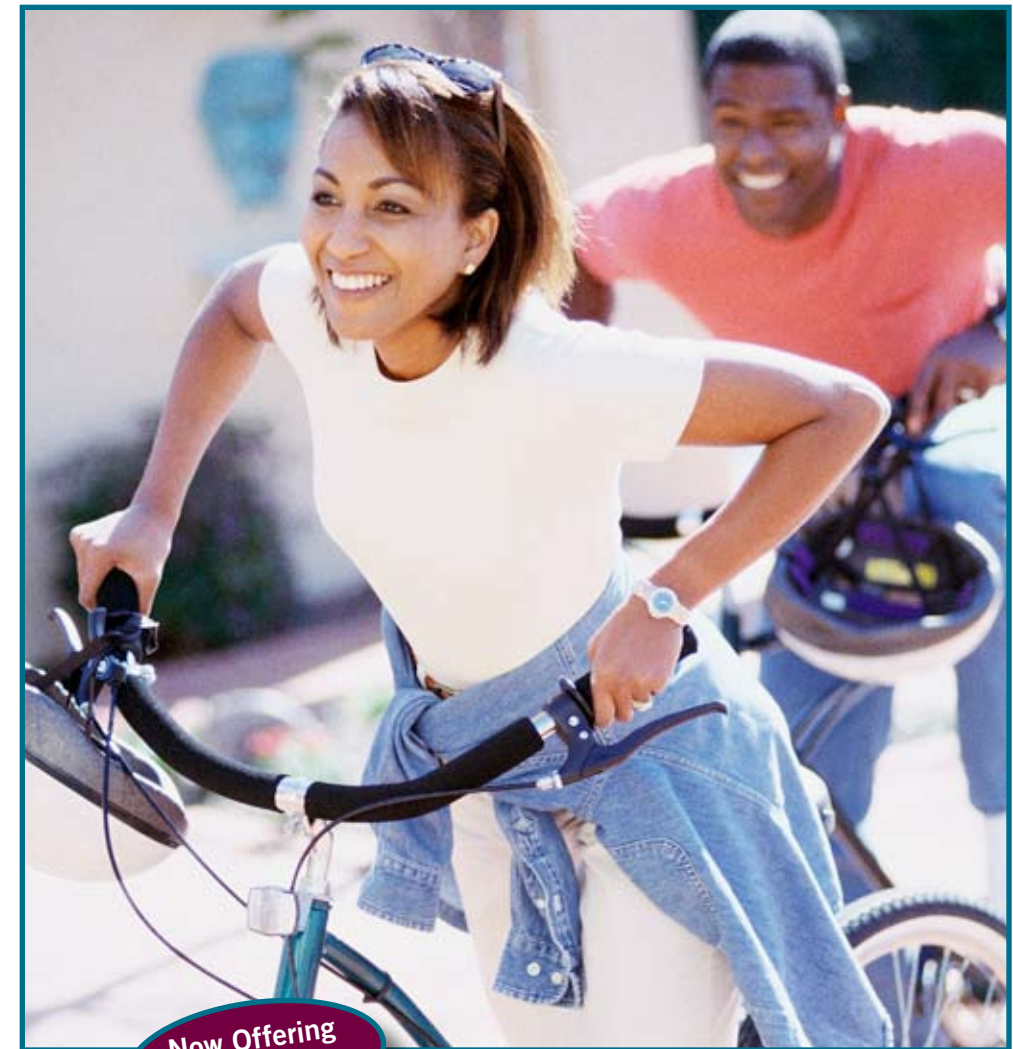
Cardiovascular Institute of Philadelphia
P.O. Box 54632
Philadelphia, PA 19148

Phone: 215-389-2300

Please email this form to: CVI.JaimeSmith@verizon.net or fax 215-389-5450

You **MUST** register by October 4 to guarantee your seat

Cardiovascular Institute of Philadelphia
P.O. Box 54632
Philadelphia, PA 19148



Now Offering
ACT 48 Credits



**Exercise as a
Prescription for
Health:**
A Multidimensional Approach

PHILADELPHIA, PA ■ OCTOBER 7, 2010

Course Overview

CVI's Exercise as a Prescription for Health: A Multidimensional Approach is a full day educational opportunity designed to train health educators and others who work in the community to identify the links between physical activity and cardiovascular disease, as well as help these frontline health professionals develop their motivational skills. The conference will consist of plenary and breakout sessions and will include presentations from experts in the fields of cardiovascular medicine, exercise science and public health that represent a wide variety of institutions.

Intended Audience

Health Educators, Nurses, Personal Trainers, Dietitians, Social Workers, Certified Diabetes Educators, Nutritionists, Teachers, School Personnel, Case Workers and others working with the fields of public health, fitness and medicine.

Learning Objectives

After attending the program, attendees will be better able to:

- List the short and long term health benefits of exercise
- Help clients incorporate exercise into their daily life routine
- Determine the impact of exercise has in treatment & prevention of chronic disease
- Identify the 5 components of fitness that make a complete exercise program
- Write an exercise program for different health and fitness goals
- Identify perceived physical and environmental barriers which impede exercise goals, and provide reasonable methods to overcome them.
- Modify exercise movement programs for specific populations (i.e. elderly, disabled)
- Access available tools to assist educating clients in the value of exercise
- Motivate clients and patients to enhance exercise compliance
- Modify excuses that get in the way of exercise
- Increase the pleasure experienced while exercising
- Incorporate "Exercise is Medicine" (EIM) in public, clinical, school or corporate settings
- Establish collaborations with local community members to institute EIM
- Recognize the need for good listening skills and the critical importance of engagement



Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.

—JOHN F. KENNEDY

overview

CVI's "Exercise for Health" Conference ■ Thursday, October 7, 2010

PROGRAM AGENDA

- 7:30–8:25 Breakfast & Registration**
- 8:25–8:30 Welcome**
- 8:30–9:05 There IS a Fountain of Youth: The Health Benefits of Exercise**
Joel Posner, MD, FACP
- 9:05–9:55 Deciphering an Exercise Prescription**
Tracey Greenwood, Ph.D.
- 9:55–10:40 Exercise is for Everyone**
John Feeley, PT
- 10:40–11:00 Break with healthy snack**
- 11:00–11:30 Resource Round Table Session I
Community Programs that Work**
- 11:35–12:05 Resource Round Table Session II
Community Programs that Work**
- 12:05–12:35 Your Fitness Toolbox: Gadgets, Technology, and some Absolutely Free Ways to Track Exercise**
Jeannine Stuart, Ph.D.
- 12:35–1:20 Healthy Lunch & Networking**
- 1:20–2:15 From Zero to a Hero: How to Get Up and Move!**
Marie-Josée Shaar, MAPP
- 2:15–3:05 Program Spotlight: Exercise is Medicine**
Carena S. Winters, Ph.D., M.P.H.
- 3:05–3:55 The Art of Communication: Establishing a Relationship With the Patient**
Kathleen Daily Mock, R.N., B.S.N., J.D., LL.M
- 3:55–4:00 Closing Remarks**
- 4:00pm Fitness Raffle**



agenda

"Movement is a medicine for creating change in a person's physical, emotional, and mental states." —CAROL WELCH

Faculty

John P. Feeley, PT | Team Leader, Physical Therapy Spinal Cord System of Care, Moss Rehab

Tracey Greenwood, Ph.D. | Assistant Professor, Department of Biokinetics, Eastern University

Kathleen Daily Mock, R.N., B.S.N., J.D., LL.M | Principal, HCC Consultants

Joel D. Posner, M.D. | Professor of Medicine, State University of New York (Downstate)

Marie-Josée Shaar, MAPP | Founder, Smarts and Stamina

Jeannine Stuart, Ph.D. | President, AREUFIT Health Services

Permanent Part Time Professor, Kinesiology Department, West Chester University

Carena Winters, Ph.D., M.P.H. | Assistant Professor, Exercise and Rehabilitative Science Department, Slippery Rock University

Committee Co-Chairpersons

Rose Covalesky, MS, PA-C | Adjunct Clinical Faculty, Drexel University College of Nursing and Health Professions

Jeannine Stuart, Ph.D. | President, AREUFIT Health Services Permanent Part Time Professor, Kinesiology Department, West Chester University

Accreditation Statement

Applications for accreditation have been submitted through the following agencies:

- American Council on Exercise—0.6 CECs
- Commission on Dietetic Registration—6.25 Hours
- National Commission for Health Education Credentialing, Inc.—CHES Level 1—6.5 Contact Hours
- PA Department of Education, ACT 48 Credits—7.5 Hours
- PA State Nurses Association—6.3 Hours
- PA State Board of Social Workers, Marriage and Family Therapists and Professional Counselors—6.25 Hours

Course Registration Cancellation Policy

Requests in writing for cancellation and refund less a \$15 administrative fee will be honored up to September 30, 2010 and processed after the program. Registrations are transferable with prior notification to the CVI.



If you have special needs that we can address to make your participation in our program more meaningful and enjoyable, please contact our office at: 215-389-2300.

faculty

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. —PLATO