

Physical Activity Conference
Thursday 13th October 2011



76 Portland Place
London W1B 1NT

***Please send completed registration form by email,
fax or post to:***

Ms Sarah Coe
Research Assistant
British Nutrition Foundation
High Holborn House
52-54 High Holborn
London WC1V 6RQ

Tel: 020 7404 6504 Fax: 020 7404 6747
Email: s.coe@nutrition.org.uk

The British Nutrition Foundation (BNF) was established over 40 years ago and exists to deliver authoritative, evidence-based information on food and nutrition in the context of health and lifestyle. BNF's work is conducted and communicated through a unique blend of nutrition science, education and media activities. BNF's strong governance is broad-based but weighted towards the academic community. BNF is a registered charity that attracts funding from a variety of sources, including contracts with the European Commission, national government departments and agencies; food producers and manufacturers, retailers and food service companies; grant providing bodies, trusts and other charities. Further details about our work, governance and funding can be found on our websites www.nutrition.org.uk and www.foodfactoflife.org.uk.



**Physical Activity:
the latest on its
contribution to
energy balance
and health**

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Draft Programme
9.30am-4.00pm

Registration and Coffee

Introduction

Physical activity and energy balance
Dr David Stensel, University of Loughborough

Physical activity and prevention and treatment of diabetes
Dr Ashley Cooper, University of Bristol

COFFEE BREAK

Physical activity and cancer
Professor John Saxton, University of East Anglia

Physical activity, cognitive function and decline
Professor Ken Fox, University of Bristol

LUNCH

UK guidelines for physical activity – principles and subtleties
Paul Stonebrook, Department of Health

Why are some adults active and others not?
Dr Melvyn Hillsdon, University of Exeter

Case studies of interventions on diet and physical activity – best practice for increasing physical activity in the context of a healthy lifestyle
Professor Janice Thompson, University of Bristol

CLOSING REMARKS

CLOSING DATE for Registration Friday 7th October

REGISTRATION FORM (Please print clearly)			
Name			
Job title			
Organisation			
Address			
Postcode		Country	
Telephone		Fax	
Email			
Dietary requirements			
Registration fees (inc VAT)			No.*
Registration fee	£120		
Subsidised fee for charities, retired persons, public sector employees (<i>universities , NHS, schools, National/ Local Government</i>)	£85		
Students (numbers limited), on a first come first served basis)	£30		
*For additional attendees please give names, job titles and dietary requirements below:			
Registration fee covers refreshments, lunch and delegate information pack.			
PAYMENT METHOD (Please tick)			
By credit card over the phone 020 7404 6504			
By cheque payable to the British Nutrition Foundation			
By invoice**			
**Purchase Order/Reference No.:			
NB: Places will not be confirmed until payment is received.			
For our refund policy go to: www.nutrition.org.uk/refund			