

“Diseases Related to Obesity: Weight Loss and Healthy Lifestyle Interventions”

7.5 Continuing education credit hours

Course Instructor: **Jeff Gilliam, PT, PhD, OCS**

Jeff Gilliam PT, PhD, OCS is an orthopedic physical therapist and Clinical Director of ReQuest Physical Therapy in Gainesville, Florida. He is also director of the adult and adolescent weight loss programs at ReQuest physical therapy. He is Director of Physicians' Choice for Weight Loss®, a cognitive and behavioral clinically based weight loss program located in over 55 clinics in the Eastern United States. Jeff has taught graduate courses at the University of Florida on “*Research Applications to Obesity and Weight Loss*”, “*Health Promotion and Wellness*” and “*Evidence-based Practice*”. He currently is a lecturer for the Internal Medicine Residents through the University of Central Florida Medical School teaching musculoskeletal disorders and obesity and disease. He has presented nationally at obesity prevention and treatment conferences. He specializes in the prevention of obesity related diseases through behavioral modification that will lead to lifestyle changes.

Course Description: This course will present a comprehensive study of diseases related to obesity including those related to metabolic disturbances and degenerative joint disease processes commonly seen in medical settings. Additionally, the participant will be instructed in assessment and intervention strategies, as well as ways to integrate wellness into a medical setting/practice.

Course Objectives: **Participants completing this course will be able to:**

- 1) Describe the scientific basis for diseases related to obesity.
- 2) Explain the physiological aspects of diseases related to the fat mass & the metabolic components of adipose tissue.
- 3) Assess their patients for obesity related diseases.
- 4) Cite treatment strategies and interventions facilitating a healthy lifestyle change for patients.
- 5) Describe the implications of obesity related to medical intervention and treatment
- 6) Integrate a wellness program into a medical/setting practice.

Course Agenda

| | |
|---------------------|--|
| 8:00 am - 9:00 am | Obesity in the US a growing problem. |
| 9:00 am - 9:30 am | Diseases related to obesity: The mass and metabolic components of adipose tissue. |
| 9:30 am - 10:00 am | Causes of obesity: Genetics versus Environment. |
| 10:00 am - 10:30 am | Powerful forces of foods and how they affect us. |
| 10:30 am - 10:45 am | Quiz/break |
| 10:45 am - 11:30 am | What does exercise have to do with it? |
| 11:30 am - 12:00 pm | Interventions for obesity: exercise, diet, versus diet and exercise. |
| 12:00 pm - 1:00 pm | Lunch |
| 1:00 pm - 1:30 pm | It is what you eat that is the key: Secrets to weight loss. |
| 1:30 pm - 2:00 pm | Behavioral strategies for better lifestyle changes. |
| 2:00 pm - 2:15 pm | Quiz/break |
| 2:15 pm - 3:00 pm | Why we must change our health, and why it matters so much! The health and financial strain on America. |
| 3:00 pm - 4:00 pm | Incorporating a wellness program into your practice. |