

Quick Facts on Active Living

- Physical inactivity is responsible for an estimated 250,000 or more deaths each year.
- 29% of American adults are sedentary, and 70% do not achieve the recommended amount of physical activity each week.
- Creating and improving places to be active can result in a 25% increase in the percentage of people who exercise at least three times a week.

A special thank you to our conference committee

Judith Ausherman, EdD, Cleveland State University

Barb Clint, YMCA of Greater Cleveland

Michael O'Donnell, PhD, Cleveland Clinic

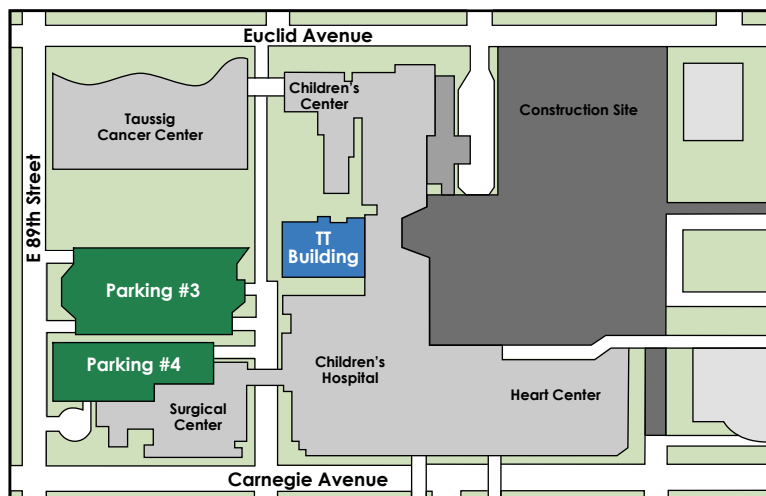
David Pauer, Cleveland Clinic

Bobbi Reichtell, Neighborhood Progress, Inc.

Jennifer Scofield, Cleveland Department of Public Health

Parking: Garages 3 or 4 on 89th Street between Euclid and Carnegie (green on map).

Conference site: Bunts Auditorium in TT Building on 89th Street between Euclid and Carnegie (blue on map).



Cleveland Clinic Foundation
9500 Euclid Avenue
Wellness C14
Cleveland, OH 44195

Active Living Conference

January 11, 2007
Cleveland Clinic
9500 Euclid Avenue
Bunts Auditorium



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Don't miss this great opportunity to hear from national and regional experts on active living and how we can improve the health and livability of our communities.

Goals and Audience

Conference Goals

1. To provide a programmatic and scientific update on Active Living.
2. To provide a networking forum for the Active Living community.
3. To stimulate adoption of Active Living concepts in Northeastern Ohio.

Target Audience

Government and community leaders, transportation planners, city planners, public works administrators, public health leaders, health care leaders, and members of the community interested in active living.

Conference Faculty

Rich Bell

Project Director,
Active Living by Design
Robert Wood Johnson Foundation



Kris Day, PhD

Associate Professor
University of California, Irvine



Michael O'Donnell, PhD

Director of Health and Wellness
Cleveland Clinic



Conference Schedule

9:00 am Welcome and Introductions
Michael O'Donnell, PhD
Director of Health and Wellness
Cleveland Clinic

9:15 am Active Living Concept Review
Michael O'Donnell, PhD
Director of Health and Wellness
Cleveland Clinic

10:00 am Scientific Update
Kris Day, PhD
Associate Professor
University of California, Irvine

10:45 am Break

11:00 am National Programmatic Update
Rich Bell
Project Director
Active Living by Design

Noon Lunch on own and Active Living displays

1:15 pm Workplace Initiatives Panel Presentations

2:00 pm Regional Neighborhood Initiatives Panel Presentations

2:45 pm Break

3:00 pm Importance of Active Living on the Health and Economy of Northeast Ohio

4:00 pm Networking Program

4:45 pm Adjourn



Register by Mail or Fax

By Mail Cleveland Clinic
9500 Euclid Avenue
Wellness C14
Attn: Nina Pressello
Cleveland, OH 44195

By Fax (216) 445-7340

NAME _____

ADDRESS _____

PHONE _____

E-MAIL _____

Conference Fee \$50.00

Make check payable to Cleveland Clinic

If registering by fax bring check with you to registration day of the conference.

