Be A Part of the World’s Prescription for Health

WORLD CONGRESS ON EXERCISE IS MEDICINE™
JUNE 1-5, 2010 • BALTIMORE, MARYLAND
HELD IN CONJUNCTION WITH
ACSM’S 57TH ANNUAL MEETING
Globalize Exercise is Medicine to Build a Healthier World

Exercise is Medicine has made a significant impact in the United States over the last few years and, in turn, caught the interest of government, medical societies, and associations worldwide. With the growing demand to launch Exercise is Medicine globally, we are asking pioneering ambassadors like you to help us assist those wanting to build a healthier world.

The American College of Sports Medicine recognizes the need to build a healthier world through prescribing physical activity. Exercise is Medicine, a multi-organizational, multi-national initiative, calls on health care providers, community leaders, health and fitness professionals and policymakers to promote physical activity and exercise to prevent disease and improve health.

The World Congress — held in conjunction with ACSM’s 57th Annual Meeting — will be a historic international forum that addresses the science, policy, practice, and public health aspects of the impact physical activity has on disease prevention and health promotion.

In addition to the valuable exchange of knowledge regarding physical activity and disease prevention, attendees of the World Congress will gain valuable resources and recommendations on how to implement various EIM initiatives in their respective countries and communities.
Highlights of the World Congress on Exercise is Medicine

- Opening ceremony and special events
- Development of an international charter based on a world-wide call-to-action promoting physical activity
- Access to ACSM’s 57th Annual Meeting programming
- ACSM Roundtable — Exercise is Medicine Science: Practice and Policy — The Global Landscape
- Keynote speakers, highlighted symposia and scientific abstracts
- Hands-on training sessions and workshops
- Knowledge exchange and break-out sessions with international representatives
- Sightseeing trips to Washington, DC

ACSM ROUNDTABLE

Exercise is Medicine: Science, Practice, and Policy — The Global Landscape

Topics addressed by the expert panel will cover each of three distinct but interrelated facets of Exercise is Medicine:

- The scientific evidence... including both the physiological/public health and the behavioral aspects, analyzing US and international landscape.
- The practical... How to effectively translate the evidence and policy aspects into everyday practice by physicians, fitness professionals, and other health care providers abroad.
- The policy... legislative and non-legislative, necessary to translate the scientific evidence into public health outcomes.

This expert panel will meet to examine the evidence and make recommendations to enhance the globalization of Exercise is Medicine. An open forum during the sessions will allow all Annual Meeting and World Congress participants to voice their perspectives.

Near Record Abstracts from Over 50 Countries

Activate disease prevention

Become An Official Partner!

If your organization would like to play a lead role with the World Congress and activating Exercise is Medicine, please contact eim@acsm.org. Partner organizations will receive official recognition at the World Congress. Join leading organizations and professionals from around the world who have already committed to make Exercise is Medicine a part of their national landscape.
Tuesday, June 1
10am-12pm  Exercise is Medicine Workshops
1:45-2:45pm World Congress on Exercise is Medicine Opening Keynote
3-5pm  Exercise is Medicine Sessions
7pm  World Congress on Exercise is Medicine Opening Ceremony

Wednesday, June 2
8-9:15am  Joseph B. Wolfe Memorial Lecture
9:30-10:30am  Exercise is Medicine Global Roundtable
9:30am-5:15pm  Scientific, Clinical and Exercise is Medicine Sessions/Workshops
1:30-4pm  Exhibit Hall Open
3-4pm  Exercise is Medicine Global Roundtable
5:45-7:15pm  Interest Group Meetings
6-8pm  Exhibit Hall Opening Reception
8:30-10:30pm  Student Bowl and Reception

Thursday, June 3
6-7:45am  Josephine L. Rathbone Memorial Breakfast honoring ACSM's Women
8am-5:15pm  Scientific, Clinical and Exercise is Medicine Sessions/Workshops
9:30am-5pm  Exhibit Hall Open
9:30am-5pm  Scientific, Clinical and Exercise is Medicine Sessions/Workshops
10-11am  Exercise is Medicine Global Roundtable
10:30-11:20am  President's Lectures
5:45-7:15pm  Interest Group Meetings
7:30-8pm  Exercise is Medicine Global Launch
8-9:30pm  ACSM Regional Chapter Socials
8-9pm  International Reception

Friday, June 4
6:30am  10th Annual Gisolfi Fun Run
8am-5:15 pm  Scientific and Clinical Sessions
9:30am-4pm  Exhibit Hall Open
10:30-11:45 am  D.B. Dill Historical Lecture
7-10pm  Cocktail Reception and Awards Banquet

Saturday, June 5
8-11am  Scientific and Clinical Sessions
11:15am-12:15pm  President's Lectures and Closing Remarks

One Registration… Two Meetings!
Registration includes access to all sessions at ACSM’s Annual Meeting! Connect with experts around the world in the fields of basic and applied science, medicine, public health, health and fitness professionals and sports performance.

- Symposia on research, practice, and policy
- Keynote speakers and hands-on workshops
- CECs, CMEs, CEUs
- Sightseeing Trips to Washington, DC

For A More Detailed Schedule…
Go to www.acsm.org/annualmeeting
Exercise is Medicine Opening Keynote:

Exercise — Why Does It Work?

Tuesday, June 1, 2010
1:45-2:45pm
Bengt Saltin, M.D., Ph.D.
University of Copenhagen
Copenhagen, Denmark

PLUS... EXERCISE IS MEDICINE-THEMED ANNUAL MEETING LECTURES

The Joseph B. Wolfe Memorial Lecture:
Physical Activity, Health, Health Care Reform and Lifestyle Reform Revisited
Jeffrey P. Koplan
Emory University
Atlanta, Georgia

The D.B. Dill Historical Lecture:
The Self-Correcting Nature of Science
Brian J. Whipp, FACSM
Human Bio-Energetics Research Centre
Crickhowell, United Kingdom

President’s Lecture:
VO₂max and Exercise Tolerance
Véronique Billat, FACSM
Centre De Medicine Du Sport
Paris, France

Paffenbarger Tutorial Lecture:
Physical Activity — Why it’s so Difficult to Shift the Population Needle?
Adrian Bauman
University of Sydney
Sydney, Australia

Pollock Tutorial Lecture:
Resistance Training for Health and Rehabilitation: A Physiological Perspective
James E. Graves, FACSM
University of Utah,
College of Health
Salt Lake City, Utah

Support for the Exercise is Medicine™ Global Initiative is Provided By:

Founding Partners:

ADVOCATE PARTNERS:
World Congress on Exercise is Medicine

WORKSHOPS

Making the Scientific and Evidence Argument for Exercise Is Medicine
Tuesday, 10:00AM-10:50AM
William E. Kraus, FACSM
Duke University Medical Center
Durham, NC

Making the Case for Physical Activity (+/- in Public Health): Using Cost and Cost Effectiveness Data for Science, Policy and Programs
Tuesday, 11:00AM-11:50AM
Peter T. Katzmarzyk, FACSM
Queen’s University
Kingston, ON, Canada
Willem van Mechelen, FACSM
VU University Medical Center, EMGO Institute
Amsterdam, Netherlands
Michael Pratt, FACSM
Centers for Disease Control and Prevention
Atlanta, GA

The Health Care Providers’ Guide to the Effective Integration of Physical Activity into their Patients’ Health Care Solutions
Wednesday, 1:00PM-3:00PM
Edward M. Phillips
Spaulding Rehabilitation Hospital Network
Boston, MA

Connecting the World of Medicine and the World of Fitness
Thursday, 9:10AM-10:00AM
Dan Lynch
The Vision Bridge
Fairfield, CT

Reimbursement and Physical Activity Counseling
Thursday, 9:10AM-10:00AM
Elizabeth Joy, FACSM
University of Utah
Salt Lake City, UT
Daryl Sadgrove

Exercise is Medicine™: From Systems Change to Globalization
Thursday, 1:00PM-3:00PM
Adrian Hutber
ACSM
Indianapolis, IN
Robert Sallis, FACSM
Kaiser Permanente Medical Center
Fontana, CA
Huaying Zhang
Beijing, China

Active Doctors, Active Patients: An Interactive Workshop
(Date/Time to be scheduled)
John Duperly
Universidad del Rosario, School of Medicine
Bogota, Columbia
Felipe Lobelo
Centers for Disease Control and Prevention
Atlanta, GA

The Extension of the Exercise Is Medicine Model: Clinical Interventions for Promoting Physical Activity and Reducing Health Disparities in Medically Underserved Populations
(Date/Time to be scheduled)
John Duperly
Universidad del Rosario, School of Medicine
Bogota, Columbia
Nicole Keith, FACSM
IUPUI
Indianapolis, IN

Register early and save!
Register by March 3, 2010 for the best discount. E-mail meetings@acsm.org or call 317-637-9200 ext. 141 for more information.
Assessing the Risk of Chronic Disease in Children
Tuesday, 3:00PM-5:00PM
Walter P. Abhayaratna
Australian National University
Canberra, Australia
Gaelle Ducher
Deakin University
Burwood, Australia
Richard D. Telford
FACSM, Australian National University and Commonwealth Institute (Australia)
Canberra, Australia
Paul Waring
Australian National University
Canberra, Australia

International “Exercise is Medicine Experiences”: Past, Present, and Future Perspectives
Tuesday, 3:00PM-5:00PM
Adrian Bauman
University of Sydney
Sydney, Australia
John Duperly
Universidad De Los Andes
Bogota, Colombia
Felipe Lobelo
Centers for Disease Control and Prevention
Atlanta, GA
Brian Martin
Institute of Social and Preventive Medicine
Zurich, Switzerland
Michael Pratt, FACSM
Centers for Disease Control and Prevention
Atlanta, GA

Physical Activity Education and Exercise Training for Cardiac Diseases Prevention and Wellness Promotion
Tuesday, 3:00PM-5:00PM
Clement Kin Ming Chan
Tung Wah Eastern Hospital, Hong Kong
Hong Kong, China
Yuk-lai Ester Ho
Tung Wah Hospital
Hong Kong, China
Yuen-Yee Jenny Ng
Grantham Hospital
Hong Kong, China

Multi-Actor Strategies for the Promotion of Health-Enhanced Physical Activities for Children and Youth in Local Communities of the European Union
Wednesday, 9:30AM-11:30AM
Monique L’Hoir
Gelderse Sport Federatie
Netherlands
Jacob Kornbeck
European Commission Directorate-General for Education and Culture
Brussels, Belgium
Roland Naul
University of Duisburg-Essen
Germany, Essen, Germany
Office-based Physical Activity Promotion: Current Evidence, Future Directions
Wednesday, 9:30AM-11:30AM
Elizabeth A. Joy, FACSM
University of Utah
Salt Lake City, UT

The Anti-Aging Effects of Exercise on the Cardiovascular System
Wednesday, 1:00PM-1:50PM
Martin Halle
Technical University Munich
Munich, Germany

Using Technology to Promote and Perform Exercise
Wednesday, 1:00PM-1:50PM
Bess Marcus
Brown Medical School
Providence, RI
James S. Skinner, FACSM
Indiana University
Brevard, NC

Results from the DHHS Energy Balance Provider Survey, a Nationally Representative Study of Primary Care Physician Practices related to Physical Activity, Diet, and Weight Control
Wednesday, 1:00PM-3:00PM
Rachel Ballard-Barbash
National Cancer Institute
Bethesda, MD
Terry T-k Huang
National Institute of Child Health and Human Development
Bethesda, MD
Felipe Lobelo
Centers for Disease Control and Prevention
Atlanta, GA
Nico P. Pronk
JourneyWell – HealthPartners
Bloomington, MN
Ashley W. Smith
National Cancer Institute
Bethesda, MD

The Importance of Culturally Appropriate Physical Activity Programs in Indigenous Communities
Wednesday, 2:10PM-3:00PM
Vidhya Lakhan
Pacific Games Council
Suva, Fiji
Lenox Shuffler
Rotary Club of Stabroek Georgetown
Georgetown, Guyana
Exercise is Medicine — An International View
Wednesday, 3:15PM-5:15PM
Mats Borjesson
Sahlgrenska University Hospital/Ostra
Goteborg, Sweden

Steven Jonas
Stony Brook University
Stony Brook, NY

Carl J. Sundberg
Karolinska Institute
Stockholm, Sweden

Inactivity Physiology: Metabolic and Clinical Effects of Sitting Too Much
Wednesday, 3:15PM-5:15PM
Marc T. Hamilton
Pennington Biomedical Research Center
Baton Rouge, LA

Peter T. Katzmarzyk, FACSM
Pennington Biomedical Research Center
Baton Rouge, LA

Theodore Zderic
Pennington Biomedical Research Center
Baton Rouge, LA

Physical Activity and Mental Health
Wednesday, 3:15PM-5:15PM
Gail L. Daumit
Johns Hopkins University
Baltimore, MD

Rod Dishman, FACSM
University of Georgia
Athens, GA

Jennifer M. Hootman, FACSM
Centers for Disease Control and Prevention
Atlanta, GA

Carol A. Janney
University of Pittsburgh and UPMC
Pittsburgh, PA

Exercise is Medicine in the Workplace: Behavioral Change that Works
Thursday, 8:00AM-8:50AM
Nico P. Pronk, FACSM
JourneyWell – HealthPartners
Bloomington, MN

Delia Roberts, FACSM
Selkirk College
Castlegar, BC, Canada

World Congress on Exercise is Medicine
SESSIONS
(continued)

Housing
The Hilton Baltimore is connected to the Baltimore Convention Center and is the headquarter hotel for the Annual Meeting. Rooms are also available at several other nearby hotels at a variety of price points. All hotel reservations must be made through the ACSM Housing Bureau. Please visit www.acsm.org/annualmeeting for hotel and rate details, and to make a reservation. The housing deadline is Thursday, April 29, 2010. Reserve your room early to secure your preferred hotel.

Travel
The Travel Authority is ACSM’s preferred travel agency and can assist with travel plans. Call (800) 428-6186 to speak with an agent.

Take A Trip to Washington, DC…
The Nation’s Capital!

Take advantage of the meetings’ proximity to Washington, DC and see some of the capital’s most famous landmarks.
Cardioprotective Benefits of Vigorous Physical Activity: The Risk Benefit Issue
Thursday, 8:00AM-10:00AM
Barry A. Franklin, FACSM
William Beaumont Hospital
Royal Oak, MI
Paul Williams
Ernest Orlando Lawrence Berkeley National Laboratory
Berkeley, CA
David Swain, FACSM
Old Dominion University
Norfolk, VA
I-Min Lee, FACSM
Harvard Medical School
Boston, MA

The Antiquity of Exercise and the Exercise Prescription for Health
Thursday, 9:10AM-10:00AM
Jack W. Berryman, FACSM
University of Washington
Seattle, WA
Charles M. Tipton, FACSM
University of Arizona
Tucson, AZ

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