

healthesteps

HEALTHESTEPS® LIFESTYLE COUNSELLING FOR THE
PREVENTION OF CHRONIC DISEASE CONTINUING
PROFESSIONAL DEVELOPMENT (CPD)

**BECOME A HEALTHESTEPS® COACH AND EARN 12 MAINPRO+
CREDITS**

HEALTHESTEPS PROGRAM & COACHING OVERVIEW

The HealtheSteps® Program was designed by physician and scientist Dr. Robert Petrella and builds on the idea of "exercise as medicine". Dr. Petrella and his team have spent over 10 years empirically testing and improving the Program and training platform.

HealtheSteps® is a virtual or in-person 6-month healthy lifestyle program, providing adults (18+) with a specific plan of action to improve physical activity levels and reduce sedentary behaviour; increase exercise levels; improve eating habits; and improve mental wellbeing.

The HealtheSteps® Coach Training CPD Activity is completely virtual and consists of both self-paced and live sessions.

1. Access to eLearning modules & HealtheSteps® Foundational Research Papers (self-paced)
2. Presentations on Implementing HealtheSteps® within your practice workflow (live; virtual)
3. Practice program delivery (live; virtual)
4. Keynote Presentations by Dr. Robert Petrella, HealtheSteps® creator and Project Lead, and Dr. Michael Koehle, Professor at UBC.
5. Complete and pass assessment to receive your HealtheSteps® coach certificate (self-paced).



**JOIN OUR LIVE, VIRTUAL SESSION ON JUNE 27th, 2023
FROM 3PM - 7PM PDT**

**Registration Fee: The cost to enroll in this CPD activity is
\$130.00. For Medical Residents the fee is \$65.00**

Upon submitting the registration form through our website, you will be sent a link to submit payment online.
Partial refunds will not be provided. Full refunds may be provided at least 5 days before the live session.



THE UNIVERSITY OF BRITISH COLUMBIA

DR. ROBERT PETRELLA: CREATOR & PROGRAM LEAD

Dr. Robert Petrella is currently Professor and Head (Chair) of the Department of Family Practice at the University of British Columbia (UBC) where he is also Professor of Kinesiology and sports medicine physician with the Allan McGavin Sports Medicine Clinic in the Chan Gunn Pavillion at UBC. Dr. Petrella is Professor Emeritus at the Center for Studies in Family Medicine and Professor in the School of Kinesiology at Western University, Scientist at the Lawson Health Research Institute, Scientist with the Bone and Joint Institute at Western University.

Dr. Petrella's research is focused on lifestyle interventions for chronic disease prevention and management. His research is dedicated to furthering multi- and inter-disciplinary team research on lifestyle management, physical activity, chronic diseases, and innovative technologies to improve the lives of all Canadians, with a specific focus on vulnerable populations (i.e., men, older adults with cognitive or mobility decline, and those living in rural and remote regions). From 2013-2016, Dr. Petrella was Principal Investigator for the HealthSteps® research program as the signature program of the Public Health Agency of Canada's Canadian Diabetes Strategy (2013-2017). HealthSteps® is further funded through the Teaching and Learning Enhancement Fund - Large Grant (2022-2024) at UBC to expand HealthSteps® into medical school and allied health curriculum at UBC.



KEYNOTE SPEAKER: DR. MICHAEL KOEHLE



Dr. Michael Koehle [MD, PhD, Dip. Sport Med. (CASEM)] graduated from the Sport & Exercise Medicine Fellowship program in 2003. Mike has specific expertise in endurance sports, high-altitude, scuba diving, and non-musculoskeletal related issues associated with exercise.

Dr. Koehle's research program combines exercise and environmental physiology from basic mechanistic research to more clinical field studies in remote environments. He is the Director of the Environmental Physiology Laboratory, and has conducted research and practiced medicine in a variety of remote parts of the world.

Dr. Koehle will be presenting on: **Climate Change: Managing the Health effects of Air Pollution and Heat on Exercise and Physical Activity.** A Q&A period will follow the presentation.

FOR MORE DETAILS AND TO REGISTER, VISIT:

<https://healthsteps.ca/cpd-registration/>