



Lifestyle Medicine in Day-to-Day Practice

Skills Development Programs for Guiding Patients to Healthier Lives

These programs provide education, tools, and skills development for:

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

“CHEF” Coaching

December 10, 2020

Waltham, MA



Culinary Health Education Fundamentals (CHEF) Coaching

ACTIVE LIVES

December 11-12, 2020

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 current Physical Activity Guidelines for Americans



CLINICIANS in the KITCHEN
New Optional Pre-Course

Register at LMTools.HMSCME.com





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 the following educational and skills development programs:

- ACTIVE LIVES
- “CHEF” Coaching
- Clinicians in the Kitchen

These 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 Whole Health Medical Director at the VA Boston Healthcare System. He has directed 23 live CME programs and a suite of online CME modules in Lifestyle Medicine completed by over 20,000 clinicians from 115 countries. He is co-host of WBUR’s podcasts “Food, We Need to Talk” and the Murrow award-winning “The Magic Pill.”



Harvard Medical School Faculty

Jane Barg, NBC-HWC
 Cheri Blauwet, MD
 Elizabeth P. Frates, MD
 Shirley Garrett, NBC-HWC
 Janine Gilarde, RN
 Jennifer Green, PT, DPT, CSCS
 Shalu Ramchandani, MD
 Jacqueline Shahar, MEd, RCEP, CDE
 Thomas W. Storer, PhD

Assistant Director
 Rani Polak, MD, Chef, MBA

Course Director
 Edward M. Phillips, MD

CANADIAN and EUROPEAN
 ACCREDITATION
 Please see website for
 information.

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 23.00 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- Active Lives (December 11-12, 2020): 13.75 *AMA PRA Category 1 Credits™*
- CHEF Coaching – The Basics (December 10, 2020): 6.75 *AMA PRA Category 1 Credits™*
- Pre-Course: Clinicians in the Kitchen (December 9, 2020): 2.50 *AMA PRA Category 1 Credits™*

AMERICAN ACADEMY OF FAMILY
PHYSICIANS

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

AMERICAN BOARD OF
LIFESTYLE MEDICINE (ABLM)
INTERNATIONAL BOARD OF
LIFESTYLE MEDICINE (IBLM)
Credits may be applied toward the CME requirements of the ABLM and IBLM.

DIETITIANS

The Commission on Dietetic Registration of the Academy of Nutrition and Dietetics has prior approved the educational activities CHEF Coaching – The Basics and CHEF Coaching – Beyond the Basics for 15 CPEUs.

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.

Customize Your Learning Experience

2020 Programs

ACTIVE LIVES

“CHEF” Coaching

Clinicians in the Kitchen

Choose the program(s) that align with your practice needs

CLINICIANS in the KITCHEN

A 3-hour, hands-on education experience

December 9



“CHEF” The Basics COACHING

A 1-day Culinary Medicine program that provides strategies and skills to empower patients to improve nutrition through home cooking*

December 10



ACTIVE LIVES

A 2-day program that provides strategies, practice recommendations, and skills development to help patients engage with and raise their levels of physical activity

December 11-12

*A post-course distance-learning program is also available. Details on the following page and on website.

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 for 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.
- Define the relationship between home cooking and health, and understand the rationale for the importance of patients’ culinary behaviors.
- Discuss common barriers to home cooking, and explore alternative cooking skills to help address those barriers.
- Develop basic culinary confidence and skills, and learn strategies to facilitate cooking for improved personal health.
- Demonstrate basic patient-centered culinary knowledge and skills, and describe strategies for empowering patients to adopt home cooking.
- Apply culinary resources to improve culinary behaviors of physicians/clinicians and their patients.

Guest Faculty

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

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

Peter Fifield, EdD, MLADC, LCMHC, Substance Use Disorder Program Manager, Behavioral Health Department, Wentworth-Douglass Hospital

Laura Klein, MBA, Wellness Coach, Culinary Coach, Chef, Well-Seasoned Coaching, Needham, MA

Course Description

Most practices grapple with the challenge of enabling patients to be drivers of their own wellness regimen. Exercise and nutritious food are 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 such as 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 hone new skills through participation in exercise demonstration sessions and workshops for office-based fitness assessment.

This course also includes Culinary Medicine training that provides attendees with evidence-based strategies, skills, and resources to improve patient nutrition through adopting sustainable home cooking habits. Attendees receive the latest updates of the evidence-based culinary coaching approach and acquire new skills through participation in culinary coaching practices and cooking workshops.

The economics of healthcare reform increasingly pressure clinicians to promote lifestyle medicine. 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.

Dariusz Mozaffarian, MD, DrPH, Dean and Jean Mayer Professor, Friedman School of Nutrition Science and Policy, Tufts University; Professor of Medicine, Tufts University School of Medicine

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

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

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

LIFESTYLE MEDICINE IN DAY-TO-DAY PRACTICE



Culinary Health Education Fundamentals (CHEF) COACHING — The BASICS

Thursday • December 10

7:00am - 8:00am	Registration and Continental Breakfast
8:00am - 8:30am	Introduction to Culinary Coaching: Improving Nutrition through Culinary Training Combined with Coaching Principles Rani Polak, MD, Chef, MBA
8:30am - 9:00am	The Nutritional Science of Home Cooking: What and How Should My Patient Cook? Rani Polak, MD, Chef, MBA
9:00am - 9:40am	Why Doesn't My Patient Cook? Recognizing and Making It Easier for Patients to Address the Reasons They Don't Embrace Healthier Cooking Practices Shirley Garrett, NBC-HWC
9:40am - 10:10am	Break (Refreshments provided)
10:10am - 10:50am	Practice! Practice Tools to Set Culinary Vision and Long-Term Culinary Goals Rani Polak, MD, Chef, MBA; Shirley Garrett, NBC-HWC; Jane Barg, NBC-HWC; Shalu Ramchandani, MD; Janine Gilarde, RN; Laura Klein, MBA
10:50am - 10:55am	Transition to general session room
10:55am - 11:30am	Culinary Tools to Mitigate Cardiometabolic Risk Factors: Checklists for Shopping, Pantries, Kitchen Tools, and Utilizing Ingredients Jane Barg, NBC-HWC
11:30am - 11:45am	Implementing Culinary Coaching: Early Adopters' Experiences
11:45am - 12:15pm	Cooking with Little Time or Budget: Kitchen Economies and Efficiencies to Make Healthier Kitchens More Accessible to More Patients Shirley Garrett, NBC-HWC
12:15pm - 1:30pm	Buffet lunch (provided)
1:30pm - 1:45pm	Implementing Culinary Coaching: Early Adopters' Experiences
1:45pm - 2:15pm	Getting Patients (Even Reluctant or Unskilled Cooks) into the Kitchen: Motivational Interviewing and Coaching to Produce Healthier Kitchen Behaviors Jane Barg, NBC-HWC
2:15pm - 2:20pm	Transition to Practice Sessions
2:20pm - 3:10pm	Practice! Practice Tools to Set Culinary Vision and Long-Term Culinary Goals Rani Polak, MD, Chef, MBA; Shirley Garrett, NBC-HWC; Jane Barg, NBC-HWC; Shalu Ramchandani, MD; Janine Gilarde, RN; Laura Klein, MBA
3:10pm - 3:40pm	Break (Refreshments provided)
3:40pm - 4:25pm	In-Office Culinary Education Tools and Delivery Strategies: Group Lectures, Individual Coaching, Hands-On Instruction, and Reimbursement Strategies Rani Polak, MD, Chef, MBA
4:25pm - 5:00pm	Mastering Culinary Health Education Fundamentals (CHEF) Coaching: How to Quickly and Effectively Help Patients Set and Achieve Realistic Culinary Goals Rani Polak, MD, Chef, MBA

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.



CHEF COACHING — BEYOND the BASICS

Optional 5-Session Distance-Learning Post-Course

In ***Beyond the Basics***, the second part of the two-part Culinary Health Education Fundamentals (CHEF) Coaching program, you will advance your culinary medicine knowledge and skills.

- Hone the efficacy of your coaching with patients and their families
- Practice getting feedback and refine your culinary coaching techniques
- Log in from your kitchen and cook online with a chef
- Implement telemedicine, culinary training, and health coaching into your practice
- Advance your knowledge and skills for improving nutrition through home cooking

Separate registration is required.

See course website for links to distance-learning schedules and registration details.

Prerequisite: Completion of the one-day CHEF COACHING — The BASICS program

Graduates of both ***CHEF Coaching The Basics*** and ***Beyond the Basics*** receive a Certificate of Completion in Culinary Coaching from the Institute of Lifestyle Medicine and Spaulding Rehabilitation Hospital.

LIFESTYLE MEDICINE IN DAY-TO-DAY PRACTICE



ACTIVE LIVES

Practical and effective ways to help patients (and ourselves) increase engagement with and level of physical activity

Friday • December 11

7:00am - 8:00am **Registration and Continental Breakfast**

The Exercise Prescription

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

9:00am - 9:15am **Exercise Demonstration** (Participation welcome)

Special Nutrition Keynote

9:15am - 10:15am **Controversies in Nutrition: What Should I Tell My Patients to Eat?**
Dariush Mozaffarian, MD, DrPH



Hands-On Skills Development Workshops 1

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

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

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

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

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

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

Physical Activity and Fitness Assessment

11:30am - 11:35am Transition to main meeting room

11:35am - 12:35pm **Science and Application of Exercise: Muscle Performance and Strength** Wayne L. Westcott, PhD

Lunch and Optional Activities

12:35pm - 1:35pm Buffet Lunch (provided)

1:05pm - 1:35pm **Networking Walk or Meditative Walk**

Physical Activity and Fitness Assessment

1:35pm - 2:35pm **Science and Application of Exercise: Cardiovascular Training** Thomas W. Storer, PhD

2:35pm - 2:50pm Networking Break and Transition to Workshops (Refreshments provided)

Hands-On Skills Development Workshops 2

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

2:50pm - 3:35pm **A. Exercise Instruction for Children, Adolescents, Adults, and Geriatric Patients: Core Strengthening and Stretching - Aerobic - Balance**
Jacqueline Shahar, MEd, RCEP, CDE

2:50pm - 3:35pm **B. Exercise for You: Crafting Your Own Exercise Prescription** Rachele Pojednic, PhD, EdM

2:50pm - 3:35pm **C. Quick, Easy, Effective Office-Based Assessment of Strength, Flexibility, Balance, and Aerobic Capacity** Jennifer Green, PT, DPT, CSCS

New Data on the Benefits of Exercise

3:35pm - 3:40pm Transition to main meeting room

3:40pm - 4:40pm **Exercise Is Medicine: 2020 Updates** Jennifer L. Trilk, PhD

Optional Exercise Workout Sessions (Participation welcome)

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

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

Optional Pre-Course | December 9 • 11:00am – 2:00pm or 5:30pm – 8:30pm



CLINICIANS in the KITCHEN

An innovative, hands-on learning experience at Create a Cook teaching kitchen in Newton, MA. Lunch or dinner, as well as transportation to and from the Embassy Suites Boston Waltham and the Westin Waltham Boston, will be provided.

SKILLS DEVELOPMENT PROGRAMS

ACTIVE LIVES

Practical and effective ways to help patients (and ourselves) increase engagement with and level of physical activity

Saturday • December 12

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

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.

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.





Lifestyle Medicine in Day-to-Day Practice Course #734268-2101	Tuition	Register on or before October 31, 2020
Active Lives Friday and Saturday • December 11 - 12, 2020 Two-day education and skills development program. <i>Hosted at the Conference Center at Waltham Woods.</i>	\$795	\$695
Active Lives & CHEF Coaching – The Basics Thursday, Friday, and Saturday • December 10 - 12, 2020 Three days of education and skills development. <i>Hosted at the Conference Center at Waltham Woods.</i>	\$1,095	\$995
Culinary Health Education Fundamentals (CHEF) Coaching – The Basics Thursday • December 10, 2020 One-day skills development workshop. <i>Hosted at the Conference Center at Waltham Woods.</i>		\$350

OPTIONAL PRE-COURSE WORKSHOP

Clinicians in the Kitchen Wednesday • December 9, 2020 11:00am - 2:00pm or 5:30pm - 8:30pm (choose one) <i>Hosted at Create a Cook in Newton, MA. Transportation from the contracted hotels and lunch or dinner provided. Each session limited to 30 participants.</i>	\$350
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OPTIONAL POST-COURSE WORKSHOP

Culinary Health Education Fundamentals (CHEF) Coaching – Beyond the Basics Five 75-minute, weekly, distance-learning sessions starting January 2021 (several time options available). <i>Please see LMTools.HMSCME.com for details. (Separate registration required.)</i>	\$495
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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 \$10 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check, credit card (Visa, MasterCard, or American Express), or wire transfer in USD. If you are paying by check (draft on a United States bank) or by wire transfer, the online registration system will provide you with instructions for remitting your course fees. Postal, telephone, fax, and cash-payment registrations are not accepted. All fees shown in USD.

Upon receipt of your paid registration, an email confirmation 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. **Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration.** 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 email. 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 course has started.

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

Accommodations

A few area hotels have reserved discounted room blocks for attendees of this course.

Important to note:

- The number of discounted rooms is limited.
- Discounted rooms are available on a first-come, first-served basis.
- The discounted room rate is only available for a limited time, or until the block sells out, which typically happens well in advance of the rate expiration date.

Please visit LMTools.HMSCME.com/Venue—the Venue page of the course website—for details and instructions on how to make your room reservations by phone or online.