

13th October 2010

Physical Activity Promotion: Blending policy, research and practice

Programme

Session 1

09:00-09:30 Registration, teas and coffees

09:30-09:45 Welcome and introduction

Dr Afroditi Stathi, University of Bath

09:45-10:15 Levels and trends of physical activity in later life

Dr Manos Stamatakis, University College London

10:15-10:45 Summary of UK guidelines

Professor Ken Fox, University of Bristol

10:45-11:15 Tea and coffee break

11:15-11:45 Effectiveness of national initiatives targeting older adults

Bob Laventure, Loughborough University

11:45-12:15 Getting out and about: Findings from the Older People and Active Living Project

Mark Davis, University of Bristol

12:15-12:45 Outdoor environments and active ageing

Professor Catharine Ward-Thompson, Edinburgh College of Art

12:45-14:00 Lunch

Session 2

14:00-14:30 Challenges in delivering physical activity programmes in the community

Claudine Aherne, Vida Wellness

14:30-15:00 Successful interventions: The need for partnerships

Dr Afroditi Stathi, University of Bath

15:00-16:00 Breakout groups

16:00-16:30 Final discussion and close

Dr Afroditi Stathi, University of Bath

16:30

Close