1) The context
• Escalating global epidemic of overweight and obesity (‘Globesity’).1,2
• Challenging management of the overweight/obese youth3
• Multisectorial actions: collaboration between health and PA specialists4
• Lack of resources in out-patient clinics (budget, facilities, human resources ...)

2) A project
• Collaboration between a hospital group and physical education specialists
• Developing and implementing an adapted PA day dedicated to overweight and obese youth

3) A process and many lessons
• Action research5 respecting a qualitative approach in 5 steps, leading to practical results

4) Conclusion
• The implementation of specific PA days meets parents and youth needs
• The collaboration between PA specialists and health professionals was seen as really productive and effective

5) References