

The way to the...



15-20 September, 2013 | Granada, SPAIN
Granada Exhibition and Conference Centre
"Joining Cultures Through Nutrition"

International Workshop
PHYSICAL ACTIVITY IN THE PREVENTION AND TREATMENT OF CHRONIC DISEASES

November 9th, 2011

Aula Magna, School of Sport Sciences, University of Granada

Coordinators:

Prof. Manuel Castillo

Prof. Ángel Gil

Dr. Jonatan Ruiz

Aula Magna, School of Sport Sciences, University of Granada

Preliminary program

9:30-9:45 Opening and Introduction

Vicerrector de Investigación y Política Científica and Coordinators

9:45-10:30 How do vigorous exercise and stem cell differentiation play a role in development of a healthy body composition? A new theory with implications for prevention of obesity and obesity-related diseases

Bernard Gutin

10:30-11:00 Physical activity and cancer: Can exercise physiology assist oncologists?

Alejandro Lucia

11:00 -11:30 Break and poster exhibition

11:30-12:30 Round Table and Press conference with all speakers and communication media

12:30-13:00 Physical activity, fitness and obesity in youth: evidence from cross-sectional and longitudinal studies

Francisco B Ortega

13:00-13:30 Overcoming leptin resistance: the role of physical activity

Jose A Calbet

13:30-15:00 Break and posters exhibition

15:00-15:30 Can physical activity reduce the genetic risk to develop cardiovascular disease?

Jonatan R Ruiz

15:30-16:00 What are the benefits of exercise on mental health and prevention of neurodegenerative diseases

Ken Fox

16:00-16:30 Physical activity habits of medical students and doctors influence their counselling practices

John Duperly

16:30-17:00 Break and posters exhibition

17:00-17:30 Promoting physical activity for population health in Europe

Pekka Oja

17:30-18:00 Conclusions, remarks and closing

Coordinators

Organized by:



Sponsored by:

