Day 1  15th September

10:00  Opening session
- Luis Sardinha
  Portuguese Initiative for Exercise is Medicine
- Jürgen Steinacker
  European Initiative for Exercise is Medicine
- Francisco George
  Directorate-General of Health

10:30 — 14:00  Session 1

Exercise and Health Foundations
Chairs  Domingos Henrique & José Soares

10:30 - 11:00  Keynote
Molecular mediators of the effects of exercise: from metabolism to mental health
Jorge Ruas
Department of Physiology and Pharmacology, Karolinska Institutet

11:00 — 11:30  Coffee break

11:30 - 12:00  Translational regulation of metabolic adaptations to exercise with aging
Matthew Robinson
School of Biological and Population Health Sciences, Oregon State University

12:00 - 12:30  Anti-cancer effects of physical exercise: biological mechanisms and implications for clinical practice
Jesper Frank Christensen
Centre for Inflammation and Metabolism, Centre for Physical Activity Research

12:30 — 14:00  Lunch break

14:00 — 16:15  Session 2

Physical Activity Epidemiology and Public Health
Chairs  Fátima Baptista & Jorge Mota

14:00 — 14:15  Physical activity and sedentary behavior measurement and surveillance systems
Luis B. Sardinha
Faculty of Human Kinetics, University of Lisbon

14:15 — 14:30  A roadmap for walking and cycling in and around modern cities
David Vale
Faculty of Architecture, University of Lisbon

14:30 — 14:45  Prolonged sitting, breaks, and health
Pedro Júdice
CIPER - Interdisciplinary Center for Human Performance, Faculty of Human Kinetics, University of Lisboa

Day 2  16th September

14:45 — 15:15  Keynote
Benefits and risks of sports and physical activity: a public health perspective
Willem Van Mechelen
Occupational and Sports Medicine, VU University Medical Centre

15:15 — 15:45  Discussion

15:45 — 16:15  Coffee break

16:15 — 18:00  Session 3

Exercise Physiology, Medicine & Health
Chairs  Helena Santa-Clara & José Alberto Duarte

16:15 — 16:30  Physical activity, exercise, sedentary behaviors, and fitness: What do you mean?
José Oliveira
Faculty of Sports, University of Porto

16:30 — 16:45  The Physician's role in physical activity promotion
Rita Tomás
Portuguese Physical Activity Promotion Program, Directorate-General of Health, Clínica CUF Alvalade
Marcos Agostinho
Santa Cruz Family Health Unit (USF), AFR Lisboa e Vale do Tejo

16:45 — 17:00  Discussion

09:30 — 11:45  Session 4

Exercise Counselling and Prescription
Chairs  Andreia Jorge Silva & J.L Themudo Barata

09:30 — 10:00  Behavior modification in primary health care: The road less travelled
Marlene Nunes Silva
CIPER - Interdisciplinary Center for Human Performance, Faculty of Human Kinetics, University of Lisboa
Alexandre Marques
Faculty of Medicine, University of Coimbra
10:00 - 10:15
Physical activity technology which is fit for use
- Remeu Mendes
  Public Health Unit ACES Douro I - Maria e Deuro Norte; EPIUnit - Institute of Public Health, Porto University; Trás-os-Montes e Alto Douro University

10:15 - 10:30
A web-based functional fitness index for older adults
- Diana Santos
  CIPEP - Interdisciplinary Center for Human Performance, Faculty of Human Kinetics, University of Lisbon

10:30 - 11:00
High intensity interval training, Personalised Activity Intelligence, and the “world’s fitness level”: roadmap to better health and longer life?
- Ulrik Wislaff
  Centre for Exercise in Medicine, Department of Circulation and Medical Imaging, Faculty of Medicine and Health Sciences

11:00 — 11:15  🍽️ Discussion
11:15 — 11:45  ☕️ Coffee break

11:45 - 14:00  Session 5
Special session: Physical Activity Guidelines
Chairs  Pedro Teixeira  Charles Hillman

11:45 - 12:15  🏃‍♂️ Past and present physical activity guidelines
- Pedro Saint-Maurice
  National Institutes of Health, National Cancer Institute, Bethesda

12:15 - 13:00
Commentary and discussion
- Michael Brannan
  Deputy National Lead for Adult Health and Wellbeing, Public Health England
- José Alves Diniz
  Faculty of Human Kinetics, University of Lisbon
- Henrique Martins
  Shared Services of the Health Ministry
- Adalberto Campos Fernandes
  Portuguese Health Minister (to be confirmed)

13:00 — 14:00  🍽️ Lunch break

14:00 - 16:00  Session 6
The Exercise is Medicine Model
Chairs  José Gomes Pereira  Jonathon Fowles

14:00 - 14:20
A brief history and key elements of Exercise is Medicine in Europe
- Jürgen Steinacker
  Division Sports and Rehabilitation Medicine, University of Ulm

14:20 - 14:40
Who benefits, and who should pay, for having exercise in medicine?
- Klaus-Michael Braumann
  Faculty of Psychology and Human Movement, Hamburg University; German Society of Sports Medicine and Prevention

14:40 - 15:10
Keynote
The role of childhood physical activity on brain, cognition, and academic achievement
- Charles Hillman
  Northeastern University, Boston

15:10 — 15:30  🍽️ Discussion
15:30 — 16:00  ☕️ Coffee break

16:00 - 18:00  Session 7
Physical Activity Promotion in Health Care
Chairs  Cristina Valadas & Henrique Botelho

16:00 - 16:30  🏃‍♂️ The ‘Physical Activity Team’ at Public Health England: Lessons to share
- Michael Brannan
  Deputy National Lead for Adult Health and Wellbeing, Public Health England

16:30 - 16:50  🏃‍♂️ Physical activity promotion in the Portuguese health system: A roadmap
- Pedro Teixeira
  Portuguese Physical Activity Promotion Program, Directorate-General of Health (DGS)

16:50 — 17:00  🍽️ Signature of Memorandums of Understandings with PNPAl

17:00 — 18:00  🏃‍♂️ Roundtable discussion
(Speakers to be confirmed)

18:00  Closing Session

For additional information please contact:
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