

Beyond the Gym: Integrating Physical Activity into Your Daily Routine

David Pauer – Manager, Employee Wellness

Wednesday, January 9, 2008

Noon to 1 p.m.

Education Building NA5-08 (Lerner Research Institute)

This activity has been approved for *AMA PRA Category 1 Credit*™

Abstract: Modern conveniences and technology have made physical activity less necessary to carry out our daily lives. Things like escalators, snow blowers and video games, while great inventions, have contributed to inactive lifestyles. Many believe the only way to get a workout is by going to a fitness center. This presentation will offer practical information on how we can put physical movement back into the daily routines of our families, ourselves, our patients, and our communities.

Bio: David Pauer has dedicated his career to nonprofit health organizations. He previously was the director of development for HealthSpace Cleveland, the executive director of the Ronald McDonald House of Cleveland, and the assistant executive vice president of the American Diabetes Association, Ohio Affiliate.



David earned a Master of Nonprofit Organizations degree from Case Western Reserve University, and a Bachelor of Science in Community Health Education from The Ohio State University. David is fluent in Spanish and spent a year studying Spanish language, culture, and public health in Madrid, Spain in a program through Bowling Green State University.

David serves as a volunteer on the board of advisors for Clevelanders in Motion and Active Living Lakewood, the Lakewood Catholic Academy Wellness Committee, and the Northeast Ohio Area-wide Coordinating Agency Public Health Advisory Committee. David also is the founder and volunteer director of Active Living Ohio, Inc., a nonprofit dedicated to improving the walkability and livability of Ohio communities.

Please join us for this event by attending the presentation or visiting the Employee Wellness Web site, cchs.net/wellness, to view the presentation live from your computer. In addition, a live video conference may be available at community hospitals and family health centers.