

Thursday November 15th

CFAS symposium on “Exercise as Medicine: From Man to Molecule”

Program

08.30 – 09.00	<i>Registration and coffee</i>
09.00 – 09.05	Welcome by Bente Klarlund Pedersen
09.05 – 09.20	Exercise as Medicine – an introduction Frank Booth
09.20 – 10.00	The role of exercise in disease prevention on a societal level Michael Joyner
10.00 – 10.30	Exercise-induced factors in diabetes and cancer Mark Febbraio
10.30 – 11.00	<i>Coffee</i>
11.00 – 11.30	The glymphatic system: the brain’s housekeeper Tuomas Lilius
11.30 – 12.00	Supporting motivation for exercise in chronic illness self-management Julie Midtgaard
12.00 – 12.30	Short stories, part 1 – <i>moderated by Fredrik Karpe</i>
12.30 – 13.15	<i>Lunch</i>
13.15 – 13.45	Myths about exercise and health Bente Klarlund Pedersen
13.45 – 14.15	Pre-operative training improves cancer-related clinical outcomes in cancer patients Pernille Højman
14.15 – 14.30	Short stories, part 2 – <i>moderated by Fredrik Karpe</i>
14.30 – 15.00	<i>Coffee</i>
15.00 – 15.30	Exercise as medicine: Closing the gap between Science and Society Bente Klarlund Pedersen
15.30 – 16.00	Symposium closing in Danish: “Vanvittigt sund” Peter Larsen alias Erna Iversen