

Technical University of Munich  
Department of Sport and Health  
Sciences  
Chair of Epidemiology



## International Symposium and Workshop on

## PHYSICAL ACTIVITY AND PREVENTION

*Building networks and  
designing intervention studies*

**Raitenhaslach**

near Munich

**March 21 - 22, 2019**

### DAY 1

- 10:45-11:00 Welcome speech
- 11:00-12:30 **Session 1**  
**International intervention studies on chronic diseases**  
Keynote speakers:  
Prof. Christine Friedenreich  
University of Calgary  
Prof. Rebecca Hardy  
University College London
- 12:30-14:00 Lunch
- 14:00-15:30 **Session 2**  
**Cohort studies on chronic diseases and physical activity**  
Keynote speakers:  
Prof. Piet van den Brandt  
Maastricht University  
Prof. Marcus Dörr  
University of Greifswald
- 15:30-16:00 Coffee break
- 16:00-18:00 **Session 3**  
**Monitoring life style behavior – Measuring of physical activity and diet**  
Keynote speaker:  
Dr. Jonas Finger  
Robert Koch Institute, Berlin  
Dr. Vincent van Hees  
eScience Center, Netherlands
- ### DAY 2
- 09:00-10:30 **Session 4**  
**What makes people active?**  
Keynote speaker:  
Prof. Corneel Vandelanotte  
Central Queensland University  
Prof. Jasper Schipperijn  
University of Southern Denmark
- 10:30-11:00 Coffee break
- 11:00-13:00 **Session 5**  
**Panel and open discussion: Developing the best physical activity interventions and designing high quality long-term intervention studies**
- 13:00-14:00 Lunch
- 14:00-15:00 **Networking and farewell**

### Call for Abstracts

Please submit your structured abstract (300 words max.) listing the session most relevant to your work (only sessions 2-4).

Extended to: **31.12.2018**

**Abstract Deadline:** ~~30.11.2018~~

**Registration Deadline:** 31.01.2019

Please register and submit your abstract via email: [paps.2019@sg.tum.de](mailto:paps.2019@sg.tum.de)

This event is free of charge. Accommodation and transport to Raitenhaslach and from Munich however will not be covered.

For more information, please refer to:

[www.epidemiologie.sg.tum.de/paps2019](http://www.epidemiologie.sg.tum.de/paps2019)



Contact

Email: [paps.2019@sg.tum.de](mailto:paps.2019@sg.tum.de)

Address of Symposium  
Akademiezentrum TUM  
Raitenhaslach 11,  
84489 Burghausen



## IMPORTANCE

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Physical activity has an enormous potential to prevent many illnesses including cardiovascular disease, cancer, diabetes and even premature death.

The World Health Organization and many national guidelines around the world recommend adults undertake at least 150 minutes of moderate-vigorous or 75 minutes of vigorous intensity aerobic physical activity per week.

While many large and high quality epidemiological studies show profound evidence for these recommendations, physical inactivity remains one of the leading risk factors and obesity rates are on the rise.

We need to address the question of how individuals and populations can be motivated to fulfill these recommendations and determine which support systems could help enable/promote more physical activity.

## AIM

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The aim of this symposium and workshop is to bring together top research experts and knowledge of physical activity and prevention strategies, in order to come up with the best possible high-quality interventions that can be implemented and applied to in the real-world.

We will focus on lessons learned from important large observational studies conducted, effective trialed and tested interventions, measuring and monitoring of physical activity and diet exposures using the most cutting-edge technology and techniques, as well as individual versus structural influences on uptake and maintenance of physical activity.

By coming together, we can build solid research networks for the common goal of successfully promoting uptake of physical activity in populations.

## OUR INVITATION TO YOU

The Chair of Epidemiology at the Department of Sport and Health Sciences, Technical University of Munich ([www.epidemiologie.sg.tum.de](http://www.epidemiologie.sg.tum.de)) would like to cordially invite you to our first international symposium and workshop “Physical Activity and Prevention – Building Networks and Designing Intervention Studies” at our beautiful retreat location, the TUM Science and Study Center in Raitenhaslach, Germany ([www.raitenhaslach.tum.de/en/home/](http://www.raitenhaslach.tum.de/en/home/)).

Over the course of two days, leading international keynote speakers will present the most up-to-date knowledge in research on prevention and physical activity.

Your talks and posters will greatly contribute to fulfilling the aims of this symposium and workshop.

We are looking forward to your attendance.  
Sincerely, The Epidemiology Team at:

