

# “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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- Day 2 - Ageing with exercise
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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

<b>10.00 - 10.05</b>	<b>Welcome: Per Christiansen, CEO, Rigshospitalet</b>	<b>13.30 - 13.50</b>	<b>Exercise and osteoporosis</b> <i>Prof Niklas Rye Jørgensen, DK</i>
<b>10.05 - 10.10</b>	<b>Tone Pahle, International Rowing Federation</b>	<b>13.50 - 14.10</b>	<b>Exercise and cancer</b> <b>Group leader,</b> <i>PhD Pernille Højman, DK</i>
<b>10.10 - 10.35</b>	<b>The moving and resting human being: a philosophical approach to exercise</b> <i>Prof Peter Schantz, SE</i>	<b>14.10 - 14.30</b>	<b>The resistance and endurance exercise after ChemoTherapy (REACT) study: Training at high or low-to-moderate intensity?</b> <i>MSc. Caroline Kampshoff, NL</i>
<b>10.35 - 10.50</b>	<b>Exercise is Medicine: Concept and idea</b> <i>Prof Jürgen Steinacker, DE</i>	<b>14.30 - 14.40</b>	<b>General Discussion</b>
<b>10.50 - 11.15</b>	<b>Coffee</b>	<b>14.40 - 15.10</b>	<b>Coffee</b>
<b>11.15 - 11.35</b>	<b>Exercise as Medicine – or – the exercise pill</b> <i>Prof Bente Klarlund Pedersen, DK</i>	<b>15.10 - 15.30</b>	<b>Exercise and Alzheimer's disease</b> <i>Prof Steen Hasselbalch, DK</i>
<b>11.35 - 11.55</b>	<b>The hospital bed as a risk factor?</b> <i>Prof Henrik Kehlet, DK</i>	<b>15.30 - 15.50</b>	<b>Importance of peripheral and central adaptations to exercise training for health benefits</b> <i>Prof Carsten Lundby, CH</i>
<b>11.55 - 12.15</b>	<b>Exercise and diabetes</b> <i>Prof Flemming Dela, DK</i>	<b>15.50 - 16.10</b>	<b>Training the heart patient</b> <i>Prof Martin Halle, DE</i>
<b>12.15 - 12.35</b>	<b>Exercise and COPD</b> <i>MD Ulrik Winning Iepsen, DK</i>	<b>16.10 - 16.20</b>	<b>General Discussion</b>
<b>12.35 - 12.45</b>	<b>General Discussion</b>	<b>16.20 - 16.30</b>	<b>Closing day 1</b>
<b>12.45 - 13.30</b>	<b>Lunch</b>	<b>16.30 - 17.30</b>	<b>National Founding Assembly: "Exercise is Medicine Denmark"</b>

## September 6th, 2016 Day 2: Ageing with exercise

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

## Congress Speakers

### Bente Klarlund Pedersen

Professor, MD, DMSc, Director, Centre for Physical Activity Research (CFAS) and Centre of Inflammation and Metabolism (CIM), Rigshospitalet and University of Copenhagen, Denmark

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### Carsten Lundby

Professor, Center for Integrative Human Physiology (ZIHP), University of Zurich, Institute of Physiology, Zürich, Switzerland

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### Eskild Ebbesen

5-times Olympic Medalist Rower, MSc, Denmark

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### Flemming Dela

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### Gitte Moos Knudsen

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### Henrik Kehlet

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### James Fisher

Professor, School of Sport, Exercise and Rehabilitation Sciences, College of Life & Environmental Sciences, University of Birmingham, UK

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### Johannes van Lieshout

Professor, MD, DMSc, Internal Medicine & Clinical Cardiovascular Physiology Academic Medical Centre, University of Amsterdam, Netherlands & School of Life Sciences, The Medical School, University of Nottingham, United Kingdom

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### Jürgen Steinacker

Professor, Dr. med. Dr. h.c., Universitätsklinikum Ulm Sektion Sport- und Rehabilitationsmedizin, Ulm Germany

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### Lars Nybo

Professor, DMSc, Department of Nutrition, Exercise and Sports, Integrated Physiology, University of Copenhagen, Denmark

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## Congress Speakers

### **Martin Halle**

Professor, Dr. Policlinic for Preventive and Rehabilitative Sports Medicine, Technische Universität München, School of Medicine, Munich, Germany  
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### **Michael Joyner**

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### **Michael Kjær**

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### **Niklas Rye Jørgensen**

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### **Pernille Højman**

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### **Peter Krstrup**

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### **Peter Schantz**

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### **Rudi J.G. Westendorp**

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## Local Scientific and Organizing Committee, Copenhagen, Denmark

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### **Emil Holm Toft**

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## EIEIM Scientific and Organizing Committee, Ulm, Germany

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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:

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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](http://www.exerciseismedicine.eu)

Get the ticket for 1500 DKK (~ 200 €)