Exercise is Medicine® (EIM), a global health initiative managed by ACSM, seeks to make physical activity assessment and exercise prescription a standard part of the disease prevention and treatment paradigm for all patients. EIM strives to connect the health care and fitness industries so patients can benefit from the tremendous health advantages associated with exercise. The 11th World Congress on Exercise is Medicine® will present cutting-edge science and practical applications of exercise to improve health.

Tuesday, May 26

A-01 - Symposium
High-Intensity Interval Training in Health and Disease: New Insights and Emerging Perspectives
1:00–3:00 p.m.
Martin Gibala, Maureen MacDonald, Jonathan Little, FACSM, Trine Moholdt, Jennifer Heisz

A-02 - Symposium
Implementing and Evaluating the Physical Activity Vital Sign and Exercise is Medicine in 4 Healthcare Systems across the US
1:00–3:00 p.m.
Elizabeth A. Joy, FACSM, Sarah Linke, Robin Shook, Irfan Asif, Keri Denay, FACSM

A-03 - Colloquium
In Search of Longevity: METs versus MEDs
1:00–1:50 p.m.
Peter Kokkinos, FACSM, Jonathan Myers, FACSM

A-04 - Colloquium
Lessons from Implementing Exercise is Medicine in Primary Care
2:10–3:00 p.m.
Cindy Lin, FACSM, Nicole Gentile

A-05 - Highlighted Symposium
Exercise and Dementia: Current Evidence and Opportunities in Prevention and Treatment
3:15–5:15 p.m.
Robert Petrella, FACSM, Nicola Lautenschlager, Narlon Boa Sorte Silva, Teresa Liu-Ambrose, Lindsay Nagamatsu

A-06 - Symposium
Stepping into a New Decade: Healthy People 2030 Directions for Physical Activity, Health, and Well-Being for the Nation
3:15–5:15 p.m.
Nico Pronk, FACSM, Katrina Piercy, Susan Carlson, Kathleen Watson, David Buchner, FACSM, Russ Pate, FACSM

A-07 - Tutorial Lecture
Active Transportation Advocacy: Building a Vibrant Community for Health, Equity, Physical Activity, and Climate
3:15–4:05 p.m.
Janet Wojcik, FACSM, Tracey Matthews, Brian Parr, FACSM

A-08 - Tutorial Lecture
Walking the Talk Together: Creating a Comprehensive Curriculum to Train Future Healthcare Providers in Physical Activity
4:25–5:15 p.m.
Rachele Pojednic, Mark Stoutenberg, FACSM

A-09 - Morris/Paffenbarger EIM Keynote Lecture
Exercise or Drugs: What is the Evidence?
5:30–6:30 p.m.
John Ioannidis

Wednesday, May 27

A-16 - Symposium
Identifying Physically Inactive Youth in the Clinical Setting: Vital Signs, Wearables and Future Directions
9:30–11:30 a.m.
Jonathan Mitchell, Webb Smith, Gregory Welk, FACSM, Russell Pate, FACSM

A-17 - Symposium
Skeletal Muscle Health in Aging Women: Function and Disease Implications
9:30–11:30 a.m.
Michael LaMonte, FACSM, Jennifer Bea, Deepika Laddu, Marcia Stefánick

A-33 - Colloquium
Exercise is Medicine in Clinical Practice for Patients with Physical Disabilities
9:30–10:20 a.m.
Cindy Lin, FACSM, Daniel Sisk, Mark Sederberg

A-39 - Colloquium
Increasing Accessibility and Compliance to Clinical Exercise: Perspectives from Underserved Patients
10:40–11:30 a.m.
Eydie Kostecka
B-07 - Symposium
*Exercise is Medicine in Oncology: From Vision to Reality*
1:00-3:00 p.m.
Kathryn Schmitz, FACSM, Nicole Stout, Anna Schwartz, Anna Campbell, Jonas Sokolof

B-08 - Symposium
*Integrating EIM into Health Care: Canadian Perspectives*
1:00-3:00 p.m.
Jonathon Fowles, Nicole Culos-Reed, Lauren Capozzi, Taniya Nagpal

B-25 - Tutorial Lecture
*Exercise Prescription for Osteoporosis - Breaking the Mold*
1:00-1:50 p.m.
Belinda Beck, FACSM, Kerri Winters-Stone, FACSM

B-32 - Tutorial Lecture
*Exercise is Medicine: Promoting Physical Activity for Older Adults in Multiple Settings*
2:10-3:00 p.m.
Marcia Ory, Paige Denison

B-42 - Symposium
*Breaking Down Silos: A Multi-Sectoral Perspective Toward Integrating Exercise into Clinical Care*
3:15-5:15 p.m.
Rachele Pojednic, Mary Kennedy, Amy Bantham, Edward Phillips, Alexandra Frith

B-43 - Symposium
*The Role of Exercise during and after Childhood Cancer Treatment*
3:15-5:15 p.m.
Elisabeth Edvardsen, Sabine Brügmann-Pieper, Martin Nielsen, May Grydeland, Kirsten Ness, Jessica Scott

B-58 - Colloquium
*Exercise is Medicine Programming out of Your Campus Fitness Center: The University of Miami*
3:15-4:05 p.m.
Anthony Musto

B-62 - Colloquium
*OSUWMC-EIM Program Development and Expansion into the Community Setting*
4:25-5:15 p.m.
Jodi Kuri, Allan Sommer, Michael Jonesco

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**Thursday, May 28**

C-22 - Tutorial Lecture
*Does Light Intensity Activity Belong in the Exercise Prescription?*
9:30-10:20 a.m.
Carol Ewing Garber, FACSM

C-23 - Tutorial Lecture
*Exercise is Medicine 2020: What Next to Turn Great Potential into Action?*
9:30-10:20 a.m.
Michael Pratt, FACSM

C-24 - Tutorial Lecture
*Learning Disabilities and Behavioral Issues: How Exercise Saved a Life*
9:30-10:20 a.m.
Kenneth W. Rundell, Zackary Don Rundell

C-30 - Tutorial Lecture
*A Call to Action: The Need for Pediatric and Adult Post-Bariatric Surgery Exercise Recommendations*
10:40-11:30 a.m.
Linda Pescatello, FACSM, Katherine Manuel, William Pierce

C-31 - Tutorial Lecture
*One-on-One, Exercise Program in Adolescent and Young Adult Cancer Survivors with a Personal Trainer (EPICS Train)*
10:40-11:30 a.m.
Jamie L. Renbarger, NiCole R. Keith, FACSM

C-32 - Tutorial Lecture
*Too Much vs. Too Little Exercise: What is the Optimal Dose for Good Health*
10:40-11:30 a.m.
Robert E. Sallis, FACSM