



23 May 2024 | 13:00 - 13:30



More than just steps: Dosing exercise in primary practice

Dr Janesh Ganda, draws on his medical and sports medicine expertise to discuss with host, Dr Zane Stevens,

- Exercise as a vital sign when taking a clinical history
- Developing exercise prescription as an essential skill in your daily practice
- Which patients should you focus on, where is there extensive evidence of benefit?



Dr Zane Stevens
Specialist Physician & Endocrinologist
Cape Institute of Endocrinology
Christiaan Barnard Memorial Hospital
Cape Town

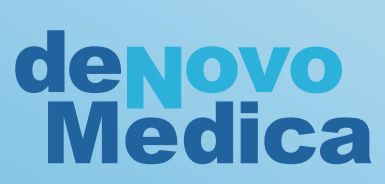
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Dr Janesh Ganda
Sports and Exercise Medicine Physician
WC Co-chair for SASMA
The Sports Rehab Centre
Cape Town

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