



## Program for

# THE STOCKHOLM SEMINARS ON PHYSICAL ACTIVITY AND PUBLIC HEALTH

### Theme:

### 3000 Steps More Per Day – Outcomes of a German National Physical Activity Program

A presentation of different studies investigating health effects as well as changes in the perception of the environment during this physical activity intervention

**Tuesday    March 6    2012    16-18    Lecture Hall 2    GIH    Stockholm\***

16.00 - 16.10                      Welcome                      Peter Schantz

16.10 - 17.10                      Presentation                      Birgit Wallmann

17.10 - 17.30                      Discussion

**About the presenter:** Dr Birgit Wallmann is working as a Research Assistant at the German Sport University in Cologne in the Institute of Health Promotion and Clinical Movement Science as well as in the Centre for Health. Her main research topics are physical activity promotion, physical activity patterns, and the association between the built environment and physical activity. She did her Ph.D. on the health effects of a walking intervention and the influence of lifestyle interventions on physical activity patterns. She has also done pioneering studies on the relation between environment and physical activity in the German setting.

## Welcome!

\* How to get to Lecture Hall 2 at GIH: The street address is Lidingövägen 1, and it is located on top of the hill behind the Stadion (the 1912 Olympic Stadium). The closest subway station is Stadion, and take the exit to Valhallavägen. From Stureplan it is a 10 minute walk along Sturegatan and Lidingövägen to GIH. Lecture Hall 2 is located by the Auditorium on the second floor in the main building at GIH. For map see: [www.gih.se/kartor](http://www.gih.se/kartor)

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The Stockholm Seminars on Physical Activity and Public Health are hosted by the Research Unit on Movement, Environment and Health at GIH – The Swedish School of Sport and Health Sciences  
If you are interested in invitations to future seminars, please send your email-address to: [lina.wahlgren@gih.se](mailto:lina.wahlgren@gih.se)  
Future seminar programs will be presented at: <http://www.gih.se/mhe>