

Weight Loss and Weight Management: Current Theories & Best Practices

This four session, interactive webinar series brings together national leaders in nutrition, exercise and bariatric medicine who will address what is needed to have a successful weight loss and management program for children and adults in family and community practice settings. The series will start with a presentation and discussion on dynamic energy balance, an important new perspective on what metabolic changes occur during weight loss and how these changes have to be taken into account as part of a weight loss program. The second session will focus specifically on exercise and energy expenditure and weight loss. The final two sessions will present pediatric and adult case studies to highlight the promoters and challenges that lead to successful patient care, in regards to weight loss and maintaining weight loss.

Physical Activity and Obesity: How to get your patient moving!

Tuesday, July 14, 2015 ~ 12:00pm

(12pm PDT; 12pm Arizona; 1pm MDT; 2pm CDT; 3pm EDT)

Learning Objectives:

1. Be able to identify the 3 levels of Physical Activity Guidelines that affect patients with obesity
2. Define NEAT and describe the difference and impact of moving from sedentary to light activity
3. List the Exercise Rx Top Ten



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Deborah Bade Horn DO, MPH, FASBP is a clinical assistant professor in the Department of Surgery at the University of Texas Medical School in Houston and the medical director at the UT Center for Obesity Medicine and Metabolic Performance in Houston.

Dr. Horn completed her medical degree at Kirksville College of Osteopathic Medicine in Kirksville, MO. and her Family Medicine residency at the Methodist-St. Joseph Family Medicine Program in Houston. Dr. Horn went on to complete a second residency in Preventive Medicine and a Master's of Public Health at the University of South Carolina. She is board certified in both family medicine and preventive medicine. She is also a diplomat of the American Board of Obesity Medicine. Dr. Horn is the President-Elect and also a fellow of the American Society of Bariatric Physicians. Additionally, she is appointed to the Clinical and Advocacy committees of the Obesity Society.

As author or co-author, Dr. Horn's work has been published in peer-reviewed medical journals, including the *Journal of Physical Activity and Health*, *Metabolism*, and *Medicine Science Sports and Exercise*, book chapters, and regular interviews for local and national media on health care coverage, diagnosis, and treatment of obesity.

For more information and registration instructions go to

<http://telemedicine.arizona.edu/distant-education/upcoming-workshops>

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