

8th Annual Meeting of Exercise is Medicine in Europe

Conference theme: "healthy active ageing"

Venue: Amsterdam Public Library (OBA)

The Annual Meeting is for physicians, health care professionals, sports scientists, public health and health technology specialists. European UEMS accreditation is applied.

Day 1

Friday September 20, 2019

08.30-09.30 registration/coffee

09.30-11.00 block 1- Introduction

Chairs: Willem van Mechelen, Amsterdam; Jürgen M. Steinacker, Ulm

09.30-09.40	Welcome	Willem van Mechelen; Amsterdam UMC, location VUmc (NL)
09.40-09.45	Message from the President of FIMS	Fabio Pigozzi, Rome (IT); President of the International Federation of Sports Medicine (FIMS)
09.45-09.50	The need for a Global Alliance	Yannis Pitsiladis, Brighton (UK); Chair of the Science Commission of FIMS
09.50-09.55	Exercise Is Medicine: Continuously Improving	Kathryn Schmitz; Chair of the EIM Governance Board (USA).
09.55-10.00	EIM and the Global health alliance	Jürgen M. Steinacker, Ulm(GER); Chair of the European Initiative for Exercise in Medicine
10.00-10.30	Role of big data	Philip Treleaven; University College London (UK)
10.30-11.00	Role of Modern Technology	Heleen Riper; VU University Amsterdam (NL)

11.00-11.30 *Coffee / Industry Exhibition / Networking / Poster tour # 1 - 8*

11.30-13.00 block 2 – Settings

Chairs: Luis Bettencourt Sardinha, Lisbon; Hidde van der Ploeg, Amsterdam

11.30-12.00	EIM in primary care – Sweden leads by example	Mats Borjesson; University of Gothenburg (SE)
12.00-12.30	On a blue print for EIM in Dutch Hospital Care	Rienk Dekker; University of Groningen (NL)

12.30-13.00	To sit or not to sit – epidemiological and experimental evidence and implications for clinical settings	Ulf Ekelund; Norwegian School of Sport Sciences, Oslo (NO)
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13.00-14.00 Lunch break / Industry Exhibition / Networking / Poster tour # 9 - 21

14.00-15.30 block 3 – Disease specific EIM

Chairs: Mats Borjesson, Gothenburg; Miklos Toth, Budapest

14.00-14.30	EIM for cancer patients	Kathryn Schmitz; Penn State University (USA)
14.30-15.00	EIM as pre-hab in pre-operative care	Joost Klaase; University of Groningen (NL)
15.00-15.30	EIM and neuro-degenerative disease	Claus Reinsberger; University Paderborn (DE)

15.30-16.00 Coffee / Industry Exhibition / Networking / Poster tour # 22 - 29

16.00-17.30 block 4 – EIM for the young

Chairs: Mai Chin A Paw, Amsterdam; Rüdiger Reer, Hamburg

16.00-16.30	Physical activity and cognition; what do we know in kids?	Mai Chin A Paw, Amsterdam UMC, location VUmc (NL)
16.30-17.00	Physical activity interventions for children; do they really work?	Esther van Sluijs, MRC Epidemiology Unit, Cambridge (UK)
17.00-17.30	EIM for the clinical paediatric population.	Ugo Giordano, Bambino Gesù Children's Hospital, Rome, (IT)

18.00 Reception hosted by the City of Amsterdam

Day 2

Saturday September 21, 2019

09.00-10.30 block 5 – EIM for persons with a disability

Chairs: Lucas van der Woude, Groningen; Kathleen Martin-Ginis; Kelowna

09.00-09.30	Implementing EIM in community dwelling persons with a disability	Kathleen Martin-Ginis; University of British Columbia (CA)
09.30-10.00	Exercise promotion programs for people with disabilities; what is the role of technology?	James Rimmer, University of Alabama (USA)
10.00-10.30	Exercise for manual wheelchair users	Sonja de Groot, Amsterdam Rehabilitation Research Center/Reade (NL)

10.30-11.00 Coffee / Industry Exhibition / Networking / Poster tour # 30 - 40

11.00-12.30 block 6 - Future developments

Chairs: Hans Zwerver, Groningen, Prof. dr. F.J.G. Backx, Utrecht

11.00-11.30	Marketing EIM	Tom de Bruijne, SUE Amsterdam & Behavioural Design Academy (NL)
11.30-12.00	On the ethics of EIM	Menno de Bree, University of Groningen (NL)
12.00-13.00	Closure	Hans Zwerver University of Groningen (NL) & Jürgen Steinacker Ulm University

Congress Committee:

University Medical Center Groningen (UMCG):

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Rienk Dekker

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