



Lifestyle Medicine in Day-to-Day Practice

Skills Development Programs for Guiding Patients to Healthier Lives

Attend either or both programs. Each provides education, tools, and skills development for:

Physicians
Nurse Practitioners
Physician Assistants
Wellness Coaches
Registered Nurses
Physical Therapists
Dietitians
Social Workers
Exercise Physiologists
Occupational Therapists
Personal Trainers

“CHEF” Coaching

December 6, 2018

Waltham, MA



Culinary Health Education Fundamentals (CHEF) Coaching

ACTIVE LIVES

December 7-8, 2018

Waltham, MA



Strategies, Tools, Skills Development for:

- Motivating patients to increase their level of physical activity
- In-office exercise risk assessment
- Prescribing exercise (frequency, intensity, time, type)
- Personalization by a patient's age and health conditions
- Counseling and health coaching
- Demonstrating exercises to patients
- Applying the new 2018 Physical Activity Guidelines for Americans



HARVARD MEDICAL SCHOOL

Dear Colleague,

As clinicians, we increasingly understand that healthier lifestyle behaviors lower risk factors, reduce premature mortality, enhance treatment outcomes, and prevent or even reverse many chronic illnesses. The challenge is:

How do we help patients adopt and sustain healthier nutrition and physical activity levels?

Lifestyle Medicine in Day-to-Day Practice focuses on the “how-to” elements of lifestyle medicine—how to expand your current approaches to treatment and prevention with pragmatic, effective, evidence-based lifestyle medicine interventions.

This year, we offer two focused educational and skills development programs:

- **Active Lives**, which provides guidance to help patients increase their engagement with and level of physical activity;
- **Culinary Health Education Fundamentals (CHEF) Coaching**, which provides guidance to help patients develop healthier approaches to at-home meals.

Both programs provide you with the skill and confidence to effectively integrate lifestyle medicine strategies into your daily practice. I am encouraged by prior course participants who report the power of these interventions to transform their clinical care. The result is an increasingly rewarding practice caring for more engaged, happier and healthier patients.

Sincerely,

Edward M. Phillips, MD
Course Director

Dr. Phillips is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School and Chief of the Physical Medicine and Rehabilitation Service at the VA Boston Healthcare System. As Director of the Institute of Lifestyle Medicine (ILM) at Spaulding Rehabilitation Hospital, he has directed 20 live CME programs and seven online CME modules in Lifestyle Medicine completed by over 15,000 clinicians from 115 countries. He is co-founder and co-director of the Lifestyle Medicine Education Collaborative (LMEd), dedicated to integrating Lifestyle Medicine into medical school curricula.



credit commensurate with the extent of their participation in the activity. [The AAFP has not reviewed the distance learning sessions, CHEF Coaching - Beyond the Basics.]

DIETITIANS

This program has been submitted for continuing education credit. Please see website for updates.

NURSE PRACTITIONERS and REGISTERED NURSES

For the purpose of recertification, the American Academy of Nurse Practitioners Certification Board and American Nurses Credentialing Center accept *AMA PRA Category 1 Credit™* issued by organizations accredited by the ACCME (Accreditation Council for Continuing Medical Education). We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit™* for re-licensure.

PHYSICIAN ASSISTANTS

The National Commission on Certification of Physician Assistants (NCCPA) states that *AMA PRA Category 1 Credits™* are acceptable for continuing medical education requirements for recertification. We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit™* for re-licensure.

Overview

Course Director

Edward M. Phillips, MD

Harvard Medical School Faculty

Cheri Blauwet, MD

Elizabeth P. Frates, MD

Jennifer Green, PT, DPT, CSCS

Edward M. Phillips, MD

Rani Polak, MD, Chef, MBA

Jacqueline Shahar, MEd, RCEP, CDE

Thomas W. Storer, PhD

Assistant Director

Rani Polak, MD, Chef, MBA

Dr. Rani Polak is the Founding Director of the Culinary Healthcare Education Fundamentals (CHEF) Coaching program at the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, and a Research Associate at Harvard Medical School. His current work is concentrated on culinary coaching, an innovative telemedicine approach that utilizes evidence-based medicine to help individuals and professionals to efficiently and cost-effectively improve nutrition through home cooking. His work has been featured in many media outlets, including the *Scientific American*, the *Herald Tribune*, and *USA Today*.

Guest Faculty

Jane Barg, Health coach, Culinary coach, Chef

Marie Dacey, EdD, Professor of Psychology, MCPHS University (formerly Massachusetts College of Pharmacy & Health Sciences)

Mark Fenton, MS, Public Health, Planning, and Transportation Consultant; Associate Adjunct Professor, Friedman School of Nutrition Science and Policy, Tufts University

Peter Fifield, EdD, LCMHC, MLADC, Manager of Behavior Health Services, Families First Health and Support Center, Portsmouth, NH

Shirley Garrett, Culinary coach, Health coach, Medical exercise specialist, Chef

Sharon Palmer, MEd, Zumba®, Zumba® Kids, Aqua Zumba® and MOSSA Group Fitness Instructor; Educator, Second Grade, Weston, MA

Rachele Pojednic, PhD, EdM, Assistant Professor of Nutrition, Simmons College

Michael Pollan, MA, James S. and John L. Knight Professor of Journalism, University of California, Berkeley, School of Journalism

Jennifer L. Trilk, PhD, Assistant Professor, Department of Biomedical Sciences; Director, Human Performance Lab, University of South Carolina School of Medicine, Greenville

David Vendetti, Co-Owner, South Boston Yoga

Wayne L. Westcott, PhD, Professor of Exercise Science, Quincy College

Learning Objectives

Upon completion of this course, participants will be able to:

- Apply important principles of exercise science to adult and pediatric patients.
- Negotiate and write an effective exercise prescription.
- Demonstrate various exercise activities for personal use and the purposes of educating patients.
- Track the results of a patient's physical activity plan.
- Improve and maintain a personal program of regular physical activity.
- Translate culinary medicine knowledge and skills into coaching practice to improve the health and nutrition of patients.
- Provide guidance to patients for shopping, food storage and meal preparation.

Course Description

Most practices grapple with the challenge of enabling patients to be drivers of their own wellness regimen. Exercise is a vital part of Lifestyle Medicine, which not only prevents disease, but is integral to the treatment, management (and reversal) of many noncommunicable chronic diseases: type 2 diabetes, hypertension, cardiovascular disease, stroke, high cholesterol, many cancers including breast and colon, depression, anxiety, osteoarthritis, and sexual health issues. This course offers proven strategies to counsel and motivate patients and offers evidence-based tools and techniques to prescribe individualized exercise programs.

Attendees receive the latest updates in exercise risks and outcomes, best practices for behavioral counseling, exercise demonstration techniques, and guidelines for patient-centered exercise prescription. Attendees will also have the opportunity to hone new skills through participation in exercise demonstration sessions and workshops for office-based fitness assessment. The economics of healthcare reform increasingly pressure clinicians to promote physical activity. This course provides education to stay at the forefront of this critical global trend and to lead by example in transforming our patients and ourselves to Active Lives.

The one-day course Culinary Health Education Fundamentals (CHEF) Coaching will provide attendees with expanded skills, resources and education to help patients improve their attitude and habits to increase home cooking of healthier food.

Accreditation

ACCREDITATION COUNCIL FOR CONTINUING MEDICAL EDUCATION

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 27.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- Active Lives (December 7-8, 2018): 14.50 AMA PRA Category 1 Credits™
- CHEF Coaching – The Basics (December 6, 2018): 6.75 AMA PRA Category 1 Credits™
- CHEF Coaching – Beyond the Basics (Jan.-Feb. 2019): 6.25 AMA PRA Category 1 Credits™

AMERICAN ACADEMY OF FAMILY PHYSICIANS

This Live activity, Lifestyle Medicine in Day-to-Day Practice, with a beginning date of 12/06/2018, has been reviewed and is acceptable for up to 21.00 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the

LIFESTYLE MEDICINE IN DAY-TO-DAY PRACTICE

“CHEF” Coaching

Thursday, December 6

7:00-8:00	Registration and Continental Breakfast
8:00-8:30	Introduction to Culinary Coaching: Improving Nutrition through Culinary Training Combined with Coaching Principles Rani Polak, MD, Chef, MBA
8:30-9:10	Culinary Medicine: What It Is and Why It's Gaining Such Rapid Adoption* Rani Polak, MD, Chef, MBA
9:10-9:50	Why Doesn't My Patient Cook? Recognizing and Making It Easier for Patients to Embrace Healthier Cooking Practices Jane Barg
9:50-10:20	Break (Refreshments provided)
10:20-11:00	Practice! Practice Tools to Set Culinary Vision and Long-Term Culinary Goals Rani Polak, MD, Chef, MBA and Jane Barg
11:00-11:05	Transition to general session room
11:05-11:45	Culinary Tools to Mitigate Cardiometabolic Risk Factors: Checklists for Shopping, Pantries, Kitchen Tools, and Utilizing Ingredients* Rani Polak, MD, Chef, MBA
11:45-12:25	Cooking with Little Time or Limited Budget: Kitchen Economies and Efficiencies to Make Healthier Kitchens More Accessible to More Patients* Jane Barg
12:25-1:30	Buffet Lunch (provided)
1:30-2:15	Getting Patients (Even Reluctant or Unskilled Cooks) into the Kitchen: Motivational Interviewing and Coaching to Produce Healthier Home Cooking Behaviors Rani Polak, MD, Chef, MBA
2:15-3:00	Practice! Practice Setting Culinary Goals Rani Polak, MD, Chef, MBA and Jane Barg
3:00-3:30	Break (Refreshments provided)
3:30-4:15	In-Office Culinary Education Tools and Delivery Strategies: Group Lectures, Individual Coaching, Hands-On Instruction, and Reimbursement Strategies Rani Polak, MD, Chef, MBA
4:15-5:00	Mastering Culinary Coaching: How to Quickly and Effectively Help Patients Set and Achieve Realistic Culinary Goals Rani Polak, MD, Chef, MBA

Culinary Health Education Fundamentals (CHEF) Coaching – Beyond the Basics



Optional add-on distance learning series consisting of five 75-minute sessions.

Many clinicians take their newly acquired culinary coaching skills to the next level with an optional add-on series of five 75-minute, small-group, distance learning practice sessions. These sessions guide you to:

- Hone your approach to culinary coaching
- Optimize the efficacy of your coaching with patients and their families
- Improve your own home cooking
- Introduce new culinary practices into your kitchen and those of your patients
- Practice, get feedback, and refine your culinary coaching techniques
- Build competencies for prescribing nutrition

Your choice of distance learning group

- Group 1:** Monday evenings, 8:30 pm - 9:45 pm: from Jan. 7 - Feb. 4, 2019
Group 2: Tuesday evenings, 8:00 pm - 9:15 pm: from Jan. 8 - Feb. 5, 2019
Group 3: Wednesday mornings, 9:00 am - 10:15 am: from Jan. 9 - Feb. 6, 2019
Group 4: Wednesday evenings, 7:00 pm - 8:15 pm: from Jan. 9 - Feb. 6, 2019
Group 5: Thursday afternoons, 12:00 pm - 1:15 pm: from Jan. 10 - Feb. 7, 2019
Group 6: Friday mornings, 8:30 am - 9:45 am: from Jan. 11 - Feb. 8, 2019

Faculty: Rani Polak, MD, Chef, MBA; Shirley Garrett, Culinary coach, Health coach, Medical exercise specialist, Chef; and Jane Barg, Health coach, Culinary coach, Chef

*Culinary talks also include recipes, introduction of new cooking techniques, and several tips to improve your home cooking.

LIFESTYLE MEDICINE IN DAY-TO-DAY PRACTICE

ACTIVE LIVES

Friday, December 7

7:00–8:00 **Registration and Continental Breakfast**

The Exercise Prescription

8:00–9:00 **Physical Activity for Optimal Health: New Data and Competencies for Prescribing Exercise**
Edward M. Phillips, MD

9:00–9:15 **Exercise Demonstration** (Participation welcome)

Physical Activity and Fitness Assessment

9:15–10:15 **Science and Application of Exercise: Cardiovascular Training**
Thomas W. Storer, PhD

10:15–10:30 **Introduction to Hands-on Workshops and Workshop Leaders**
Edward M. Phillips, MD

10:30–10:45 Networking Break and Transition to Workshops (Refreshments provided)

Hands-On Skills Development Workshop 1

You will have the opportunity to participate in each of these three interactive workshops during the two-day course.

10:45–11:30 **A. Exercise Instruction for Children, Adolescents, Adults, and Geriatric Patients: Core Strengthening and Stretching - Aerobic - Balance**
Jacqueline Shahar, MEd, RCEP, CDE

10:45–11:30 **B. Exercise for You: Crafting Your Own Exercise Prescription**
Rachele Pojednic, PhD, EdM

10:45–11:30 **C. Quick, Easy, Effective Office-Based Assessment of Strength, Flexibility, Balance and Aerobic Capacity**
Jennifer Green, PT, DPT, CSCS

Physical Activity and Fitness Assessment

11:30–12:30 **Science and Application of Exercise: Muscle Performance and Strength**
Wayne L. Westcott, PhD

Lunch and Optional Activities

12:30–1:30 Buffet Lunch (provided)

1:00–1:30 **Networking Walk or Meditative Walk**

Special Nutrition Keynote

1:30–2:30 **“Food Rules”: A Conversation with Michael Pollan**
Michael Pollan, MA and Rachele Pojednic, PhD, EdM

Keynote Speaker
Michael Pollan



2:30–2:45 **Networking Break and Transition to Workshops**

Hands-On Skills Development Workshop 2

You will have the opportunity to participate in each of these three interactive workshops during the two-day course.

2:45–3:30 **A. Exercise Instruction for Children, Adolescents, Adults, and Geriatric Patients: Core Strengthening and Stretching - Aerobic - Balance**
Jacqueline Shahar, MEd, RCEP, CDE

2:45–3:30 **B. Exercise for You: Crafting Your Own Exercise Prescription**
Rachele Pojednic, PhD, EdM

2:45–3:30 **C. Quick, Easy, Effective Office-Based Assessment of Strength, Flexibility, Balance and Aerobic Capacity**
Jennifer Green, PT, DPT, CSCS

3:30–3:35 **Transition to main meeting room**

New Data on the Benefits of Exercise

3:35–4:35 **Exercise Is Medicine: 2018 Updates**
Jennifer L. Trilk, PhD

Optional Exercise Workout Sessions (Participation welcome)

4:45–5:45 **Zumba®** Sharon Palmer, MEd
Two 25-minute Zumba® sessions available—try one or stay for both

4:45–5:45 **Yoga** David Vendetti
Two 25-minute yoga sessions available—try one or stay for both

SKILLS DEVELOPMENT PROGRAMS

ACTIVE LIVES

Saturday, December 8

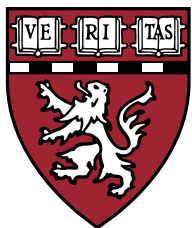
6:45–7:30	Boot Camp Thomas W. Storer, PhD
7:00–8:00	Continental Breakfast
Wellness Coaching, Counseling, and Behavioral Strategies	
8:00–8:45	Supporting Self-Determination While Promoting Physical Activity in Older Adults Marie Dacey, EdD
8:45–9:00	Exercise Demonstration (Participation welcome)
9:00–9:45	Motivational Interviewing for Increased Physical Activity Peter Fifield, EdD, LCMHC, MLADC
9:45–10:00	Networking Break and Transition to Workshops (Refreshments provided)
Hands-On Skills Development Workshop 3 You will have the opportunity to participate in each of these three interactive workshops during the two-day course.	
10:00–10:45	A. Exercise Instruction for Children, Adolescents, Adults, and Geriatric Patients: Core Strengthening and Stretching - Aerobic - Balance Jacqueline Shahar, MEd, RCEP, CDE
10:00–10:45	B. Exercise for You: Crafting Your Own Exercise Prescription Rachele Pojednic, PhD, EdM
10:00–10:45	C. Quick, Easy, Effective Office-Based Assessment of Strength, Flexibility, Balance and Aerobic Capacity Jennifer Green, PT, DPT, CSCS
10:45–10:50	Transition to main meeting room
Wellness Coaching, Counseling, and Behavioral Strategies	
10:50–11:35	Health Coaching Conversations: The Key to Therapeutic Lifestyle Change Elizabeth P. Frates, MD
11:35–11:45	Transfer to breakout rooms
11:45–12:30	Motivational Interviewing: Skills Development Workshop Marie Dacey, EdD; Peter Fifield, EdD, LCMHC, MLADC; Elizabeth P. Frates, MD
Lunch and Optional Activities	
12:30–1:30	Buffet Lunch (provided)
1:00–1:30	Networking Walk or Meditative Walk
The Exercise Prescription	
1:30–2:30	Writing Exercise Prescriptions for Special Conditions and Populations Edward M. Phillips, MD and Jennifer L. Trilk, PhD
2:30–2:45	Exercise Demonstration (Participation welcome)
2:45–3:45	Transforming Our Patients and Ourselves Mark Fenton, MS
3:45–4:45	Exercise for the Patient with Disabilities Cheri Blauwet, MD
4:45–5:00	Active Lives: Putting Theory into Action Edward M. Phillips, MD

Program changes/substitutions may be made without notice. To view the most up-to-date version of the course program, please visit the course website.

VENUE

The Conference Center at Waltham Woods
860 Winter Street • Waltham, MA 02451 • 781-434-7499
Situated on the award-winning campus of the Massachusetts Medical Society, Waltham Woods offers excellent and abundant food, ample free parking, and complimentary internet access.





HARVARD MEDICAL SCHOOL

Lifestyle Medicine in Day-to-Day Practice

Dec 6 • Dec 7-8

2018

Waltham, MA

Skills Development Programs to Guide Patients to Healthier Lives

Earn up to:

- 27.50 AMA PRA Category 1 Credits™
- 21.00 AAFP Prescribed credits

LEARN HOW TO

Expand your current approaches to treatment and prevention with pragmatic, evidence-based lifestyle medicine interventions

Effectively help your patients achieve healthier nutrition and physical activity levels



Course Director:
Edward M. Phillips, MD

Register at LMTools.HMSCME.com



Lifestyle Medicine in Day-to-Day Practice Course #734268-1901	Tuition
Active Lives Friday and Saturday, December 7 - 8, 2018 Two-day education and skills development program. Hosted at the Conference Center at Waltham Woods.	\$775
Culinary Health Education Fundamentals (CHEF) Coaching – The Basics Thursday, December 6, 2018 Full-day skills development workshop. Hosted at the Conference Center at Waltham Woods.	\$395
Active Lives & CHEF Coaching – The Basics Thursday, Friday, and Saturday, December 6 - 8, 2018 Three days of education and skills development. Hosted at the Conference Center at Waltham Woods.	\$1,125
Culinary Health Education Fundamentals (CHEF) Coaching – Beyond the Basics Five 75-minute, weekly, small-group distance learning practice sessions. Six different practice groups available in January and February 2019. <i>Please see LMTools.HMSCME.com for details.</i>	\$495

Your tuition includes continental breakfast, mid-morning and mid-afternoon coffee breaks with snacks, and buffet lunch each day. Free parking is provided at the conference center, as is complimentary internet in the meeting room.

Attendees of Active Lives and/or Culinary Health Education Fundamentals (CHEF) Coaching – The Basics will receive an electronic syllabus of the program(s) they attend.

Registration, Payment, Confirmation and Refund Policy

Registrations for Harvard Medical School CME programs are made via our secure online registration system. To register for this course, please visit the course website at LMTools.HMSCME.com.

At the end of the registration process, a \$5 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check or credit card (Visa, MasterCard, or American Express). If you are paying by check (draft on a US bank), the online registration system will provide you with instructions and a printable form for remitting your course fees by check. Postal, telephone, fax, and cash-payment registrations are not accepted. Fees shown in USD.

Upon receipt of your paid registration, an email confirmation from the HMS GCE office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by postal mail, email, or fax. No refund will be issued should cancellation occur less than two weeks prior. "No shows" are subject to the full course fee and no refunds will be issued once the conference has started.

Accommodations

A limited number of discounted rooms have been reserved at the following nearby hotels for a limited time. Please visit the Venue page of the course website at LMTools.HMSCME.com/Venue for more information:

Embassy Suites by Hilton Boston Waltham 550 Winter Street Waltham, MA 02451 800-362-2779 (Special rate expires 11/4/18)*	Holiday Inn Express 385 Winter Street Waltham, MA 02451 877-213-6796 (Special rate expires 11/8/18)*	The Westin Waltham Boston 70 Third Avenue Waltham, MA 02451 800-937-8461 (Special rate expires 11/12/18)*
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*Please note that the discounted room blocks may sell out before the expiration date.

Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration.

Disclaimer: CME activities accredited by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.

Questions? Call 617-384-8600 Monday-Friday 9am – 5pm (ET) or send an email to CEPrograms@hms.harvard.edu