

The Children's Exercise & Nutrition Centre (CENC) provides a multidisciplinary clinical, research and educational service. Our clinical program involves consultation, education and prescription of physical activity, nutrition, and lifestyle alterations to modify health-related behaviours of children and adolescents, their families, and caregivers. Most referrals are for the treatment of obesity. Other diagnoses include cystic fibrosis, diabetes, cerebral palsy, spina bifida, Prader Willi, chronic fatigue, etc.

Schedule for the Day

8:30 a.m. Coffee, tea, juice

8:45 a.m. Welcome and Introduction

9:00 – 10:00 a.m.

▶ The Obesity Epidemic
Katherine Morrison, M.D.

10:00 a.m. – 10:45 a.m.

▶ Introduction of Participants
▶ Our Program
▶ The "Ideal" Program
Randy Calvert, B.Kin., MSc
Program Manager
Metabolism, Nutrition & Exercise

10:45 - 11:00 a.m. Stretching/ BREAK

Small Group Sessions:

11:00 a.m. – 12:00 noon.

NUTRITION – Group 1

▶ Food & Its Relationship to Obesity
▶ Dietary Assessment
▶ Goal Setting
▶ Clinic Study Results
▶ Case Study Review

Linda Gillis, R.D..

ACTIVITY – Group 2

▶ Initial Assessment
▶ Weight Training
▶ Heart Rate Monitoring as a Learning Tool
▶ Activity Challenges
▶ Case Study Review

Jocelyn Ludwig, B.Kin.

BEHAVIOUR – Group 3

▶ Psychosocial Effects of Obesity
▶ Family Focussed Treatment
▶ Behaviour Assessment
▶ Case Study Review
▶ Treatment Options

Sue Kelley, Child & Family Therapist

12:00 noon – 1:00 p.m. - LUNCH

1:00 – 2:00 p.m. – NUTRITION – Group 2

Linda Gillis

ACTIVITY – Group 3

Jocelyn Ludwig

BEHAVIOUR – Group 1

Sue Kelley

2:00 – 2:45 p.m. – Activity Circuit

Jocelyn Ludwig

2:45 – 3:00 p.m. – BREAK

3:00 – 4:00 p.m. NUTRITION – Group 3

Linda Gillis

ACTIVITY – Group 1

Jocelyn Ludwig

BEHAVIOUR – Group 2

Sue Kelley

4:00 – 4:30 p.m Wrap-Up
Hand in Evaluation Form

We would appreciate your cooperation in making this a perfume-free event.

Registration Form: (print clearly)

Name:

Title(for name badge):

Organization:

Address:

Telephone:

Fax:

E-mail:

May we share your name and e-mail address with other participants? Yes ___ No ___

Special Dietary Needs: _____

FEES: \$140.00
(Full-time Student \$100.00)
Lunch and breaks provided

MAKE CHEQUE OR MONEY ORDER PAYABLE TO:

CENC WORKSHOP 2006

RETURN REGISTRATION FORM AND CHEQUE OR MONEY ORDER TO:

Shirley Lampman
Children's Exercise & Nutrition Centre
Chedoke Hospital
Evel Building, Room 465A
Sanatorium Road, Hamilton, ON Canada L8N 3Z5
Tel: 905 521-2100 Ext. 77615
Fax: 905 385-5033
E-mail: lampman@hhsc.ca

Deadline for Registration: October 15, 2006

CANCELLATION POLICY: CENC reserves the right to cancel the workshop due to insufficient registration or circumstances beyond our control.

LEARNING OBJECTIVES

- ❖ Acknowledge the issues related to juvenile obesity.
- ❖ Introduce the participants to the key elements of the treatment of juvenile obesity.
- ❖ Provide the participants with an overview of the multi-disciplinary treatment of juvenile obesity.
- ❖ Provide the participants with discipline specific techniques for the treatment of juvenile obesity.
- ❖ Provide the participants with “hands on” practical strategies for the treatment of juvenile obesity.

PRESENTERS

Randy Calvert, B. Kin., MSc. is the Program Manager at CENC. He received his undergraduate degree in Kinesiology at McMaster University in 1988, and completed his Masters degree in Physiology/Pharmacology in the Medical Sciences program at McMaster University. He has just completed his MBA degree, and has been with CENC for 14 years. As an Exercise Physiologist, his clinical experience includes exercise evaluation, counselling, and research involving children and adolescents with a variety of exercise and nutrition-related illnesses and diseases. As a Sessional Lecturer in the Dept. of Kinesiology at McMaster University, he has taught courses on physical activity, growth, and maturation, special populations, and anatomy and physiology.

Linda Gillis, R.D. is the Registered Dietitian at CENC. She graduated from the University of Guelph with a Bachelor of Applied Science in Applied Human Nutrition in 1993. Linda continued her studies and completed a combined internship masters program with the University of Guelph and Chedoke-McMaster Hospital to become a Registered Dietitian. Besides providing counselling for patients, she is active in research. Her research interests include obesity and relationship to diet and cardiovascular disease risk, and the measurement and treatment of childhood obesity. She also participates in

community awareness of health issues as a member of the Child/Youth Division of Heart Health Hamilton-Wentworth.

Sue Kelley is the Child & Family Therapist at CENC. She is a Certified Child & Youth Counsellor. Her background includes a Diploma in Applied Arts – Child and Youth Work, a Specialized Certificate in Counselling Techniques and a Diploma in Clinical Behavioural Sciences (in progress). She is a Member of the OACYC (Ontario Assoc. Of Child & Youth Counsellors) and a member of the Family Therapists Profession. Sue has 19+ years combined community and clinic based counselling experience. She currently provides individual, child/youth, family counselling regarding social, emotional or behavioural issues in regard to healthy lifestyle changes, management, parenting and motivation.

Jocelyn Ludwig, BSc. Kin. is the Kinesiologist at CENC. Her main role is to motivate kids to explore fun and unique ways to be active regularly. Her responsibilities include activity assessments, activity prescription and challenges, and exercise testing. She graduated from McMaster University with a Bachelor in Kinesiology. She also participates in the community as a member of Hamilton's Physical Activity Network and as a member of the team launching KidSport Hamilton.

Katherine Morrison, M.D. is an Assistant Professor at McMaster University who is interested in health in childhood. In particular, Dr. Morrison's clinical and research interests address the causes, prevention and treatment of health problems in children with obesity, and in children with disorders of cholesterol metabolism. She has been involved with the development of the Canadian Best Practice Guidelines for the diagnosis and management of pediatric obesity.

Accredited by The College of Family Physicians of Canada for 6 MAINPRO-M1 credits



JUVENILE OBESITY EPIDEMIC: The Problem and Solutions

**A Multidisciplinary Approach by the
Children's Exercise & Nutrition Centre**

November 6, 2006

8:30 a.m. to 4:30 p.m.

*Carmen's Banquet & Convention
Centre, 1520 Stonechurch Rd. E.
Hamilton, ON L8W 3P9*

