



NTNU – Trondheim
Norwegian University of
Science and Technology



NORHEART
NORWEGIAN PHD SCHOOL OF HEART RESEARCH



**The Research Council
of Norway**

The 7th Seminar on Exercise in Medicine, Trondheim, 14-15th December 2017

It is a pleasure to invite you to “The 7th Seminar on Exercise in Medicine” in Trondheim the 14–15th of December 2017. The seminar is hosted by the K.G. Jebsen Center of Exercise in Medicine/Cardiac Exercise Research Group at the Department of Circulation and Medical Imaging, at Norwegian University of Science and Technology (NTNU), Trondheim, Norway.

Exercise in Medicine brings together young and experienced researchers in the field of epidemiology, clinical cardiology, exercise in medicine and basic mechanism of cardiovascular function. The main purpose is to discuss recent progress in using exercise as medicine in an informal and intimate setting.

Program 14th December 2017
Seminar on Exercise in Medicine, Trondheim

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| Location: KA11 0830–0900 | WELCOME AND OPENING OF THE SEMINAR Ulrik Wisløff, K.G. Jebsen Center for Exercise in Medicine, NTNU, Norway |
| Location: KA11 | PHYSICAL FITNESS IN HEALTH AND DISEASE: PAST – PRESENT - FUTURE Chair: Chip Lavie, John Ochsner Heart and Vascular Institute in New Orleans, USA |
| Robert Sallis 0900–0920 | Exercise is Medicine Advisory Board Chairman, USA Call to Action on making physical activity assessment and prescription a medical standard of care |
| Leonard Kaminsky 0920–0940 | Ball State University, USA Physical fitness and cardiovascular disease: The past, the present and the future |
| Jari Laukkanen 0940–1000 | University of Eastern Finland Reflections on physical activity and health: what should we recommend? |
| 1000–1030 | BREAK |
| Location: KA11 | HOW TO MAKE THE WORLD ACTIVE ENOUGH? Chair: Cemal Ozemek University of Illinois at Chicago, USA |
| Chip Lavie 1030–1050 | John Ochsner Heart and Vascular Institute in New Orleans, USA Global physical activity levels: surveillance progress, pitfalls and prospects |
| Robert Ross 1050–1110 | Queen’s University, Canada Waging war on modern chronic disease: prevention through exercise |
| Mike Brannan 1110–1130 | Public Health England Active 10: A better recommendation to get England active? |
| Round table discussion 1130–1230 | Robert Sallis, Leonard Kaminsky, Jari Laukkanen, Chip Lavie, Robert Ross, Mike Brannan and Cemal Ozemek interviewed by Gretchen Reynolds of the New York Times, and Øystein Tveite and Henriette Øien from the Norwegian Health Directorate. |
| 1230–1330 | LUNCH |
| Location: KA11 | HOW TO MAKE THE WORLD ACTIVE ENOUGH? E-HEALTH, ARTIFICIAL INTELLIGENCE AND BEHAVIOURAL APPROACHES TO REVOLUTIONIZE PHYSICAL ACTIVITY RESEARCH Chair: Jacqueline Flock, SINTEF Norway |
| Sabato Mellone 1330–1350 | Bologna University, Italy Using artificial intelligence to revolutionize physical activity adherence |
| Javaid Nauman 1350–1410 | United Arab Emirates University, Dubai Physical Activity Intelligence: A new standard of activity tracking |
| Elisabeth Boulton 1410–1430 | University of Manchester, UK Behavioral approaches to increasing physical activity participation |
| 1430–1445 | BREAK |
| Location: KA11 1445–1515 | YOUR RESEARCH IN THE HEADLINES: DEALING WITH THE MEDIA Gretchen Reynolds, The New York Times |
| 1530–1630 | SPEED-UPDATE FROM K.G. JEBSEN CENTER OF EXERCISE IN MEDICINE Chair: Øivind Rognmo, K.G. Jebsen Center of Exercise in Medicine, NTNU, Norway |



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| Location: KA11 | BIOBANKS AND REGISTERS Chair: Anja Bye, K.G. Jebsen Center of Exercise in Medicine, NTNU, Norway |
| Kristian Hveem 1000–1030 | Norwegian University of Science and Technology (NTNU), Norway The All-in study – current status and future opportunities |
| Torbjørn Omland 1030–1100 | University of Oslo, Norway Effect of exercise on cardiovascular biomarkers: clinical implications |
| Location: KA11 | EXERCISE IS MEDICINE Chair: Marko Ljubkovic, Medical University Split, Croatia |
| Mark Haykowsky 1100–1130 | University of Texas at Arlington, USA Curing the cancer - killing the heart: Role of exercise to reverse cardiac dysfunction |
| 1130–1150 | BREAK |
| Location: KA11 | EXPERIMENTAL Chair: Jasna Marinović, Medical University Split, Croatia |
| Jose Bianco N Moreira 1150–1210 | Norwegian University of Science and Technology (NTNU), Norway Exercise is molecular medicine |
| 1210–1315 | LUNCH |
| Location: KA11 | BRAIN HEALTH Chair: Linda Bergersen, University of Oslo, Norway |
| Emrah Duezel 1315–1335 | University Hospital Magdeburg, Germany Can physical exercise in old age improve memory and hippocampal function? |
| Christiane Wrann 1335–1355 | Massachusetts General Hospital and Harvard University, USA Irisin – its role in the nervous system and as a mediator for beneficial effects of exercise on the brain |
| Christian Doeller 1355–1415 | Kavli Institute for Systems Neuroscience, NTNU, Norway. Virtual reality in translational neuroscience |
| 1415–1430 | CONCLUDING REMARKS |

