

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

## JULY 30, 2025

10:00 am	<b>Workshop Day 1 Recap</b> <i>Nicolaas P. Pronk, Ph.D., M.A., HealthPartners</i>
----------	--

### SESSION 3 – Fitting Physical Activity into Comprehensive Intervention Approaches

10:10 am	<b>Physical Activity Promotion Inside and Outside the Clinic for the Patient with Obesity: Barriers and Facilitators</b> <i>Renee J. Rogers, Ph.D., University of Kansas Medical Center</i>
10:40 am	<b>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</b> <i>Facilitator: David O. Garcia, Ph.D., M.S., University of Arizona</i>
	<i>Panelists:</i> <ul style="list-style-type: none"> <li>• <i>Bonita Nolan, B.S., M.Ed., Ed.S., Ed.D-ABD American Heart Association</i></li> <li>• <i>Anh-Vu Pham, Obesity Action Coalition</i></li> <li>• <i>Joy Mockbee, M.D., M.P.H., El Rio Health</i></li> </ul>
11:10 am	<b>Q&amp;A and Discussion</b>
11:30 am	<b>Break</b>
11:40 am	<b>Moving from Science to Implementation</b> <i>Deepika Laddu, Ph.D., Northwestern University</i>
12:00 pm	<b>Panel on Systems, Policy, and Technology Integration of Physical Activity in Obesity Care</b> <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"> <li>• <i>Elizabeth (Liz) Joy, M.D., M.P.H., DipABLM, FACSM, FAMSSM, American College of Sports Medicine - Exercise Is Medicine</i></li> <li>• <i>Laurie P. Whitsel, Ph.D., American Heart Association</i></li> <li>• <i>Daniel Kraft M.D., NextMed Health</i></li> </ul>
12:30 pm	<b>Q&amp;A and Discussion</b>
12:50 pm	<b>Closing Remarks</b> <i>Peter T. Katzmarzyk, Ph.D., Pennington Biomedical Research Center</i>
1:00 pm	<b>Adjourn Workshop</b>

## 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.

The National Academies of Sciences, Engineering, and Medicine are private, nonprofit institutions that provide independent, objective analysis and advice to the nation and conduct other activities to solve complex problems and inform public policy decisions related to science, technology, and medicine. The Academies operate under an 1863 congressional charter to the National Academy of Sciences, signed by President Lincoln. See more at: <http://nationalacademies.org/obesitysolutions>