INVITED SPEAKERS:

I-Min Lee, USA
William E. Kraus, USA
Harold W. Kohl III, USA
Barbara Ainsworth, USA
Jonathan Myers, USA
David Dunstan, Australia
Tuomo Rankinen, USA
Charlotte Ling, Sweden
Eric Richter, Denmark
Volker Adams, Germany
Barry Franklin, USA
Paul Thompson, USA
Arto Hautala, Finland
Martin Halle, Germany
Jari Laukkanen, Finland
Danny Green, Australia
Arno Schmidt-Trucksäss, Switzerland
Michael Joyner, USA
Claude Bouchard, USA
Jean-Pierre Després, Canada
Robert Ross, Canada
John Hawley, Australia
Allan Vaag, Denmark
Marja-Riitta Taskinen, Finland
Sreekumaran Nair, USA
Jerome Dempsey, USA
Heikki Tikkanen, Finland
Harri Suominen, Finland
Lee Jones, USA
Ina Tarkka, Finland
Neill Graff-Radford, USA
Martin Munneke, The Netherlands
Roland von Känel, Switzerland
Katrina Kukkonen-Harjula, Finland
Rainer Rauramaa, Finland
Maj-Lis Hellénius, Sweden
Urho Kujala, Finland
Jari Arokoski, Finland
Dennis Taaffe, Australia
Ilkka Vuori, Finland
Tommy Cederholm, Sweden
Loretta DiPietro, USA
Steven N. Blair, USA
Preliminary program:

TUESDAY, June 24
07:00 Registration
08:15 OPENING CEREMONIES
09:00 Update on epidemiology in exercise medicine – strengths and shortcomings
09:40 Randomized clinical trials in exercise medicine – strengths and shortcomings
10:20 Pitfalls in statistical analyses in exercise medicine - how to avoid?
11:00 Comparative effectiveness research in exercise medicine
12:00 Lunch
13:15 Cardiorespiratory fitness: strongest predictor of morbidity and mortality?
13:45 Cardiorespiratory fitness: badly underused tool in clinical decision making?
14:15 Physical inactivity: a growing pandemic
14:45 Break
15:15 Gene-physical activity interactions - the current status of knowledge with reference to chronic diseases
15:45 Epigenetics and exercise
16:15 Exercise, muscle physiology and molecular biology - what do we know today, what should we know tomorrow?
18:30 Reception of the city of Kuopio Town Hall

WEDNESDAY, June 25
06:30 Special morning opening at Kuopio Market Square; Taiji & Qigong
08:00 Aerobic exercise in atherosclerotic vascular diseases - molecular mechanisms
08:30 Extreme Exercise and Cardiovascular Health: The Risk-Protection Paradox
09:00 Evidence-based exercise prescription for CHD
09:30 Low or high intensity exercise in cardiac rehabilitation?
10:00 Break
10:30 Exercise in the treatment of chronic heart failure - physiological mechanisms
11:00 Evidence-based exercise prescription for chronic heart failure
11:30 Exercise in the treatment of hypertension - physiological mechanisms
12:00 Evidence-based exercise prescription for hypertension
12:30 Heikki Pekkarinen Memorial Award

THURSDAY, June 26
06:30 Special morning opening at Kuopio Market Square; Taiji & Qigong
08:00 Exercise in the treatment of obesity and cardiometabolic risk profile
08:45 Evidence-based exercise prescription for obesity
09:15 Exercise in the treatment of type 2 diabetes - physiological mechanisms of aerobic and resistance
10:00 Evidence-based exercise prescription for type 2 diabetes
10:30 Break
11:00 Metabolomics in exercise medicine - additional value behind traditional biomarkers?
11:45 Exercise, ageing and mitochondrial biogenesis - implications for health
12:30 Lunch
13:45 Exercise Limitations in COPD: Implications for Rehabilitation
14:15 Evidence-based exercise prescription for chronic obstructive pulmonary disease
14:45 Resistance training in the treatment of malignant neoplasms
15:15 Evidence-based exercise prescription for oncology
18:15 Exercise session II at Rauhalahti Recreational Park
19:00 Poster session II at Lumberjack’s Lodge
21:30 Karaoke session and World’s largest smoke sauna at Rauhalahti

FRIDAY, June 27
08:00 Physiological effects of exercise training on nervous system
08:45 Evidence-based exercise prescription for dementias
09:15 Evidence-based exercise prescription for Parkinson’s disease
10:00 Physiological effects of exercise training on psychological well-being
10:30 Break
11:00 Evidence-based exercise prescription for depression
11:30 Post-traumatic stress disorder: an emerging etiological factor for neurodegenerative diseases
11:45 Evidence-based exercise prescription for post-traumatic stress disorder
12:15 Lunch
13:30 Four decades of exercise medicine research in Kuopio -findings from epidemiological studies and randomized clinical trials

Ralph S. Paffenbarger Jr. Poster Competition
15:15 PUIJO SYMPOSIUM 2014 HONORARY LECTURE

SATURDAY, June 28
09:00 Exercise in the treatment of osteoarthritis - physiological mechanisms
09:45 Evidence-based exercise prescription for osteoarthritis
10:15 Exercise in the treatment of osteoporosis - physiological mechanisms
10:45 Break
11:15 Evidence-based exercise prescription for osteoporosis
11:45 Exercise in the treatment of frailty - physiological mechanisms
12:15 Evidence-based exercise prescription for the prevention of frailty
13:00 Martti J. Karvonen Young Investigator Award
13:30 Global challenges for exercise medicine by 2050
14:15 Closing of the Symposium