“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 as medicine. 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. Endorsed by the International Rowing Federation (FISA).
### September 5th, 2016
#### Day 1: Exercise to improve treatment for patients

**Chairpersons:** Jürgen Steinacker, DE, and Bente Klarlund Pedersen, DK

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<td>10.05 - 10.30</td>
<td>The moving and resting human being: a philosophical approach to exercise</td>
<td>Prof Peter Schantz, SE</td>
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<td>Exercise is Medicine: Concept and idea</td>
<td>Prof Jürgen Steinacker, DE</td>
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<td>Exercise as Medicine – or – the exercise pill</td>
<td>Prof Bente Klarlund Pedersen, DK</td>
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<td>The hospital bed as a risk factor?</td>
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<td>Exercise and diabetes</td>
<td>Prof Flemming Dela, DK</td>
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<td>MD Ulrik Winning Iepsen, DK</td>
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<td>Exercise and osteoporosis</td>
<td>Prof Niklas Rye Jørgensen, DK</td>
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<td>Exercise and cancer</td>
<td>Group leader, PhD Pernille Højman, DK</td>
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<td>14.10 - 14.30</td>
<td>The resistance and endurance exercise after ChemoTherapy (REACT) study: Training at high or low-to-moderate intensity?</td>
<td>MSc. Caroline Kampshoff, NL</td>
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<td>Exercise and Alzheimer’s disease</td>
<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 for health benefits</td>
<td>Prof Carsten Lundby, CH</td>
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<td>15.50 - 16.10</td>
<td>Training the heart patient</td>
<td>Prof Martin Halle, DE</td>
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<td>General Discussion and Final Remarks Day 1</td>
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<td>16.30 - 17.30</td>
<td>Networking, snacks and drinks</td>
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Chairpersons: Henning Bay Nielsen, DK and Michael Kjær, DK

08.50 Everyone should be seated
09.00 Arrival of HRH Princess Benedikte
09.00 - 09.10 Introduction
Assoc. Prof Henning 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
10.15-10.25 General Discussion
10.25-10.30 Introduction to the Special Talk
Tone Pahle, International Rowing Federation
10.30-10.55 Special talk: Working with motivation and willpower
Rower, MSc Eskild Ebbesen, DK
10.55 - 11.15 Break
11.15 - 11.35 Ageing brain at work
Prof James Fisher, UK
11.35 - 11.55 Boost brain function with physical exercise
Prof Gitte Moos Knudsen, DK
11.55 - 12.15 Balance brain temperature and maintain motor function
Prof Lars Nybo, DK
12.15 - 12.25 General Discussion
12.25 - 13.15 Lunch

Chairperson: Flemming Dela, DK

13.15 - 14.00 Key note lecture
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 Break
15.00 - 15.20 How to prevent atrophy in ageing muscles
Prof Michael Kjær, DK
15.20 - 15.40 Ladies and Gentlemen playing football
Prof Peter Krstrup, DK
15.40 - 15.50 General Discussion
15.50 - 16.00 Final Remarks Day 2 and Closing
Congress Speakers and Chairpersons

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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 participate in sports or other 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.

**About EIEIM**

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