"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 Charlottehaven, Copenhagen, Denmark
Welcome to our Annual Meeting, we hope you will enjoy the program!

- About the Meeting
- Day 1 - Exercise to improve treatment for patients
- Day 2 - Ageing with exercise
- Congress Speakers
- Scientific and Organizing Committee
- About EIEIM – Venue – Registration

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 lifestyle 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

<table>
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<th>Time</th>
<th>Session</th>
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<td>10.00 - 10.05</td>
<td>Welcome: Per Christiansen, CEO, Rigshospitalet</td>
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<tr>
<td>10.05 - 10.30</td>
<td>The moving and resting human being: a philosophical approach to exercise</td>
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<td></td>
<td>Prof Peter Schantz, SE</td>
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<td>10.30 - 10.50</td>
<td>Exercise is Medicine: Concept and idea</td>
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<td>Prof Jürgen Steinacker, DE</td>
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<td>10.50 - 11.15</td>
<td>Coffee</td>
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<td>11.15 - 11.35</td>
<td>Exercise as Medicine – or – the exercise pill</td>
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<td></td>
<td>Prof Bente Klarlund Pedersen, DK</td>
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<td>11.35 - 11.55</td>
<td>The hospital bed as a risk factor?</td>
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<td>Prof Henrik Kehlet, DK</td>
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<td>11.55 - 12.15</td>
<td>Exercise and diabetes</td>
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<td>Prof Flemming Dela, DK</td>
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<tr>
<td>12.15 - 12.35</td>
<td>Exercise and COPD</td>
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<td>MD Ulrik Winning Iepsen, DK</td>
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<td>12.35 - 12.45</td>
<td>General Discussion</td>
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<td>12.45 - 13.30</td>
<td>Lunch</td>
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<tr>
<td>13.30 - 13.50</td>
<td>Exercise and osteoporosis</td>
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<td>Prof Niklas Rye Jørgensen, DK</td>
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<td>13.50 - 14.10</td>
<td>Exercise and cancer</td>
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<td>Group leader, PhD Henriette Højman, DK</td>
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<td>14.10 - 14.30</td>
<td>The resistance and endurance exercise after ChemoTherapy (REACT) study</td>
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<td>Training at high or low-to-moderate intensity?</td>
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<td>MSc. Caroline Kampshoff, NL</td>
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<tr>
<td>14.30 - 14.40</td>
<td>General Discussion</td>
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<td>14.40 - 15.10</td>
<td>Coffee</td>
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<td>14.50 - 15.30</td>
<td>Exercise and Alzheimer’s disease</td>
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<td>Prof Steen Hasselbalch, DK</td>
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<td>15.30 - 15.50</td>
<td>Importance of peripheral and central adaptations to exercise training</td>
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<td>for health benefits</td>
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<td>Prof Carsten Lundby, CH</td>
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<td>15.50 - 16.10</td>
<td>Training the heart patient</td>
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<td>Prof Martin Halle, DE</td>
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<td>16.10 - 16.20</td>
<td>General Discussion</td>
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<td>16.20 - 16.30</td>
<td>Closing day</td>
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<td>16.30 - 17.30</td>
<td>National Founding Assembly</td>
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<td>“Exercise is Medicine Denmark”</td>
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Congress Speakers

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September 6th, 2016  
Day 2: Ageing with exercise

08.50  Everyone should be seated

09.00  Arrival of HRH Princess Benedikte

09.00 - 09.10  Introduction  
Assoc. Prof Bay-Nielsen, DK

09.10 - 09.35  Growing older without feeling old  
Prof Rudi JG Westendorp, DK

09.35 - 09.55  Whole body exercise in one stroke: the ultimate physiological challenge  
Prof Niels Secher, DK

09.55 - 10.15  Performance genes - can we predict the born winner?  
Prof Niels Vidiendal Olsen, DK

10.15 - 10.35  Working with motivation and willpower  
Rower, MSc Eskild Ebbesen, DK

10.35 - 10.45  General Discussion

10.45 - 11.15  Coffee

11.15 - 11.35  Ageing brain at work  
Prof James Fisher, UK

11.35 - 11.50  Boost brain function with physical exercise  
Prof Gitte Moos Knudsen, DK

11.50 - 12.10  Balance brain temperature and maintain motor function  
Prof Lars Nybo, DK

12.10 - 12.20  General Discussion

12.20 - 13.15  Lunch

13.15 - 14.00  Exercise: the elixir of life  
Prof Michael Joyner, USA

14.00 - 14.20  Ageing heart and brain  
Prof Johannes von Lieshout, NL

14.20 - 14.30  General Discussion

14.30 - 15.00  Coffee

15.00 - 15.20  How to prevent atrophy in ageing muscles  
Prof Michael Kjaer, DK

15.20 - 15.40  Ladies and Gentlemen playing football  
Prof Peter Krstrup, DK

15.40 - 15.50  General Discussion

15.50 - 16.00  Closing day 2

Key note lecture

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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:
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info@charlottehaven.com

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 €)