Moving Mountains 2016: Making the Impossible Possible with Exercise is a National Conference that will explore ways to help chronic disease sufferers motivate themselves to start exercising or participate in physical activity in order to improve their conditions.

Taking place on Saturday 5th March 2016 at Churchill College, Cambridge, in cooperation with the Cystic Fibrosis Trust and the mental health charity MIND, Moving Mountains 2016 follows on from last year’s conference, which looked into the less-obvious benefits of exercise for those with a chronic illness.

The conference aims to build on the main outcome from last year — that while exercise provides multiple benefits to mental and physical health, how can those with a chronic illness incorporate it into an already difficult situation? Regular exercise can be difficult even for a ‘well’ person to maintain in daily life, for those with a chronic illness it can be even more daunting. Moving Mountains 2016 aims to address this issue through informative and inspiring talks.

Healthcare professionals, health charities and those with chronic conditions will be amongst those presenting, along with Baroness Tanni Grey-Thompson — Britain’s most decorated Paralympian (please see attached press pack document for further details).

Topics covered include:

- **Current initiatives to encourage exercise**
  Dr Dane Vishnubala - Sport and Exercise Medicine Registrar/ GP/ University Lecturer/ Exercise Professional/ PHE GP Clinical Champion for Physical Activity;

- **Motivating children**
  Professor Craig Williams - Professor of Paediatric Physiology and Health/ Director of Research, University of Exeter;

- **Personal motivation**
  Zoe Margolis, author and journalist, ‘the Girl with the One Track Mind’

- **The role of media**
  Becky Horsbrugh - journalist

- **Changing our view of people with chronic conditions**
  Dr Johan Byran – GP, Palliative Care Specialist and person with rheumatoid arthritis, and
  Dr Jonathan King – hospital doctor and person with cystic fibrosis;

- **Exercise – what individuals, doctors, employers and town planners can do**
  Scarlett McNally - Consultant Trauma and Orthopaedic Surgeon, Council Member of the Royal College of Surgeons, Author of the report ‘Exercise the Miracle Cure’ (2015)

There will also be presentations by the Cystic Fibrosis Trust (which is unveiling its ‘Activity Unlimited’ initiative), MIND and Arthritis Research UK. The conference is supported by BASEM (British Association of Sport & Exercise Medicine), FSEM (Faculty of Sport & Exercise Medicine) and UKActive.

For a free press pass and one-to-one interview time with the speakers, please email Shelley Surtees shelley.surtees@chu.cam.ac.uk

For further information please visit our website: www.chu.cam.ac.uk/ moving-mountains