

# PHYSICAL ACTIVITY AND EXERCISE TRAINING IN OBESITY: EASO and ASO webinar series

THURSDAY, 18TH NOVEMBER 2021 &  
THURSDAY, 2ND DECEMBER 2021



Exercise training can help support management of overweight and obesity in adults, and can contribute to health benefits beyond “scale victories”. Further to the EASO Exercise Training Supplement published recently in Obesity Reviews, we are pleased to announce an upcoming webinar series held in collaboration with the UK Association for the Study of Obesity (ASO) on 18th November and 2 December 2021. The webinar series will explore scientific evidence around the health benefits of exercise training for people living with overweight and obesity.

Learn more and read the [EASO Supplement on Exercise Training](#)

## Webinar 1: Exercise Training for People Living with Overweight or Obesity: Multiple Benefits Beyond Weight Loss

Thursday, 18th November 2021, 6pm GMT 7pm CET 1pm EST 10am PST

## Webinar 2: Exercise Training for People Living with Overweight or Obesity: Effects on Eating Behaviour and Weight Loss

Thursday, 2nd December 2021, 6pm GMT 7pm CET 1pm EST 10am PST

[Download the Programme](#)

[Register here](#) You will be taken to the ASO website for registration.