

Pre-conference Program Physical Activity

**Bridging the body and mind in health care
– the role of physical activity**

22 May 2013

The Swedish Exhibition & Congress Centre,
Gothenburg, Sweden

21st International HPH Conference
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Welcome to the Task Force for Health Enhancing Physical Activity Pre-conference

Bridging the body and mind in health care – the role of physical activity

Pre-conference program

WEDNESDAY, MAY 22, 2013

Time	Topic	Speakers	Moderator
09.30-10.00	Coffee and Registration		
10.00-10.10	Introduction	<p>Mats Börjesson Professor, MD, FESC, Swedish School of Sports and Health Science and Department of Cardiology, Karolinska University Hospital, Stockholm, Sweden. Chairman of the Swedish Society of Physical activity and Sports Medicine and Task Force leader of Physical activity, International HPH network.</p> <p>Martin Schwellnus Professor, MD, Sports and Exercise Medicine, Department of Human Biology, University of Cape Town, South Africa. Director of both the IOC Research Center and the FIFA Medical Center of Excellence, in Cape Town.</p>	
10.10-11.00	<p>What do we know?</p> <p>The evidence for PA in health promotion</p> <p>Bridging body and mind through PA</p>	<p>Mai-Lis Hellenius Professor, MD, Department of Cardiology, Karolinska University Hospital, Stockholm, Sweden. Director of the section of Lifestyle behaviour at Karolinska. Member of Swedish national steering committee for the book "Physical activity on prescription".</p> <p>Ingibjörg Jonsdottir Professor, Head of Research & Development, the Institute of Stress Medicine, Göteborg, Sweden.</p>	<p>Mats Börjesson Martin Schwellnus</p>

Time	Topic	Speakers	Moderator
11.00-11.50	<p>Barriers and success facilitators</p> <p>How to implement PA in the HPH-setting</p> <p>Use of the “carrot” for success of implem</p>	<p>Mats Börjesson</p> <p>Martin Schwellnus</p>	<p>Mats Börjesson Martin Schwellnus</p>
11.50-13.00	Lunch		
13.00-13.25	<p>Ethical considerations in lifestyle change</p> <p>Is there an ethical dilemma in lifestyle change?</p>	<p>Jan Arlebrink Senior lecturer, Department of Theology, Lunds University.</p>	<p>Mai-Lis Hellenius Mark Batt</p>
13.25-14.15	<p>What have we achieved? – clinical examples</p> <p>The Swedish experience</p> <p>The Belgian experience of cardiac rehab</p>	<p>Lena Kallings Senior lecturer, PhD, Swedish School of Sports and Health Sciences, Stockholm, Sweden</p> <p>Luc Vanhees Professor, Prof. Dr, PhD, FESC, Department of Rehabilitation Sciences, Leuven, Belgium.</p>	<p>Ingibjörg Jonsdottir Luc Vanhees</p>
14.15-14.30	Coffee		
14.30-15.35	<p>The HSN 5 Gothenburg PAP experience</p> <p>The UK experience</p> <p>The South Africa experience</p>	<p>Stefan Lundqvist PT, research student, District Centrum, Goteborg, Sweden</p> <p>Mark Batt Professor, Director: Arthritis Research UK Centre for Sport, Exercise and Osteoarthritis, Consultant Sport & Exercise Medicine, Centre for Sports Medicine, Queens Medical Centre, Nottingham University Hospitals</p> <p>Martin Schwellnus</p>	
15.35-16.00	<p>Future challenges?</p> <p>Discussion</p>	All speakers	

21st International HPH Conference

Body and Mind

22-24 MAY 2013
GOTHENBURG, SWEDEN

Towards a more health-oriented health service
– an issue of body and mind
The contribution of HPH to Health 2020

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