The program headlines of this symposium reflect the research interests and research history of Bengt Saltin

- The History - Continuing in the Steps of Krogh and Lindhard
- The Copenhagen Muscle Research Centre
- Muscle Physiology
- Signalling Events and Muscle Metabolism
- Cardiovascular Physiology
- Applied and Comparative Physiology

- **Exercise and Health**
These findings need also to be demonstrated in mice
We are not working to improve the health of mice, but to improve the health of human beings.
The proper study of mankind is man

Alexander Pope 1688-1744
We can not apply the right exercise strategies to improve human health without unraveling the basic cellular mechanisms.
Muscle fiber characteristics in healthy men and patients with juvenile diabetes.
Saltin B, Houston M, Nygaard E, Graham T, Wahren J.

Physical training and glucose tolerance in middle-aged men with chemical diabetes.
Saltin B, Lindgärde F, Houston M, Hörlin R, Nygaard E, Gad P.

Exercise capacity in heart failure patients: relative importance of heart and skeletal muscle.
Magnusson G, Kaijser L, Rong H, Isberg B, Sylvén C, Saltin B.
Clin Physiol. 1996 Mar;16(2):183-95

ATP, CP, and lactate concentrations in muscle tissue during exercise in male patients with tetralogy of Fallot.
Bjarke B, Eriksson BO, Saltin B.
FYSISK AKTIVITET
– håndbog om forebyggelse og behandling
Review

Evidence for prescribing exercise as therapy in chronic disease

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Accepted for publication 12 December 2005
Standing on the shoulders of a giant
Rapid Report

Production of interleukin-6 in contracting human skeletal muscles can account for the exercise-induced increase in plasma interleukin-6

Adam Steensberg*, Gerrit van Hall*, Takuya Osada*, Massimo Sacchetti*, Bengt Saltin* and Bente Klarlund Pedersen*†

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(Received 31 July 2000; accepted after revision 21 September 2000)
A pioneer in translational medicine
- from bedside to bench and back-
Review

Evidence for prescribing exercise as therapy in chronic disease

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Accepted for publication 12 December 2005
Dear Steve,

With this e-mail, Bengt wants to confirm that even if he dies before publication, we want this article to be published with the two of us as authors.

Best regards from Erste hospice, Stockholm
Bente and Bengt
Exercise as Medicine

Subject: Confidential

Dear Steve,

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Bente and Bengt

... by the end of the day, it is what is written and published that count.......
Exercise and Health

• 12.15-12:30 The 'Saltin-Grimby Physical Activity Level Scale' and its Application to Health Research
  Gunnar Grimby

• 12:30-12:45 Muscle, Exercise and Health throughout the Lifespan
  Mark Tarnopolsky