

# INTERNATIONALT SYMPOSIUM

## “Motives and Barriers for Physical Activity”

Why are interventions for increasing physical activity behaviour not always successful?

**Rigshospitalet, Auditorium 1, mandag d. 30 august 2004**

### Arrangeret af:

Dansk Selskab for Fysisk Aktivitet og Sundhed,  
Klinisk Enhed for Sygdomsforebyggelse og Institut for Idrætsmedicin,  
Bispebjerg Hospital

### i samarbejde med:

Danske Fysioterapeuter  
Københavns Lægeforening  
Københavns Kommune og  
Frederiksberg Kommune

### PROGRAM

**09.00-09.10 Welcome**

**09.10-10.10 Effects of different types of interventions for increasing physical activity behaviour**

*Charles Foster, PhD, Senior researcher at Division of Public Health and Primary Health Care Oxford university.*

**10.10-11.10 Motives and barriers for physical activity and adoption and maintenance of physical activity throughout the lifespan**

*Abby King, PhD, Professor of Health Research Policy and of Medicine at Stanford University*

**11.10-11.30 Coffee break**

**11.30-12.00 The Inter 99 study: Determinants for increasing physical activity in the general population**

*Lisa von Huth Smith, MSc.PHS,.PhD-stud., Research Centre for Prevention and Health, Copenhagen County.*

**12.00-12.15 Exercise on prescription in Ribe County**

*Lars Iversen, PhD, Head of Health Department in Ribe County, Denmark.*

**12.15-12.30 Factors influencing attendance to the exercise on prescription program in Ribe County**

*Anne Rosell, MSc.PHS.*

**12.30-13.30 Lunch**

**13.30-14.30 Attitudes and adherence to treatment and rehabilitation**

*Lucy Yardley, PhD, Professor at Department of Psychology, University of Southampton.*

**14.30-14.40 Attitudes and beliefs influencing whether people accept and adhere to falling prevention in Denmark.**

*Nina Beyer, PhD, Institute of Sports Medicine, Copenhagen, Bispebjerg Hospital.*

**14.40-15.00 Coffee break**

**15.00-16.00 Methods to measure physical activity**

*Ulf Ekelund, PhD, Investigator Scientist, Medical Research Council Epidemiology Unit, University of Cambridge.*

**16.00-16.20 A new physical activity scale for measuring physical activity**

*Mette Ådahl, PT PhD stud., Research Centre for Prevention and Health, Copenhagen County.*

**16.20-16.50 Organisation of rehabilitation for patients with chronic conditions: Bispebjerg Hospital and Copenhagen Community Health and Care Administration**

*Anne Frølich, MD, Senior Consultant, Clinical Unit of Preventive Medicine and Health Promotion, Bispebjerg Hospital.*

**16.50-17.00 Closing remarks**

Det koster 450,- at deltage i symposiet incl. forplejning.

Symposiet afholdes på engelsk.

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