



The 8th Seminar on Exercise in Medicine – the Webinar Edition

Monday 14th December 2020:

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| Kristin E Johnson and Ulrik Wisløff 16:00-16:15 UTC | WELCOME AND OPENING OF THE SEMINAR by Cardiac Exercise Research Group (CERG), Department of Circulation and Medical Imaging (ISB), Norwegian University of Science and Technology, Trondheim, Norway. ^{UTC+1} |
| HEAD FOR EXERCISE | |
| Miia Kivipelto 16:15-16:40 | Center for Alzheimer Research, Division of Clinical Geriatrics, Department of Neurobiology, Karolinska Institutet, and Theme Aging, Karolinska University Hospital, Stockholm, Sweden. ^{UTC+1} Cardiorespiratory Fitness, Lifestyle Factors and Cognition in the FINGER Study |
| Henriette van Praag 16:40-17:05 | Florida Atlantic University, Jupiter (FL), USA. ^{UTC-5h} Exercise and Brain Function |
| Atefe R Tari 17:05-17:30 | CERG, ISB, Norwegian University of Science and Technology, and Department of Neurology, St. Olavs Hospital, Trondheim, Norway. ^{UTC+1h} Exercised Plasma – The Key to Prevent and Treat Alzheimer’s Disease |
| 17:30-17:45 | <i>Break</i> |
| ACTIVATE LIFE FOR A CENTURY | |
| Robert Copeland 17:45-18:10 | Sheffield Hallam University, Sheffield, UK. ^{UTC} The Role of Digital Technologies in Creating 100 Years of Healthy Active Life |
| Dorthe Stensvold 18:10-18:35 | CERG, ISB, Norwegian University of Science and Technology, Trondheim, Norway. ^{UTC+1h} The Effect of 5-year of Exercise Training on All-Cause Mortality in Older Adults - The Generation 100 Study. A Randomized Controlled Trial. |
| 18:35-18:50 | <i>Break</i> |
| ROUND TABLE DISCUSSION: A LONG LIFE WITH A HEALTHY BODY AND HEALTHY MIND Moderated by TBA | |
| Atefe R Tari, Dorthe Stensvold, Henriette van Praag, Miia Kivipelto, and Robert Copeland 18:50-19:50 | CERG, ISB, Norwegian University of Science and Technology, and Department of Neurology, St. Olavs Hospital, Trondheim, Norway. ^{UTC+1h} CERG, ISB, Norwegian University of Science and Technology, Trondheim, Norway. ^{UTC+1h} Florida Atlantic University, Jupiter (FL), USA. ^{UTC-5h} Center for Alzheimer Research, Division of Clinical Geriatrics, Department of Neurobiology, Karolinska Institutet, and Theme Aging, Karolinska University Hospital, Stockholm, Sweden. ^{UTC+1} Sheffield Hallam University, Sheffield, UK. ^{UTC} |
| Kristin E Johnson 19:50-20:00 | Key Features of Today by CERG, ISB, Norwegian University of Science and Technology, Trondheim, Norway. |
| DIGITAL POSTER SESSION | |
| | Check out Exercise in Medicine - Digital Poster Session . Acquaintances, friends and colleagues of our speakers are more than welcome to send in their ePoster. |

Tuesday 15th December 2020:

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| Kristin E Johnson 16:00-16:05 UTC | WELCOME BACK TO THE SEMINAR by CERG, ISB, Norwegian University of Science and Technology, Trondheim, Norway. ^{UTC+1} |
| THE ROLE OF CARDIORESPIRATORY FITNESS IN A VIRAL PANDEMIC | |
| Ross Arena 16:05-16:30 | Department of Physical Therapy at University of Illinois at Chicago, Chicago (IL), USA. ^{UTC-6h} The Global Path Forward - Healthy Living for Pandemic Event Protection (HL - PIVOT) |
| Carl "Chip" Lavie 16:30-16:55 | John Ochsner Heart and Vascular Institute, Ochsner Clinical School, The University of Queensland School of Medicine, New Orleans (LA), USA. ^{UTC-6h} Obesity and Outcomes in COVID-19: When an Epidemic and Pandemic Collide - Improving Cardiorespiratory Fitness for the Next Pandemic |
| 16:55-17:10 | <i>Break</i> |
| EXERCISE IS MEDICINE – A GLOBAL HEALTH INITIATIVE | |
| Robert Sallis 17:10-17:35 | Kaiser Permanente Medical Center in Fontana, and University of California, Riverside School of Medicine, Fontana (CA), USA. ^{UTC-8h} Exercise is Medicine – the Past, the Present and the Future |
| ROUND TABLE DISCUSSION: IMPLEMENTING EXERCISE AS MEDICINE IN CLINICAL PRACTICE AND SOCIETY - FROM NOW ON Moderated by Gretchen Reynolds from the New York Times, Santa Fe (NM), USA. | |
| Gretchen Reynolds 17:40-17:50 | New York Times, Santa Fe (NM), USA. ^{UTC-7h} Introduction: A Journalist's Perspective on Exercise as Medicine |
| Carl "Chip" Lavie, Laurie P Whitsel, Robert Sallis, and Øyvind Ellingsen 17:50-18:30 | John Ochsner Heart and Vascular Institute, Ochsner Clinical School, The University of Queensland School of Medicine, New Orleans (LA), USA. ^{UTC-6h} Policy Research and Translation for the American Heart Association, Washington DC, USA. ^{UTC-5h} Kaiser Permanente Medical Center in Fontana, and University of California, Riverside School of Medicine, Fontana (CA), USA. ^{UTC-8h} Clinic of Cardiology, St. Olavs Hospital, and ISB, Norwegian University of Science and Technology, Trondheim, Norway. ^{UTC+1h} |
| 18:30-18:45 | <i>Break</i> |
| ZOOMING IN ON THE MOLECULES OF EXERCISE | |
| Jose Bianco N Moreira 18:45-19:10 | CERG, ISB, Norwegian University of Science and Technology, Trondheim, Norway, joining from São Paulo, Brazil. ^{UTC-3h} Exercise Reveals Potential Targets for Drug Discovery |
| SCIENCE DIALOGUE: EXERCISE AND CARDIAC REMODELING Moderated by Carl "Chip" Lavie, M.D., from John Ochsner Heart and Vascular Institute, New Orleans (LA), USA. | |
| André La Gerche and Jan Pål Loennechen 19:10-19:55 | Clinical Research Domain, Baker Heart and Diabetes Institute, and St Vincent's Hospital, Melbourne, Australia. ^{UTC+11} Athletic Remodeling and Arrhythmias in Athletes Clinic of Cardiology, St. Olavs Hospital, and ISB, Norwegian University of Science and Technology, Trondheim, Norway. ^{UTC+1h} Is it Nothing but a Heartache? – the Effect of Exercise on Atrial Fibrillation and Ventricular Arrhythmias |
| Kristin E Johnson 19:55-20:00 | Key Features of Today by CERG, ISB, Norwegian University of Science and Technology, Trondheim, Norway. |
| 20:00-20:15 | <i>Break</i> |
| GET TOGETHER FOR SPEAKERS AND GUESTS | |
| Kristin E Johnson 20:15-21:15 | Speakers and guests are invited to a virtual, social and informal get together. - Gather your team and try to beat CERG's Quiz. |

Wednesday 16th December 2020:

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| Kristin E Johnson 16:00-16:05 UTC | WELCOME BACK TO THE SEMINAR by CERG, ISB, Norwegian University of Science and Technology, Trondheim, Norway. ^{UTC+1} |
| THREE PATHS TO CARDIAC REHABILITATION | |
| Jonathan Myers 16:05-16:30 | VA Palo Alto Health Care System and Stanford University, Palo Alto (CA), USA. ^{UTC-8h} Exercise Testing Scores Facilitates Clinical Decisions for Appropriate and Cost-Effective Cardiological Care |
| Leonard A Kaminsky 16:30-17:00 | Fisher Institute of Health and Well-Being, Clinical Exercise Physiology Laboratory, Ball State University, Muncie (IN), USA. ^{UTC-5h} It is (Past) Time to Make Cardiac Rehabilitation a Global Priority |
| 17:00-17:15 | <i>Break</i> |
| Kaare Harald Bønaa 17:15-17:40 | Clinic for Heart Disease, St. Olavs Hospital and ISB, Norwegian University of Science and Technology, Trondheim, Norway. ^{UTC+1h} The Norwegian Trial of Physical Exercise After Myocardial Infarction (NorEx) |
| DATA BLITZ AND PANEL DISCUSSION: DIGITAL AND WEARABLE HEALTH CARE Moderated by Gretchen Reynolds from the New York Times, Santa Fe (NM), USA. | |
| Amy E Bantham, Patrick Dunn, Tim Chico, and Ulrik Wisløff 17:45-18:35 | Move to Live More, Greater Boston (MA), USA. ^{UTC-5h} The Role of Wearables in Physical Activity Behavior Change Connected Heart Health, Center for Health Technology and Innovation, American Heart Association, Dallas (TX), USA. ^{UTC-6h} Digital Health Care in Your Pocket - the American Heart Association's Perspective University of Sheffield, Sheffield, UK. ^{UTC} The ECHOES Consortium; Applying Real-world Data and a Digital Twin to Cardiovascular Healthcare CERG, ISB, Norwegian University of Science and Technology, Trondheim, Norway. Personal Activity Intelligence (PAI) – Every Heartbeat Counts |
| 18:35-18:50 | <i>Break</i> |
| DATA BLITZ: THE BEST FROM EXERCISE IN MEDICINE - DIGITAL POSTER SESSION | |
| TBA 18:50 -19:10 | Data blitz summarizing the 2-3 top ePosters from the Digital Poster Session . |
| Kristin E Johnson 19:10-19:15 | CERG, ISB, Norwegian University of Science and Technology, Trondheim, Norway. Key Features of Today |
| 19:15-19:30 | <i>Break</i> |
| MAN IN EXTREME ENVIRONMENTS – THE DIGITAL EXPEDITION | |
| Annelie Pompe, Killian Jornet, and Christer Fuglesang 19:30-21:30 | Welcome to a digital version of the traditional and public <i>grand finale</i> of Exercise in Medicine: Man in Extreme Environments . Here, we invite world-know adventurers, outdoor enthusiasts and other inspiring persons to share their stories about pushing mind and body to the extreme. |