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The Pharmacists of Physical Activity: Physiotherapists and the provision of practical strategies to meet and exceed worldwide standards

Abstract:

Among the most controllable and inexpensive variables that we can manipulate in our lives, physical activity may have the greatest impact on our experience of aging. While nutrition could be argued to be more influential, it is not as cost neutral as physical activity. Sleep may be the only variable that could be less expensive and more effective, yet for many, sleep is not as consistently controllable as physical activity can be. In this keynote presentation, Dr. Mike Studer, a world-renowned physiotherapist, makes the case that physical activity is within our reach and control. Dr. Studer elaborates on the barriers to physical activity revolve around our uncomfortable relationship with one form of PA, being exercise. It is time for us to debunk the myths, reduce the friction, and improve our engagement with all forms of physical activity. This can be accomplished by leveraging the ABCs of wellness: autonomy, belief, and choice. In addition, Dr. Studer will demonstrate how we can leverage recent advances in motivation (behavioral economics), adoption (reducing friction, improving nudge), and life-based high intensity intervals (VILPA), to make PA goals more practical and desirable.

Keywords: physical activity, physiotherapy, dosage, exercise, wellness

Biography: Dr. Studer has been a PT since 1991, and board certified in neurologic PT since 1995. Dr. Studer is an adjunct professor at Touro University and additional appointment at UNLV as well as assisting the USC-led national network of neurologic PT residencies. Mike was recognized as the 2011 Clinician of the Year in the Neurologic and (in 2014) the Geriatric Academies of the APTA. He is well-traveled presenting invited lectures in all 50 states, 14 countries across 5 continents. Dr. Studer received the highest honor available in PT in 2020, being distinguished as a Fellow of the APTA in 2020. Dr. Studer has authored over 45 articles, 7 book chapters, and is a consultant to multiple professional and sponsored athletes. Most recently, he authored *The Brain That Chooses Itself*, a practical and applications-based guide to increasing both healthspan and lifespan for laypersons and medical professionals alike.