

**Physical Activity for Public Health**  
**Presented by the Canadian Fitness and Lifestyle Research Institute**  
**Banff Park Lodge, Banff, Alberta**

**Monday, September 29, 2008**

Time	Activity	Details	Presenters
2:00 – 6:00	Registration		
5:00 – 6:30	Reception		
6:30 – 9:00	Welcome		<b>Dr. Art Quinney</b> <b>Ms. Cora Lynn Craig</b>
	Opening Plenary	<b>Why is physical activity a community wide priority?</b>	<b>Dr. Peter Katzmarzyk</b> <b>Dr. Fiona Bull</b>

**Tuesday, September 30, 2008**

Time	Activity	Topic	Presenters
8:00 – 9:00	Lecture 1	<b>Physical Activity for the Population</b>	<b>Dr. Adrian Bauman</b>
9:00 - 10:00	Lecture 2	<b>How Active are Canadians?</b>	<b>Ms. Cora Lynn Craig</b> <b>Ms. Christine Cameron</b>
10:00 – 10:30	Break		
10:30-11:30	Lecture 3	<b>Theories for Programming</b>	<b>Dr. John Spence</b> <b>Dr. Ron Plotnikoff</b>
11:30 – 12:30	Discussion	<b>Networking: What's your Program?</b>	
12:30 - 2:00	Break	<b>Lunch and Physical Activity break</b>	
2:00 – 3:00	Mini-lecture & group work	<b>Principles of Evaluation</b>	<b>Dr. Adrian Bauman</b>
3:00 – 4:00	Lecture 4	<b>Physical Activity Measurement and Monitoring</b>	<b>Dr. Adrian Bauman</b> <b>Dr. Peter Katzmarzyk</b>
4:00 – 4:15	Break		
4:15 – 5:15	Lecture 5	<b>How to Make Sense of Published Papers: A Primer for Practitioners</b>	<b>Dr. John Spence</b>
6:30 – 9:00	Dinner	<b>Networking:</b> Catch up with colleagues and meet new ones	

### Wednesday, October 1, 2008

Time	Activity	Topic	Presenters		
8:00 - 9:00	Lecture	<b>Individual Change Interventions</b>	<b>Dr. Ron Plotnikoff</b>		
9:00 – 10:00	Lecture	<b>Community Change Interventions</b>	<b>Dr. Fiona Bull</b>		
10:00 – 10:30	Break				
10:30 - 12:00	Practical Exercise	<b>Local Planning</b>	<b>Mr. Michael Arthur</b>		
12:00 - 2.00	Lunch and Physical activity opportunities				
2:00 – 4:30	Mini Lectures/ workshops	<b>Children and Youth</b> <b>Mr. Michael Arthur</b> <b>Dr. Peter Katzmarzyk</b>	<b>Aboriginal Populations</b> <b>Presenter to be announced</b>	<b>Older adults</b> <b>Presenter to be announced</b>	<b>Adults in the Workplace</b> <b>Dr. Ron Plotnikoff</b>
4:30 – 5:30	Presentation	<b>Media Support for Physical Activity</b>	<b>Dr. Adrian Bauman</b>		

### Thursday, October 2, 2008

Time	Activity	Topic	Presenters
8:00 – 9:00	Lecture	<b>Liveable Neighbourhoods and Active Communities</b>	<b>Dr. John Spence</b>
9:00 – 10:00	Lecture	<b>Policy Advocacy</b>	<b>Dr. Fiona Bull</b>
10:00 – 10 :30	Break		
10:30 – 12:00	Discussion	<b>Developing Action Plans: Using Data to Support the Case</b>	<b>Ms. Cora Lynn Craig</b>
12:30 – 1:00	Closing	<b>Wrap up</b>	