

Smart thinking futures

– brain health and physical activity



How do we get the most out of our brains? With a rapidly ageing population, keeping people healthy, active and engaged – and out of medical or aged care – is a social and economic imperative for Australia. This workshop explores the evidence and the options for maintaining healthy bodies and healthy minds into the future.

Dr Robert Sallis, Physician Spokesperson for Every Body Walk! campaign

Exercise and Brain Health – the Secret to Being Productive Well into your 80's

Exercise has traditionally been thought of as primarily benefiting the cardiovascular system. While that is certainly true, emerging research suggests that the most powerful effect of regular exercise may be on the brain. Everyone knows they look and feel better when they exercise and this lecture will help explain why that is and how you can go about getting the exercise you need to stay healthy and sharp well into your 80's! Bob will consider how we get the message out to sustain a healthy society into the future.



Dr Bob Sallis is a family physician at Kaiser Permanente Medical Center in Fontana, California, and Past-President of the American College of Sports Medicine. He is the Physician Spokesperson for Every Body Walk!, an America-wide campaign which recently led to the U.S. Surgeon General issuing a Call to Action to Promote Walking and Walkable Communities across the United States.

Bob's visit to Australia for the [Smart Urban Futures conference](#) is sponsored by the National Heart Foundation (Victoria).

Michelle Wilson, National Manager Walking and Community Engagement, Heart Foundation Australia



Walking works – the evidence and the practice

Working with over 25,000 people involved in a network of free community based walking groups, Michelle has a vast level of experience on the benefits for people walking for their health. She will present details on the Heart Foundation Active Body Active Brain pilot and new trend data extracted by Deakin University looking at physical activity rates of people from disadvantaged communities. This evidence, using Victorian case studies, will provide practical examples that health professionals can translate into their practice.

Michelle Wilson has a Bachelor of Science (Health Promotion) from Curtin University in Western Australia and has been at the Heart Foundation for 12 years in various active living and walking positions. She is currently the National Manager - Walking and Community Engagement, overseeing Heart Foundation Walking and Local Government Awards. Her previous experience includes working as a regional health promotion officer, Indigenous health and as a personal trainer.



Who should attend?

Health, community wellbeing and aged services professionals, physical activity/exercise program leaders.

Where: Municipal Association of Victoria, 60 Collins Street, Melbourne

When: 2-4pm, Monday 21 March 2016

Cost: \$85 per person

To register: For online registration details go to www.mav.asn.au/events/ (click on 'upcoming events' and scroll down to March 21)

For any queries please contact Duane Burt on 03 9662 3975 or dburt@victoriawalks.org.au.