Exercise is Medicine Across the Lifespan

Monday, February 18th, 2019
8:00 am-12:00 pm
Great Hall
Trent Semans Center for Health Education
Duke University Medical Center

Breakfast will be served. Space is limited.

RSVP to Colloquium

Agenda

Please wear comfortable attire for active breaks!

7:30 am  Registration

8:00 am  Welcome and Opening Remarks
Exercise is Medicine at Duke
Healthy Duke

8:15 am  Opening Keynote from William E. Kraus, MD
“Science Behind the 2018 U.S. Physical Activity Guidelines”

9:00 am  Energy Break

9:05 am  Ideas in Motion: How Physical Activity Initiatives are Expanding in the Duke Community
Durham Healthy Mile Trails, Walk with a Doc, WellBeats and Others

10:25 am  Energy and Refreshment Break

10:45 am  Strategies to Motivate Physical Activity
Digital Health Including Wearables and mHealth
Behavioral Incentives

11:55 am  Closing Remarks