Abstract: Obesity has recently been classified by the American Medical Association as a disease. This is a result of obesity being linked to numerous chronic diseases including heart disease, diabetes, some forms of cancer, and other medical conditions. Moreover, obesity has been linked to increased healthcare costs. Therefore, there is a need to develop and implement effective and sustainable interventions for the treatment of overweight and obesity. Lifestyle interventions that reduce energy intake and increase energy expenditure are the foundation of effective treatment for overweight and obesity. A cornerstone of these interventions is physical activity, which can contribute to both initial weight loss and sustained long-term weight loss and prevention of weight regain. Thus, it is important for clinicians to prescribe sufficient amount of physical activity to their patients. Moreover, physical activity may also be associated with improved dietary behaviors that also enhance weight loss, and these may be mediated by a variety of physiological, metabolic, and psychosocial factors. It is important for health-care professionals to understand the role of physical activity in body weight regulation and how to promote engagement in sufficient amounts of physical activity to assist in weight loss efforts.

The Cooper Classrooms are located on the ground level of the Hillman Cancer Center, 5115 Centre Avenue, Shadyside. After entering the building walk to the left past the elevators. Facing the gift shop turn right down the hallway. Room A is the 1st door in the lobby area on the left.

Parking is available in the garage at the UPMC Cancer Pavilion across the street from the Hillman Cancer Center (~$6 cash/credit for 1-2 hours). There are also parking meters along Centre Avenue, Cypress Street and Baum Boulevard in the blocks surrounding the Cancer Center. The 71A & 71C both travel from Oakland and stop at Cypress Street just beyond the Cancer Center entrance. UPMC shuttles also run between Oakland and Shadyside (http://www.nursing.pitt.edu/elite/docs/Shuttle%20Bus%20Service%20at%20School%20of%20Nursing.pdf).