“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
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.

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

### September 5th, 2016
**Day 1: Exercise to improve treatment for patients**

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

Keynote Lectures

11.50 - 12.10 Balance brain temperature and maintain motor function
     Prof Lars Nybo, DK
13.15 - 14.00 Exercise: the elixir of life
     Prof Michael Joyner, USA
15.00 - 15.20 How to prevent atrophy in ageing muscles
     Prof Michael Kjaer, DK

Congress Speakers

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Congress Speakers

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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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Hjørringgade 12C
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www.charlottehaven.com
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 €)