

Reflections from XII BRAZILIAN CONGRESS ON PHYSICAL ACTIVITY AND HEALTH

**CBAFS, Bonito, 23-26
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By
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It was a pleasure to attend the XII Congresso Brasileiro de Atividade Física e Saúde and to deliver two presentations. This is the bi-annual meeting of the Brazilian Society for Physical Activity and Health. It was held in the town of Bonito (which means 'beautiful' in Portuguese) in the state of Mato Grosso Du Sol.

There were about 800 delegates from across Brazil and other countries such as Uruguay and Mexico. I was impressed with the breadth of research and the many groups working in the area. Research covered public health, exercise science, and physical education and physiotherapy. There were many students attending and presenting their work - it was clear that the society has a strong focus on supporting student and early career researchers.

The theme of the congress was 'sowing physical activity for the future.' A highlight was the integration of school students into the programme. There were presentations from local schools and a competition to encourage school students to come up with ways to promote physical activity among people in Brazil.

Other highlights were talks from Pedro Hallal on building capacity in physical activity research in Brazil; Deborah Salvo on strengthening physical activity research more broadly across Latin America, which is timely given the first Latin American Congress on Physical Activity and Health will be held in Mexico in April 2020. Invited speakers included Glenn Weaver (University of South Carolina) who spoke on how to promote physical activity among children in school and in after-school/vacation care settings.

Special congratulations to the past-President of the Society, Alex Florindo and the chair of the organising committee, Christine de Maria Coelho Ravagnani for a highly successful congress.



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