

**Continuing Education Information**  
**IHS Division of Diabetes Treatment and Prevention**  
**Advancements in Diabetes Recorded Sessions**

**Title:** *Clinical Exercise Update: Six Important Findings Regarding Physical Activity Recommendations for Individuals in All Age Groups*

**Presenters:** Ralph LaForge, MS, CLS, FNLA

**Type of Activity:** Enduring Event (Recorded Webinar)

**Release Date:** December 1, 2015

**Expiration Date:** November 30, 2016

**Target Audience:** Indian Health Service, Tribal and Urban (ITU) health care providers in clinical and community health settings.

**Description:**

This seminar provides an update on key topics in applied exercise science for those working with both apparently healthy and those with health risk including obesity, hypertension, prediabetes, diabetes, and cardiovascular disease. Current research supporting physical activity recommendations are discussed, along with practical recommendations for increasing physical activity for all ages. Topics include the latest recommendations for resistance training, sedentary time effects and management, benefits of low-moderate intensity exercise, exercise and fat-weight reduction, and cardiovascular fitness versus metabolic fitness. Each topic will be discussed from a current research perspective and will also include the application of the research findings in everyday life. The simple prescription of “just move, and move often” will be underscored as a disease prevention measure for today more than ever. The overall 2015 physical activity guidelines and recommendations for all Americans are reviewed. Clinician handouts and tools are also provided.

**Training Objectives:**

As a result of completing this training, participants will be able to:

1. Review recent clinical exercise research trials and incorporate into practice their application to designing individual exercise programs.
2. Incorporate into practice recommended modes and amounts of exercise.
3. Differentiate the differences and similarities between exercise guidelines for children and adults.
4. Discuss practical strategies for getting patients to move.
5. Identify one change you will make in your clinical or public health practice.

**Requirements:** You must have a computer with broadband Internet access. For the best experience viewing the videos, use Internet Explorer 7 or greater and Flash 8 player. Click on the "Flash" icon to install the player, if necessary. If you have any trouble viewing the video trainings, contact us at [diabetesprogram@ihs.gov](mailto:diabetesprogram@ihs.gov) for alternate viewing options. If you have trouble viewing this training on-line, check your system to make sure you have the appropriate hardware and software. If you need help or have any questions, please send an email to [diabetesprogram@ihs.gov](mailto:diabetesprogram@ihs.gov).

**Note:** Before you begin the training, you may review the IHS Privacy Policy at the following link: ([http://www.ihs.gov/privacy\\_policy.asp](http://www.ihs.gov/privacy_policy.asp)). You may also review the Survey Monkey Privacy Policy for details on how user information submitted in the evaluation is protected.

<http://www.surveymonkey.com/mp/policy/privacy-policy/>

**Continuing Professional Education (CE) Credit Information:** To receive CE credit, you must view the entire training, watch the complete video and review the handout, successfully pass the quiz (score  $\geq$  80%), and complete an evaluation. You will be able to print a “Certificate of Continuing Education Credits” online following the training.

Individuals taking this course for the first time are eligible for CME/CE credit. If you previously completed this, or the live course, you are not eligible for CME/CE credit. If you complete the course more than once, you may obtain a certificate of completion.

**Accreditation:**



**Continuing Medical Education Credit**

The Indian Health Service (IHS) Clinical Support Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The IHS Clinical Support Center designates this enduring material for a maximum of 1½ *AMA PRA* Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



**Continuing Nursing Education Credit**

The Indian Health Service Clinical Support Center is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity has been designated 1.5 contact hours for nurses



**Registered Dietitian Continuing Education Credit**

The Indian Health Service (IHS) Nutrition and Dietetics Training Program (NDTP) is accredited by the Commission on Dietetic Registration to sponsor continuing professional education for Registered Dietitians. This activity has been awarded 1.5 CPEUs. Each attendee should only count the number of hours for each activity attended. The IHS NDTP number is NU006.

**Dental Continuing Education Credit**

The Indian Health Service (IHS) Division of Oral Health is an ADA CERP Recognized Provider.

The IHS Division of Oral Health designates this continuing dental education course for 1.5 hours of credit. Each attendee should claim only those hours of credit actually spent in the educational activity.



Accreditation applies solely to this educational activity and does not imply approval or endorsement of any commercial product, services or processes by the CSC, IHS, the federal government, or the accrediting bodies.

**Disclosure Statement:**

As a provider accredited by ACCME, ANCC, and ACPE, the IHS Clinical Support Center must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course directors/coordinators, planning committee members, faculty, reviewers and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. All those who are in a position to control the content of this educational activity have completed the disclosure process and have indicated that they do not have any significant financial relationships or affiliations with any manufacturers or commercial products to disclose. No commercial interest or non-commercial funding was used to support this activity.

**Sponsors and Planners**

The planning and development included IHS Division of Diabetes Treatment and Planning and a team of individuals with expertise in relevant professions.

<b>Name and Credentials</b>	<b>Present Position/Title</b>
Carmen Licavoli-Hardin, MSH, APRN, BC	Nurse Planner, Deputy Director, DDTP
Ann Bullock, MD	Director, Physician Educator, Clinical Consultant, DDTP
Wendy Sandoval, PhD, RD, CDE	Training Consultant, Nutritionist, DDTP
Jan Frederick, MS, RD	Clinical Training Coordinator, Nutritionist, DDTP