



Fit For Your Life

Prescribing Evidence - Based Exercise as Medicine in Older Adults: a Workshop for Physicians and Allied Healthcare Professionals



The mission of medicine is the assertion and assurance of the human potential

- Dr. Walter Bortz II

About the workshop

SPECIAL STUDENT RATE

For Registration fees
[see page 2](#)

When

Tues 15 May, 2018
9-5pm

Where

Level 6 Seminar Room
Charles Perkins Centre D17
The University of Sydney

[View map](#)

Workshop Program

Program [page 3 and 4](#)

Registration

To register [click here](#)

Professor Maria Fiatarone Singh, MD, FRACP presents the first in a series of practical, evidence-based workshops for physicians and other healthcare professionals on the integration of exercise in the clinical setting for the prevention and management of chronic disease. This workshop will provide the rationale for the use of exercise as medicine, practical guidance on how to screen patients and implement and monitor appropriate exercise modalities in clinical practice, and what clinical outcomes can be expected when these robust and safe techniques are employed.

Who would benefit from this workshop?

This workshop would be beneficial for healthcare professionals working with older adults with chronic diseases. This includes general practitioners, geriatricians, exercise physiologists, physiotherapists, dieticians, occupational therapists, psychologists, nurses and social workers.



About the speaker



Professor Fiatarone Singh is a geriatrician, John Sutton Chair of Exercise and Sport Science, Faculty of Health Sciences, Professor Sydney Medical School and at The Boden Institute and The Charles Perkins Centre. She is a world-renowned expert in the investigation and clinical dissemination of exercise programs across a broad range of chronic diseases and syndromes relevant to older adults, including sarcopenia, frailty, arthritis, osteoporosis, depression, cognitive impairment, falls, diabetes, heart disease, peripheral vascular disease, and renal disease, among others.

Registration Fees

Cost includes morning, afternoon tea and lunch

Registration category	Cost
USyd/LHD staff	\$300 incl GST
Non USyd/LHD staff	\$325 incl GST
SPECIAL student rate	\$180 incl GST

Cancellation policy: Cancellations will only be accepted in exceptional circumstances and a \$100 administration fee applies. Cancellation requests should be emailed to kate.smith@sydney.edu.au. We regret that there are no refunds for cancellations made after Thursday 10 May 2018 and for non-attendance.

To register

Registration is paid online [here](#) by credit card.

For catering purposes, please register by Thursday 10 May.

Contact

For enquiries about the workshop or registration, please email kate.smith@sydney.edu.au



Workshop Program

Time	Topic/Activity
8:30-9:00 am	Registration, coffee and juice
9:00-9:30 am	Fit For Your Life Untangling the web of ageing, disuse, and disease
9:30-10:00 am	The Basics Exercise modalities and prescriptive elements relevant to chronic disease prevention and management
10:00-10:30 am	How to get started Demonstration of pre-exercise assessment tools, prescriptive elements, and safe implementation in clinical cohorts
10:30-11:00 am	Morning Tea
11:00- 11:30 am	Bone health Evidence base and exercise prescription for osteoporosis prevention and treatment Demonstration of progressive balance training and high impact training
11:30-12:00 noon	Mental health Evidence base and exercise prescription for depression, anxiety, insomnia and PTSD Demonstration of tools to monitor psychological symptoms across time
12:00-12:30 pm	Diabetes and Metabolic Syndrome Evidence base and exercise prescription for the prevention and treatment of metabolic disease and type 2 diabetes Demonstration of high intensity interval training technique
12:30-1:30 pm	Lunch



Program continued....

1:30-2:00 pm	Cognitive Impairment and Dementia Evidence base and exercise prescription for optimal cognition across the lifespan Engagement of caregivers in exercise delivery
2:00-2:30 pm	Osteoarthritis Evidence base and exercise prescription for the treatment of lower extremity osteoarthritis Prevention of musculoskeletal injury during exercise
2:30-3:00 pm	Peripheral Vascular Disease Evidence base and exercise prescription in the management of peripheral arterial disease Demonstration of progressive resistance training with minimal equipment
3:00-3:30 pm	Renal disease Evidence base and exercise prescription across the spectrum of chronic kidney disease and organ transplant Exercise and medication interactions- when do they matter?
3:30-4:00 pm	Afternoon Tea
4:00-4:30 pm	Implementation of evidence-based exercise programs and services within varied health and aged care settings
4:30-5:00 pm	Measuring effectiveness and sustainability Monitoring behavioural change and health outcomes of your new exercise program Quality assurance for ongoing exercise programs