



LET'S MOVE IT CLOSING SEMINAR PROGRAMME 4th Feb 2019*

Tiedekulma Stage
Yliopistonkatu 4, 00100 Helsinki

12.00 Coffee & Registration
12.05-12.15 Welcome & introductions

1. Development of the Let's Move It intervention: How did we combine behavioural theory, evidence and practical insights?

12.15-13.00 **Nelli Hankonen:** Background, phased development & content of the Let's Move It intervention

2. Process evaluation - discovering what happened in the intervention and in the trial

13.00-13.20 **Keegan Knittle:** Building habits for promoting active classrooms: Evaluating processes in the Let's Move It intervention for teachers

13.20-13.35 **Elina Renko:** What did student interviews reveal about successful physical activity change? Qualitative process evaluation

13.35-13.55 **Matti Heino:** Lessons from quantitative evaluation of the Let's Move It intervention, and avenues for studying intervention processes

14.00-14.20 **Mia Silfver:** Do the beliefs regarding restricting excessive sitting change? And does it matter?

14.20-14.40 **Nelli Hankonen:** Trial outcome evaluation: Effectiveness of the Let's Move It

Commentary: Prof. **Tommi Vasankari**

3. Dissemination & implementation to practice: how to embed the intervention activities in daily teaching?

14.50-15.10 **Elina Renko:** Training PE teachers in motivating skills: Later implementation study

Commentary: Prof. **Taru Lintunen**

15.25 Closing of the seminar

**This programme is tentative. Changes might occur!*