

A WORKSHOP

NATIONAL
ACADEMIES

Sciences
Engineering
Medicine

Exploring the Role of Physical Activity in Obesity Treatment, Body Weight Management, and Related Health Outcomes in Adults

July 29 · 10:00AM – 3:30PM ET

July 30 · 10:00AM – 1:00PM ET

JULY 29, 2025

10:00 am **Opening Remarks**

John M. Jakicic, Ph.D., University of Kansas Medical Center

SESSION 1 – Physical Activity and the Prevention and Treatment of Obesity

Moderator: *Tim Church, M.D., M.P.H., Wondr Health*

10:10 am **Physical Inactivity Contributes to Unhealthy Weight Gain and Adiposity**

Kelley P. Gabriel, Ph.D., M.S., The University of Alabama at Birmingham

10:40 am **The Role of Physical Activity and Exercise in Obesity Treatment**

John M. Jakicic, Ph.D., University of Kansas Medical Center

11:10 am **Individual Differences in Body Composition and Cardiometabolic Response to Exercise**

Robert Ross, Ph.D., Queen's University

11:40 am **Q&A and Discussion**

12:00 pm **Lunch Break**

SESSION 2 – The Science of Physical Activity, Obesity, and Weight Regulation

Moderator: *W. Scott Butsch, M.D., M.Sc., Cleveland Clinic*

12:30 pm **Body Composition Considerations within the Context of Obesity**

Steven Heymsfield, M.D., Pennington Biomedical Research Laboratory

1:00 pm **Potential Impacts of Obesity Treatment on Muscle Quantity and Quality: Are There Added Benefits of Physical Activity and Exercise?**

Bret Goodpaster, Ph.D., AdventHealth Translational Research Institute

1:30 pm	Q&A and Discussion
1:45 pm	Break
2:00 pm	Physical Activity and Regulation of Energy Balance <i>Mark Hopkins, Ph.D., University of Leeds</i>
2:30 pm	Beyond the Scale: Physical Activity and Health Outcomes among Individuals with Obesity <i>Peter Katzmarzyk, Ph.D., Pennington Biomedical Research Center</i>
3:00 pm	Q&A and Discussion
3:30 pm	Adjourn Day 1

JULY 30, 2025

10:00 am	Workshop Day 1 Recap <i>Nicolaas P. Pronk, Ph.D., M.A., HealthPartners</i>
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SESSION 3 – Fitting Physical Activity into Comprehensive Intervention Approaches

10:10 am	Physical Activity Promotion Inside and Outside the Clinic for the Patient with Obesity: Barriers and Facilitators <i>Renee J. Rogers, Ph.D., University of Kansas Medical Center</i>
10:40 am	Panel on Insights from the Lived Experience of a Person with Obesity: What Works and Doesn't Work for Me with Respect to Physical Activity <i>Facilitator: David O. Garcia, Ph.D., M.S., University of Arizona</i> <i>Panelists:</i> <ul style="list-style-type: none"> • Bonita Nolan, B.S., M.Ed., Ed.S., Ed.D-ABD American Heart Association • Anh-Vu Pham, Obesity Action Coalition • Joy Mockbee, M.D., M.P.H., El Rio Health
11:10 am	Q&A and Discussion
11:30 am	Break
11:40 am	Moving from Science to Implementation <i>Deepika Laddu, Ph.D., Northwestern University</i>
12:00 pm	Panel on Systems, Policy, and Technology Integration of Physical Activity in Obesity Care <i>Facilitator: Bruce Y. Lee, M.D., M.B.A., City University of New York, School of Public Health</i> <i>Panelists:</i> <ul style="list-style-type: none"> • Elizabeth (Liz) Joy, M.D., M.P.H., DipABLM, FACSM, FAMSSM, American College of Sports Medicine - Exercise Is Medicine • Laurie P. Whitset, Ph.D., American Heart Association • Daniel Kraft M.D., NextMed Health
12:30 pm	Q&A and Discussion
12:50 pm	Closing Remarks <i>Peter T. Katzmarzyk, Ph.D., Pennington Biomedical Research Center</i>
1:00 pm	Adjourn Workshop

WORKSHOP PLANNING COMMITTEE

John M. Jakicic, Ph.D. (Co-Chair)

Professor
University of Kansas Medical Center
Vice President
Chair, Strategic Health Initiative for Obesity
American College of Sports Medicine

Peter T. Katzmarzyk, Ph.D. (Co-Chair)

Associate Executive Director
Population and Public Health Sciences
Professor and Marie Edana Corcoran Endowed
Chair in Pediatric Obesity and Diabetes
Pennington Biomedical Research Center

W. Scott Butsch, M.D., M.Sc.

Director of Obesity Medicine
Bariatric and Metabolic Institute
Cleveland Clinic

David O. Garcia, Ph.D., M.S.

Associate Professor
Mel and Enid Zuckerman College of Public Health
University of Arizona

Bruce Y. Lee, M.D., M.B.A.

Professor of Health Policy and Management
Executive Director
Center for Advanced Technology in Communications
in Health (CATCH)
Executive Director
Public Health Informatics Computational and
Operations Research (PHICOR)
Graduate School of Public Health and Health Policy
City University of New York

Nicolaas P. Pronk, Ph.D., M.A.

President
Chief Science Officer
HealthPartners Institute
HealthPartners

Laurie P. Whitsel, Ph.D.

National Vice President of Policy Research
American Heart Association
Senior Advisor
Physical Activity Alliance

Since 2014, the Roundtable on Obesity Solutions has been the only national, multisector convener bringing together a variety of voices with a shared and dedicated focus on obesity. Through meetings, workshops, publications, and Innovation Collaboratives, the Roundtable fosters ongoing dialogue on emerging science, evaluation, and innovation efforts in obesity prevention, treatment, and management for children and adults. The Roundtable explores and advances solutions at the systems level.

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