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09.50 **Welcome, Professor Anne de Looy** Chairman of BNF Council
09.55 **Keynote address, HRH The Princess Royal** BNF Patron
  Session chaired by Simon Clegg CBE, Chief Executive of the British Olympic Association

10.10 **Nutrition and physical activity through the life course**
Professor John Mathers, Professor of Human Nutrition, University of Newcastle

10.45 **The role of physical activity in promoting health**
Professor Chris Riddoch, Professor of Sport and Exercise Science, University of Bath

11.20 COFFEE
Session chaired by Professor Judy Buttriss, Director General, British Nutrition Foundation

12.00 **Policy overview: physical activity and health**
Dr Fiona Adshead, Deputy Chief Medical Officer, Department of Health

12.20 **Why walking and cycling are central to healthy living policy**
Philip Insall, Director, Active Travel, Sustrans

12.40 **Questions and discussion**

13.00 LUNCH
Session chaired by Dr Richard Budgett OBE, Chief Medical Officer, London Organising Committee for the Olympic Games and Paralympic Games

14.00 **Increasing physical activity for all young people: The Youth Sport Trust**
Alison Goodall, Innovations Development Officer, Youth Sport Trust

14.15 **Physical activity and mental wellbeing: emerging research**
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14.45 **Tackling child obesity: The MEND Programme**
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Food and Fitness for Life Conference, 6th Dec 2007
Royal Society of Medicine
Programme

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09.55 Keynote address, HRH The Princess Royal BNF Patron
Session chaired by Simon Clegg CBE, Chief Executive of the British Olympic Association

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Professor John Mathers, Professor of Human Nutrition, University of Newcastle

10.45 The role of physical activity in promoting health
Professor Chris Riddoch, Professor of Sport and Exercise Science, University of Bath

11.20 COFFEE
Session chaired by Professor Judy Buttriss, Director General, British Nutrition Foundation

12.00 Policy overview: physical activity and health
Dr Fiona Adshead, Deputy Chief Medical Officer, Department of Health

12.20 Why walking and cycling are central to healthy living policy
Philip Insall, Director, Active Travel, Sustrans

12.40 Questions and discussion

13.00 LUNCH
Session chaired by Dr Richard Budgett OBE, Chief Medical Officer, London Organising Committee for the Olympic Games and Paralympic Games

14.00 Increasing physical activity for all young people: The Youth Sport Trust
Alison Goodall, Innovations Development Officer, Youth Sport Trust

14.15 Physical activity and mental wellbeing: emerging research
Professor Nanette Mutrie, Professor of Exercise and Sport Psychology, University of Strathclyde

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