

# Physical Activity Masterclass

Physical activity for the management and prevention of disease

Thursday 16<sup>th</sup> January 2020

Valiant Suite, Port Vale Football Club, Burslem, Stoke on Trent

## Agenda

12:15pm *Registration & Lunch*

1:00pm Welcome & Introductions

EH

1:15pm Incorporating physical activity into everyday practice

RW

2:45pm *Tea & Coffee*

4:00pm Questions, last remarks & close

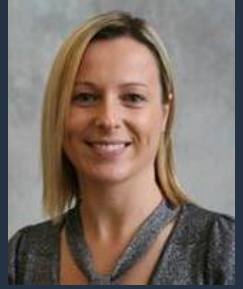
EH & RW

# Speakers

## Dr Emma Healey

### Senior Research Fellow in Applied Health Research

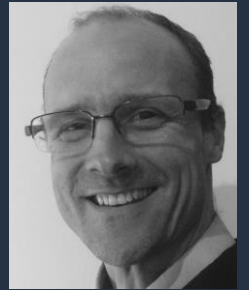
Emma Healey is an exercise scientist by background and has worked as an applied health researcher for over 15 years. She is Chair of the Exercise/Physical Activity as Medicine Special Interest Group for the Society of Academic Primary Care.



## Dr Ross Wilkinson

### GP and Senior Lecturer in General Practice

Dr Ross Wilkinson is a GP and a Public Health England Physical Activity Clinical Champion for the Midlands. He is a member of the British Society of Lifestyle Medicine. He had a previous life as a Commando trained Army Officer but now much prefers family life in Shropshire!



# Resources

Physical Activity Masterclass resources will be available following the training and can be downloaded here;

<https://www.keele.ac.uk/agp/>

# Academic General Practice

## Contact

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