



## Fit for your life

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



### Fit For Your Life - Prescribing Evidence-Based Exercise as Medicine in Older Adults.

Professor Maria Fiatarone Singh, MD, FRACP presents a series of practical, evidence-based lectures for physicians and other healthcare professionals on the integration of exercise in the clinical setting for the prevention and management of chronic disease.

These presentations 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.

For more information, contact: Mila Kolmogorova  
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#### 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.

#### Event details:

**Date:** Monday 10 – Tuesday 11 December 2018

**Time:** 9-5pm

**Catering:** morning tea, lunch and afternoon tea provided.

**Venue:** Level 6 Seminar Room, Charles Perkins Centre D17, The University of Sydney

**Register:** [online](#) by Monday 3rd December

**Cost:**

Registration category	1 Day Registration cost (inc GST)	2 Day Registration cost (inc GST)
USYD/LHD staff	\$250	\$330
Non USYD/LHD staff	\$300	\$385
SPECIAL student rate	\$200	\$250

## Program Day 1

### Fit For Your Life: Prescribing Evidence-Based Exercise as Medicine in Older Adults A Workshop for Physicians and Allied Health Care Professionals

**Date:** Monday, December 10 2018

**Location:** Level 6 Seminar room, Charles Perkins Centre, The University of Sydney

Time	Topic/Activity
8:30-9:00 am	Registration, coffee and juice
9:00 am-9:30 am	Fit For Your Life: <ul style="list-style-type: none"><li>• Untangling the web of ageing, disuse, and disease</li><li>• How to use exercise as medicine</li></ul>
9:30-10:30 am	The Basics: Exercise modalities and prescriptive elements relevant to chronic disease prevention and management <ul style="list-style-type: none"><li>• Resistance training</li><li>• Balance training</li><li>• Aerobic training</li><li>• Lifestyle Integration of exercise modalities</li><li>• Prioritization of the exercise prescription elements</li></ul>
10:30-10:45 am	Morning Tea
10:45-11:45 am	Frailty and Sarcopenia : <ul style="list-style-type: none"><li>• Diagnosis of Frailty and Sarcopenia</li><li>• Defining multifactorial contributants to these syndromes</li><li>• Evidence-based treatment options</li><li>• Multi-disciplinary approach to prevention and management</li></ul>
11:45 am- 1:00 pm	Practical demonstration of Sarcopenia/Frailty diagnostic tools- <ul style="list-style-type: none"><li>○ Screening Questionnaires for Sarcopenia and Frailty</li><li>○ Handgrip dynamometry</li><li>○ Gait speed</li><li>○ Short physical performance battery</li><li>○ Bioelectric impedance analysis</li></ul>
1:00-1:45 pm	Lunch
1:45-2:30 pm	Bone health, Falls and Hip fracture: <ul style="list-style-type: none"><li>• Evidence base and exercise prescription for osteoporosis prevention and treatment across the lifespan</li><li>• Multi-factorial approach to hip fracture treatment</li></ul>
2:30-3:00 pm	Practical demonstration of progressive balance training and high impact training for bone health
3:00-3:45 pm	Diabetes and Metabolic Syndrome: <ul style="list-style-type: none"><li>• Evidence base and exercise prescription for the prevention and treatment of metabolic disease and type 2 diabetes</li><li>• Medical screening for diabetes and co-morbidities prior to exercise prescription</li></ul>
3:45-4:00 pm	Afternoon Tea
4:00-4:45 pm	Implementation of evidence-based exercise programs and services within varied health, aged care and community settings
4:45- 5:00 pm	Question and Answer session



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## Program Day 2

### Fit For Your Life: Prescribing Evidence-Based Exercise as Medicine in Older Adults A Workshop for Physicians and Allied Health Care Professionals

**Date:** Tuesday, December 11 2018

**Location:** Level 6 Seminar room, Charles Perkins Centre, The University of Sydney

Time	Topic/Activity
8:30-9:00 am	Registration, coffee and juice
9:00 am-10:00am	Cognitive Impairment and Dementia: <ul style="list-style-type: none"><li>Evidence base and exercise prescription for optimal cognition across the lifespan</li></ul>
10:00-10:45 am	Resistance training workshop <ul style="list-style-type: none"><li>Demonstration of Strength Testing and Use of Perceived Exertion Scale for strength training progression using free weights</li><li>Strength training with body weight and free weights</li></ul>
10:45-11:00 am	Morning Tea
11:00- 12:00 noon	Osteoarthritis: <ul style="list-style-type: none"><li>Evidence base and exercise prescription for the treatment of osteoarthritis</li></ul>
12:00 noon- 12:30 pm	Prevention of injury and adverse events during exercise
12:30-1:15 pm	Lunch
1:15-2:00 pm	Renal disease: <ul style="list-style-type: none"><li>Evidence base and exercise prescription across the spectrum of chronic kidney disease from prevention to organ transplantation</li></ul>
2:00-2:30 pm	Exercise and medication interactions- when do they matter?
2:30-3:30 pm	Cancer: <ul style="list-style-type: none"><li>Physical activity and prevention of cancer</li><li>Evidence base and exercise prescription for cancer and cancer treatment-related side effects</li><li>Integration of exercise into multidisciplinary management teams in cancer care</li></ul>
3:30-3:45 pm	Afternoon Tea
3:45-4:30 pm	Measuring effectiveness and sustainability <ul style="list-style-type: none"><li>Monitoring behavioural change and health outcomes of your new exercise program</li><li>Quality assurance for ongoing exercise programs</li></ul>
4:30-5:00 pm	Question and Answer Wrap up session



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