



Exercise is Medicine Europe (EIEIM) 8th Annual Meeting

September 20th & 21st 2019
Amsterdam, The Netherlands



Program

8th Annual Meeting of Exercise is Medicine in Europe
Conference theme: "Healthy active ageing"
Venue: Amsterdam Public Library (OBA)

The Annual Meeting is for physicians, health care professionals, sports scientists, public health and health technology specialists.

Accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 7 European CME credits (ECMEC®s).



General information

Exercise is Medicine® (EIM) (<http://www.exerciseismedicine.org/>) is a global health initiative founded by the American College of Sports Medicine (ACSM) (<https://www.acsm.org/>) that is focused on encouraging primary care physicians and other health care providers to include physical activity when designing treatment plans for patients and referring their patients to EIM Credentialed Exercise and Exercise Professionals. EIM is committed to the belief that physical activity is integral in the prevention and treatments of diseases and should be regularly assessed and “treated” as part of all healthcare.

Congress Committee

University Medical Center Groningen (UMCG):

J. Hans Zwerver
Rienk Dekker
Lucas van der Woude

Amsterdam UMC, location VUmc:

Willem van Mechelen
Hidde van der Ploeg
Pieter Coenen

Ulm University, Sports and Rehabilitation Medicine

J. M. Steinacker

Organizing Agency

CPO HANSER SERVICE Hanser & Co GmbH,
EIEIM2019@cpo-hanser.de

Organiser

European Initiative for Exercise in Medicine e.V.

Prof. Dr. Jürgen M. Steinacker (Chair)
Lisa Kempter (Center Manager)
c/o Ulm University
Leimgrubenweg 14
89075 Ulm
Germany
Exercise.Medicine@uniklinik-ulm.de



www.exerciseismedicine.eu



Venue & Parking

OBA Expedition, Oosterdoksstraat 110, 1011 DK Amsterdam

For the actual route to the parking, see the site: <https://oosterdokseiland.nl/bouw/>



Link to the Scientific Abstracts





Day 1

Friday September 20, 2019

08.30-09.30 registration/coffee

09.30-11.00 block 1- Introduction

Chairs: Willem van Mechelen, Amsterdam; Jürgen M. Steinacker, Ulm

09.30-09.40	Welcome	Willem van Mechelen; Amsterdam UMC, location VUmc (NL)
09.40-09.45	Message from the President of FIMS	Fabio Pigozzi, Rome (IT); President of the International Federation of Sports Medicine (FIMS)
09.45-09.50	The need for a Global Alliance	Yannis Pitsiladis, Brighton (UK); Chair of the Science Commission of FIMS
09.50-09.55	Exercise Is Medicine: Continuously Improving	Kathryn Schmitz; Chair of the EIM Governance Board (USA).
09.55-10.00	EIM and the Global health alliance	Jürgen M. Steinacker, Ulm(GER); Chair of the European Initiative for Exercise in Medicine
10.00-10.30	Role of big data	Philip Treleaven; University College London (UK)
10.30-11.00	Role of Modern Technology	Heleen Riper; VU University Amsterdam (NL)

11.00-11.30 *Coffee / Industry Exhibition / Networking / Poster tour # 1 - 8*

11.30-13.00 block 2 – Settings

Chairs: Luis Bettencourt Sardinha, Lisbon; Hidde van der Ploeg, Amsterdam

11.30-12.00	EIM in primary care – Sweden leads by example	Mats Borjesson; University of Gothenburg (SE)
12.00-12.30	On a blue print for EIM in Dutch Hospital Care	Rienk Dekker; University of Groningen (NL)
12.30-13.00	To sit or not to sit – epidemiological and experimental evidence and implications for clinical settings	Ulf Ekelund; Norwegian School of Sport Sciences, Oslo (NO)

13.00-14.00 *Lunch break / Industry Exhibition / Networking / Poster tour # 9 – 21*



Day 1

Friday September 20, 2019

14.00-15.30 block 3 – Disease specific EIM

Chairs: Mats Borjesson, Gothenburg; Miklos Toth, Budapest

14.00-14.30	EIM for cancer patients	Kathryn Schmitz; Penn State University (USA)
14.30-15.00	EIM as pre-hab in pre-operative care	Joost Klaase; University of Groningen (NL)
15.00-15.30	EIM and neuro-degenerative disease	Claus Reinsberger; University Paderborn (DE)

15.30-16.00 Coffee / Industry Exhibition / Networking / Poster tour # 22 - 29

16.00-17.30 block 4 – EIM for the young

Chairs: Mai Chin A Paw, Amsterdam; Rüdiger Reer, Hamburg

16.00-16.30	Physical activity and cognition; what do we know in kids?	Mai Chin A Paw, Amsterdam UMC, location VUmc (NL)
16.30-17.00	Physical activity interventions for children; do they really work?	Esther van Sluijs, MRC Epidemiology Unit, Cambridge (UK)
17.00-17.30	EIM for the clinical paediatric population.	Ugo Giordano, Bambino Gesù Children's Hospital, Rome, (IT)

18.00 Reception hosted by the City of Amsterdam



Day 2

Saturday September 21, 2019

09.00-10.30 block 5 – EIM for persons with a disability

Chairs: Lucas van der Woude, Groningen; Kathleen Martin-Ginis; Kelowna

09.00-09.30	Implementing EIM in community dwelling persons with a disability	Kathleen Martin-Ginis; University of British Columbia (CA)
09.30-10.00	Exercise promotion programs for people with disabilities; what is the role of technology?	James Rimmer, University of Alabama (USA)
10.00-10.30	Exercise for manual wheelchair users	Sonja de Groot, Amsterdam Rehabilitation Research Center/Reade (NL)

10.30-11.00 Coffee / Industry Exhibition / Networking / Poster tour # 30 - 42

11.00-12.30 block 6 - Future developments

Chairs: Hans Zwerver, Groningen, Jürgen M. Steinacker, Ulm

11.00-11.30	Marketing EIM	Tom de Bruijne, SUE Amsterdam & Behavioural Design Academy (NL)
11.30-12.00	On the ethics of EIM	Menno de Bree, University of Groningen (NL)
12.00-13.00	<i>Closure</i>	Hans Zwerver University of Groningen (NL) & Jürgen Steinacker Ulm University

**14.00-16.00 European National Center Meeting and EIEIM Member Assembly
OBA (Prinsenzaal 6.6)**



Continuing Education and Continuing Medical Education

The 8th Annual Meeting of Exercise is Medicine in Europe, Amsterdam, The Netherlands, 20/09/2019-21/09/2019 has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 7 European CME credits (ECMEC®s). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

Through an agreement between the Union Européenne des Médecins Spécialistes and the American Medical Association, physicians may convert EACCME® credits to an equivalent number of AMA PRA Category 1 Credits TM. Information on the process to convert EACCME® credit to AMA credit can be found at www.ama-assn.org/education/earn-credit-participation-international-activities.

Live educational activities, occurring outside of Canada, recognised by the UEMS-EACCME® for ECMEC®s are deemed Accredited Group Learning Activities (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

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Zernikepark 16
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The Netherlands
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Beim Alten Fritz 2
89075 Ulm
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www.neurosys.de

Universitätsklinikum Ulm
Sport- und Rehabilitationsmedizin
Leimgrubenweg 14
89075 Ulm
www.uni-ulm.de/sportmedizin

Department of Public and Occupational
Health (DPOH)
Location VUmc (MF D-352), Van der
Boechorststraat 7, 1081 BT Amsterdam
www.amsterdam-public-health.org

Universitair Medisch Centrum Groningen
Naam/afdeling
Postbus 30.001
9700 RB Groningen
www.umcg.nl

European Initiative for Exercise in Medicine e.V.
c/o Ulm University
Leimgrubenweg 14
89075 Ulm, Germany
Exercise.Medicine@uniklinik-ulm.de
Exercise is Medicine Initiative

American College of Sports Medicine
401 W. Michigan Street, Indianapolis, Indiana
46202-3233, U.S.A.
www.exerciseismedicine.org