

“European Initiative for Exercise in Medicine” (EIEIM)

5th Annual Meeting

Exercise and Ageing – From hospital care to secondary prevention and ageing athletes
Patron: HRH Princess Benedikte



September 5th & 6th 2016
at Charlottenhaven, Copenhagen, Denmark

EUROPEAN INITIATIVE FOR
EXERCISE IN MEDICINE

REBRANDING MEDICAL
COUNSELING FOR HEALTH



Your Prescription for Health

ExeRcise
is Medicine®

2016
world
rowing
Masters Regatta

Copenhagen
Denmark





Welcome to our Annual Meeting, we hope you will enjoy the program!

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About the Meeting

This exercise and ageing meeting is held in conjunction with the 2016 World Rowing Regatta in Copenhagen and aims to promote the beneficial effects of exercise for the ageing patient and for the master athlete. Demographic changes will lead to a higher number of aging patients. Therefore in future, health care systems will not only deal with healing therapies, but have to bring back patients to a healthy life style with a reasonable dose of physical exercise.

Professional athletes of higher age have many health benefits but also specific medical issues which will be presented and discussed by international experts.

Day one is directed to the hospital and health care system, day two to the ageing aspect of the master athlete. The meeting is organized by the Rigshospitalet of the University of Copenhagen, Denmark in conjunction with the European Initiative for Exercise in Medicine and the University of Ulm, Germany. Support of the International Rowing Federation (FISA) is acknowledged.

September 5th, 2016

Day 1: Exercise to improve treatment for patients

10.00 - 10.05	Welcome: Per Christiansen, CEO, Rigshospitalet	13.50 - 14.10	Exercise and cancer Group leader, <i>PhD Pernille Højman, DK</i>
10.05 - 10.30	The moving and resting human being: a philosophical approach to exercise <i>Prof Peter Schantz, SE</i>	14.10 - 14.30	The resistance and endurance exercise after ChemoTherapy (REACT) study: Training at high or low-to-moderate intensity? <i>MSc. Caroline Kampshoff, NL</i>
10.30 - 10.50	Exercise is Medicine: Concept and idea <i>Prof Jürgen Steinacker, DE</i>	14.30 - 14.40	General Discussion
10.50 - 11.15	Coffee	14.40 - 15.10	Coffee
11.15 - 11.35	Exercise as Medicine – or – the exercise pill <i>Prof Bente Klarlund Pedersen, DK</i>	15.10 - 15.30	Exercise and Alzheimer's disease <i>Prof Steen Hasselbalch, DK</i>
11.35 - 11.55	The hospital bed as a risk factor? <i>Prof Henrik Kehlet, DK</i>	15.30 - 15.50	Importance of peripheral and central adaptations to exercise training for health benefits <i>Prof Carsten Lundby, CH</i>
11.55 - 12.15	Exercise and diabetes <i>Prof Flemming Dela, DK</i>	15.50 - 16.10	Training the heart patient <i>Prof Martin Halle, DE</i>
12.15 - 12.35	Exercise and COPD <i>MD Ulrik Winning Iepsen, DK</i>	16.10 - 16.20	General Discussion
12.35 - 12.45	General Discussion	16.20 - 16.30	Closing day 1
12.45 - 13.30	Lunch	16.30 - 17.30	National Founding Assembly: "Exercise is Medicine Denmark"
13.30 - 13.50	Exercise and osteoporosis <i>Prof Niklas Rye Jørgensen, DK</i>		

September 6th, 2016 Day 2: Ageing with exercise

08.50	<i>Everyone should be seated</i>	11.50 - 12.10	Balance brain temperature and maintain motor function <i>Prof Lars Nybo, DK</i>
09.00	Arrival of HRH Princess Benedikte	12.10 - 12.20	General Discussion
09.00 - 09.10	Introduction <i>Assoc. Prof Bay-Nielsen, DK</i>	12.20 - 13.15	Lunch
09.10 - 09.35	Growing older without feeling old <i>Prof Rudi JG Westendorp, DK</i>		Key note lecture
09.35 - 09.55	Whole body exercise in one stroke: the ultimate physiological challenge <i>Prof Niels Secher, DK</i>	13.15 - 14.00	Exercise: the elixir of life <i>Prof Michael Joyner, USA</i>
09.55 - 10.15	Performance genes - can we predict the born winner? <i>Prof Niels Vidiendal Olsen, DK</i>	14.00 - 14.20	Ageing heart and brain <i>Prof Johannes van Lieshout, NL</i>
10.15 - 10.35	Working with motivation and willpower <i>Rower, MSc Eskild Ebbesen, DK</i>	14.20 - 14.30	General Discussion
10.35 - 10.45	General Discussion	14.30 - 15.00	Coffee
10.45 - 11.15	Coffee	15.00 - 15.20	How to prevent atrophy in ageing muscles <i>Prof Michael Kjær, DK</i>
11.15 - 11.35	Ageing brain at work <i>Prof James Fisher, UK</i>	15.20 - 15.40	Ladies and Gentlemen playing football <i>Prof Peter Krstrup, DK</i>
11.35 - 11.50	Boost brain function with physical exercise <i>Prof Gitte Moos Knudsen, DK</i>	15.40 - 15.50	General Discussion
		15.50 - 16.00	Closing day 2

Congress Speakers

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Congress Speakers

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About EIEIM

Within Europe, physical activity in daily living has massively decreased and many people have no access to sports and exercise activities. In 15 EU countries, at least 50 % of people report that they never play sports or participate in regular physical activity. Medical doctors have an impact on the health habits of their patients and should be aware of the importance of physical activity in prevention and treatment of diseases.

The “European Initiative for Exercise in Medicine” (EIEIM) is the European Center of the global health initiative “Exercise is Medicine” (EIM). Currently, European countries involved in EIEIM

are: Austria, Belgium, Croatia, Czech Republic, Estonia, Finland, Germany, Great Britain, Holland, Hungary, Israel, Norway, Portugal, Slovakia, Spain, Sweden, Switzerland and the Ukraine.

Goals of the initiative are, to create a framework to combat obesity, sedentarism and chronic diseases by making physical activity an integral part of health care and disease prevention. Specifically, our aim is to foster and develop tools for physicians, health care providers, policy makers and exercise professionals to integrate exercise into clinical practice, university education, counseling and community health.

Venue:

Charlottehaven

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Charlottehaven is not only a Conference Center but also a training/wellness center with training facilities as well as a swimming pool, which can be used by all participants.

Please register online until July 13th, 2016:

www.exerciseismedicine.eu

Get the ticket for 1500 DKK (~ 200 €)