



Day 1

15th
September



10:00 Opening session

- Luís Sardinha**
Portuguese Initiative for Exercise is Medicine
- Jürgen Steinacker**
European Initiative for Exercise is Medicine
- Francisco George**
Directorate-General of Health

10:30 — 14:00 session 1

Exercise and Health Foundations

Chairs **Domingos Henrique & José Soares**

keynote 10:30 - 11:00

Molecular mediators of the effects of exercise: from metabolism to mental health

Jorge Ruas
Department of Physiology and Pharmacology, Karolinska Institutet

11:00 — 11:30 ☕ Coffee break

11:30 - 12:00

Translational regulation of metabolic adaptations to exercise with aging

Matthew Robinson
School of Biological and Population Health Sciences, Oregon State University

12:00 - 12:30

Anti-cancer effects of physical exercise: biological mechanisms and implications for clinical practice

Jesper Frank Christensen
Centre for Inflammation and Metabolism, Centre for Physical Activity Research

12:30 — 14:00 🍴 Lunch break

14:00 — 16:15 Session 2

Physical Activity Epidemiology and Public Health

Chairs **Fátima Baptista & Jorge Mota**

14:00 - 14:15

Physical activity and sedentary behavior measurement and surveillance systems

Luís B. Sardinha
Faculty of Human Kinetics, University of Lisbon

14:15 - 14:30

A roadmap for walking and cycling in and around modern cities

David Vale
Faculty of Architecture, University of Lisbon

14:30 - 14:45

Prolonged sitting, breaks, and health

Pedro Júdice
CIPER - Interdisciplinary Center for Human Performance, Faculty of Human Kinetics, University of Lisboa

keynote 14:45 - 15:15

Benefits and risks of sports and physical activity: a public health perspective

Willem Van Mechelen
Occupational and Sports Medicine, VU University Medical Centre

15:15 — 15:45 🗣️ Discussion

15:45 — 16:15 ☕ Coffee break

16:15 — 18:00 Session 3

Exercise Physiology, Medicine & Health

Chairs **Helena Santa-Clara & José Alberto Duarte**

16:15 - 16:30

Physical activity, exercise, sedentary behaviors, and fitness: What do you mean?

José Oliveira
Faculty of Sports, University of Porto

16:30 - 16:45

The Physician's role in physical activity promotion

- Rita Tomás**
Portuguese Physical Activity Promotion Program, Directorate-General of Health; Clínica CUF Alvalade
- Marcos Agostinho**
Santa Cruz Family Health Unit (USF) - ARS Lisboa e Vale do Tejo

16:45 - 17:00

Exercise Physiologists or personal trainers: Who are you?

Rita Santos Rocha
School of Sports, Polytechnic Institute of Santarém

keynote 17:00 - 17:30

The professional field of Exercise Physiology in Canada

Jonathon Fowles
School of Kinesiology, Acadia University

17:30 — 18:00 🗣️ Discussion

Day 2

16th
September

09:30 - 11:45 session 4

Exercise Counselling and Prescription

Chairs **Andreia Jorge Silva & J.L.Themudo Barata**

09:30 - 10:00

Behavior modification in primary health care: The road less travelled

- Marlene Nunes Silva**
CIPER - Interdisciplinary Center for Human Performance, Faculty of Human Kinetics, University of Lisboa
- Alexandre Marques**
Faculty of Medicine, University of Coimbra

Day 2

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September



10:00 - 10:15

Physical activity technology which is *fit* for use

● Romeu Mendes

Public Health Unit ACES Douro I - Marão e Douro Norte; EPIUnit - Institute of Public Health, Porto University; Trás-os-Montes e Alto Douro University

10:15 - 10:30

A web-based functional fitness index for older adults

● Diana Santos

CIPER - Interdisciplinary Center for Human Performance, Faculty of Human Kinetics, University of Lisbon

keynote 10:30 - 11:00

High intensity interval training, Personalised Activity Intelligence, and the "world's fitness level": roadmap to better health and longer life?

● Ulrik Wisløff

Centre for Exercise in Medicine, Department of Circulation and Medical Imaging, Faculty of Medicine and Health Sciences

11:00 — 11:15 Discussion

11:15 — 11:45 Coffee break

11:45 - 14:00 Session 5

Special session: Physical Activity Guidelines

Chairs ● Pedro Teixeira ● Charles Hillman

keynote 11:45 - 12:15

Past and present physical activity guidelines

● Pedro Saint-Maurice

National Institutes of Health, National Cancer Institute, Bethesda

12:15 - 13:00

Commentary and discussion

● Ulrik Wisløff

Centre for Exercise in Medicine, Department of Circulation and Medical Imaging, Faculty of Medicine and Health Sciences

● Michael Brannan

Deputy National Lead for Adult Health and Wellbeing, Public Health England

13:00 — 14:00 Lunch break

14:00 - 16:00 Session 6

The Exercise is Medicine Model

Chairs ● José Gomes Pereira ● Jonathon Fowles

14:00 - 14:20

A brief history and key elements of Exercise is Medicine in Europe

● Jürgen Steinacker

Division Sports and Rehabilitation Medicine, University of Ulm

14:20 - 14:40

Who benefits, and who should pay, for having exercise in medicine?

● Klaus-Michael Braumann

Faculty of Psychology and Human Movement, Hamburg University; German Society of Sports Medicine and Prevention

keynote 14:40 - 15:10

The role of childhood physical activity on brain, cognition, and academic achievement

● Charles Hillman

Northeastern University, Boston

15:10 — 15:30 Discussion

15:30 — 16:00 Coffee break

16:00 - 18:00 Session 7

Physical Activity Promotion in Health Care

Chairs ● Cristina Valadas & Henrique Botelho

keynote 16:00 - 16:30

The 'Physical Activity Team' at Public Health England: Lessons to share

● Michael Brannan

Deputy National Lead for Adult Health and Wellbeing, Public Health England

keynote 16:30 - 16:50

Physical activity promotion in the Portuguese health system: A roadmap

● Pedro Teixeira

Portuguese Physical Activity Promotion Program, Directorate-General of Health (DGS)

16:50 — 17:00 Signature of Memorandums of Understandings with PNPAF

17:00 — 18:00 Roundtable discussion
(Speakers to be confirmed)

18:00 Closing Session

● José Alves Diniz

Faculty of Human Kinetics, University of Lisbon

● Henrique Martins

Shared Services of the Health Ministry

● Adalberto Campos Fernandes

Portuguese Health Minister
(to be confirmed)

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