



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

12.00-15.30 Tiedekulma Stage

12.00 Coffee, welcome & introductions

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

12.05 **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 **Keegan Knittle:** Building habits for promoting active classrooms: Evaluating the Let's Move It intervention for teachers

Nelli Hankonen: Qualitative process evaluation: What inspires youth to get physically active?

Elina Renko: Using planning as a behaviour change strategy: Why and why not? *Analysis of participant interviews*

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

Nelli Hankonen: Processes and effectiveness of the Let's Move It

Commentary: Director, Prof. Tommi Vasankari

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

15:00 **Elina Renko:** Let's Move It Key Project - How have the best parts of LMI been further developed and disseminated?

Commentary: Prof. Taru Lintunen

15.25 Closing of the seminar