



FITWORK Project

“Good practices to develop physical activity programs at work”

ERASMUS+ PROGRAMME CONFERENCE

Barcelona, Hospital ASEPEYO Conference Room, 28th June 2018

- 9.00-9.45** Reception of attendees
- 9.45-10.00** Welcome from ASEPEYO / INSSBT
- 10.00-10.20** Description of the FitWork project / Juan Gimenez Pla (Instituto Biomecánica de Valencia - IBV)
- 10.20-10.40** Review of the State of the art for Workplace Physical Activity Programs / Lars Andersen, Professor at National Research Centre for the Working Environment & Adjunct Professor at Aalborg University
- 10.40-11.00** Pilot test 1 – Italy / Luís Rama (University of Coimbra)
- 11.00-11.30** Coffee break
- 11.30-11.50** Pilot test 2 – Poland / Jarosław Tokarczyk - Dariusz Michalak (KOMAG)
- 11.50-12.10** Measuring employees' physical activities in the program – Ida Damen (University of Technology Eindhoven)
- 12.10-12.30** Program Theory and Project Design in WHPP projects & programs / Theodor Haratau (Romtens Foundation)
- 12.30-12.50** FitWork Guideline on physical activity programs at work / Richard Wynne (ENWHP)
- 12.50-13.10** ENWHP's dissemination & valorisation roles in Workplace Health Promotion programs / Maria Dolores Sole (ENWHP)
- 13.10-13.30** Wrap up and conference conclusions / John Griffiths (ENWHP)
- 13.30-14:30** Lunch together.

Organized by:

ENWHP & INSSBT

Project Coordinator:

IBV

Venue:

Hospital ASEPEYO
Avinguda de l'Alcalde Barnils, 54-60
08174 – Sant Cugat del Vallès

Co-funded by the
Erasmus+ Programme
of the European Union

