



10th World Congress on
**Exercise
is Medicine®**

May 28-June 1, 2019 • Orlando, Florida USA

Exercise is Medicine® (EIM), a global health initiative managed by ACSM, seeks to make physical activity assessment and exercise prescription a standard part of the disease prevention and treatment paradigm for all patients. EIM strives to connect the health care and fitness industries so patients can benefit from the tremendous health advantages associated with exercise. The 10th World Congress on Exercise is Medicine® will present cutting-edge science and practical applications of exercise to improve health.

Tuesday, May 28

A-01 - Symposium

Promoting Physical Activity Across the Lifespan: Linking Health Care and Communities

1:00-3:00 p.m.

Elizabeth A. Joy, FACSM, Cynthia R. LaBella, John D. Omura,
Basia Belza

A-02 - Symposium

The Mind-Body Connection in Pregnancy: What You Should Know to Exercise

1:00-3:00 p.m.

Melanie Poudevigne, FACSM, Kari Bo, Kate Rope, Byron Carter,
Suzanne Carmack

A-03 - Tutorial Lecture

The Aging Athlete: How Physical Activity, Behaviors, and Biomarkers Affects Health Over a Lifetime

1:00-1:50 p.m.

Ralph S. Bovard, FACSM

A-04 - Tutorial Lecture

Move More or Sit Less? Illustrating the Complex Relationships between Moving and Sitting and Health Outcomes

2:10-3:00 p.m.

Wendy J. Brown, FACSM, Ulf Ekelund, FACSM

A-05 - Symposium

Breaking Up is Important! Sedentary Lifestyle and Physical Activity

3:15-5:15 p.m.

Jürgen M. Steinacker, FACSM, Luis B. Sardinha, Susanne Kobel,
Alan E. Donnelly

A-06 - Highlighted Symposium

Exercise and Autism: Discovering the Possibilities

3:15-5:15 p.m.

Sean Healy, Suzanna Dillon, David Geslak

A-07 - Tutorial Lecture

Ultramarathon: Exercise is Medicine?

3:15-4:05 p.m.

Nicholas B. Tiller, Guillaume Millet, FACSM

A-08 - Colloquium

Healthcare Provider Experience with Exercise and Pregnancy Recommendations

4:25-5:15 p.m.

Anne Zeller, Marie S. Haggart, Karen Fleming, Stacy Tylka

A-09 - Morris/Paffenbarger EIM Keynote Lecture

More Active People for a Healthier World

5:30-6:15 p.m.

Fiona Bull

Wednesday, May 29

A-15 - Symposium

Exercise and The Aging Heart: Prevention and Management of Heart Failure (HF) and Atrial Fibrillation (AF)

9:30-11:30 a.m.

Michael J. LaMonte, FACSM, Charles B. Eaton,
Marco V. Perez, Marcia L. Stefanick

A-16 - Symposium

Exercise is Cancer Medicine: How do we Prove it? Breaking Down the Barriers to Translational Research in Humans

9:30-11:30 a.m.

Kathryn H. Schmitz, FACSM, Dietmar W. Siemann,
Allison Betof Warner, Neil M. Iyengar, Amy A. Kirkham

A-32 - Tutorial Lecture

EIM Opportunities in Community Health and Underserved Populations

9:30-10:20 a.m.

NiCole R. Keith, FACSM, Ryan Conners, Andrea Jacobo

A-36 - Colloquium

Exercise is the Best Medicine for Back Pain

10:40-11:30 a.m.

Stanley A. Herring, FACSM, Cindy Y. Lin

B-05 - Symposium

The Role of Aerobic Exercise in Facilitating Neurological Function and Rehabilitation

1:00-3:00 p.m.

Jay L. Alberts, Amanda L. Penko, Anson Rosenfeldt

B-06 - Symposium

What Dose, Type and Intensity of Exercise is the Best Medicine?

1:00-3:00 p.m.

Paul D. Thompson, FACSM, Esmee A. Bakker,
Duck-chul Lee, FACSM, Barry A. Franklin, FACSM

B-21 - Tutorial Lecture

Exercise and Cancer: Clinical Endpoints Needed to Change Standard of Care

1:00-1:50 p.m.

Melinda L. Irwin, FACSM, Tara Sanft

B-27 - Tutorial Lecture

Making Exercise Standard of Care after Cancer: Results from an ACSM Roundtable

2:10-3:00 p.m.

Kathryn H. Schmitz, FACSM, Anna Campbell

B-35 - Symposium

Exercise is Medicine On-Campus: Perspectives from University Leaders

3:15-5:15 p.m.

Robert E. Sallis, FACSM, Christine Sapienza, Jerry R. Youkey,
Devorah Lieberman, Timothy P. White, FACSM

B-47 - Tutorial Lecture

Alternative Types of Exercise to Prevent and Treat Hypertension: The Wave of the Future

3:15-4:05 p.m.

Linda S. Pescatello, FACSM, Yin Wu

B-48 - Tutorial Lecture

Docs, Move It or Lose It

3:15-4:05 p.m.

Allison Bowersock, Rachele Pojednic, Carrie A. Jaworski, FACSM

B-51 - Tutorial Lecture

Cost Outcomes of Assessing and Advising Physical Activity in Healthcare: Methods and Outcomes from Intermountain Healthcare

4:25-5:15 p.m.

Trever J. Ball, Elizabeth A. Joy, FACSM

B-52 - Tutorial Lecture

Physical Activity can Help Seniors with Diabetic Foot

4:25-5:15 p.m.

Li Li, FACSM

Thursday, May 30

C-19 - Colloquium

Dealing With the Reality of Perceived Barriers to Exercise and Physical Activity: How Do We Get People Moving?

9:30-10:20 a.m.

M. Felicia Cavallini, David J. Dyck

C-20 - Colloquium

If Exercise is Medicine, Should Exercise Physiologists be Recognized as Healthcare Professionals?

9:30-10:20 a.m.

Byron L. Carter, Mark J. Kasper

C-21 - Colloquium

Implementing the EIM Solution in a South African Corporate Wellness Program and within a Medical Insurer Scheme

9:30-10:20 a.m.

Georgia Torres

C-26 - Colloquium

Prehabilitation - Current Evidence and Future Directions

10:40-11:30 a.m.

Philipp Zimmer, Moritz Schumann

C-27 - Tutorial Lecture

Working with University Recreational Sports Departments to Enhance Exercise is Medicine on Campus Efforts

10:40-11:30 a.m.

James M. Pivarnik, FACSM, Kerri L. Vasold

C-28 - Tutorial Lecture

Yoga: Rx for Older Adults and a Good Night's Sleep

10:40-11:30 a.m.

Paula R. Seffens



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