



Moving Mountains is a national, annual conference, held at Churchill College, Cambridge. The conference explores the link between maintaining long term good health and exercise, particularly for those with chronic physical and mental health conditions. The organising committee work in partnership with MIND and the CF Trust in their development of the conference.

In 2015 we explored the hypothesis that exercise can be used as a tool to manage chronic conditions either alongside, or as an alternative, to medicine. In 2016 the conference was focused on motivation, and how to encourage individuals to get 'the exercise habit', how to maintain that habit and how to motivate medical professionals to enquire about and promote physical activity.

We have a provisional date of Friday 10 March for 2017. The committee will shortly meet to consider the areas for exploration and the possible contributors.

Individuals or organisations interested in getting involved should contact Shelley Surtees, Domestic Bursar & Fellow, Churchill College, Cambridge CB3 0DS. Telephone: 01223 331669.

Email sjbs2@cam.ac.uk www.chu.cam.ac.uk/moving-mountains

2016 Contributors: Baroness Tanni Grey-Thompson, Professor Ken Siddle, Dr Adrian Crisp, Scarlett McNally (Royal College of Surgeons, author: Exercise the Miracle Cure), Paul Farmer (CEO MIND), Ed Owen (CEO CF Trust), Professor Craig Williams (Exeter), Zoe Margolis (The Girl with the One Track Mind), Dr Johan Bryan, Dr Jonathan King, Becky Horsebrugh (Journalist), Dr Dane Vishnubala, David Atiyah (mental health activist), Dr Lid King.

2015 Contributors: Professor Stephen Hawking, Dr Dane Vishnubala, Stuart Jessop (MIND Cambridgeshire), Isabella Goldie (Mental Health Foundation), We Can Bike Too, Nick Talbot, Dr Johan Bryan, Dr Jonathan King, Ben Coumbe, Charlotte Wells (specialist physiotherapist).