

Day 1	Time EET= Local time	Programme Zoom: https://litedm.zoom.us/j/85480823111 YouTube: https://youtube.com/live/PL9CX11OdUw		
Thursday, April 18	08:30-09:45 EET 07:30-08:45 CET	<p style="text-align: right;">Conference hall</p> <p style="text-align: center;">Symposium: Technology-based cognitive-motor training in home settings of older adults Chair: Eleftheria Giannouli</p> <p>(1) Anabela Silva (online) A mixed-methods randomized and controlled pilot study on the impact of a web-based dance solution</p> <p>(2) Rogerio Pessoto Hirata: Benefits of a 12-week online dance training intervention on static and dynamic postural stability and gait speed in older adults</p> <p>(3) Eling de Bruin: Targeting the brain using Information Technology for secondary prevention of mild neurocognitive disorder</p> <p>(4) Eleftheria Giannouli: Feasibility and Effectiveness of a Personalized Home-Based Motor-Cognitive Training Program in Community-Dwelling Older Adults</p>		
	09:45-10:15 EET 08:45-09:15 CET	<p style="text-align: right;">Ground floor of the Conference hall</p> <p style="text-align: center;">Coffee break</p>		
	10:15-11:00 EET 09:15-10:00 CET	<p style="text-align: right;">Conference hall</p> <p style="text-align: center;">Opening</p> <p>Diana Rėklaitienė: LSU-Rector Yael Netz: EGRAPA-President Michael Brach: COST Action PhysAgeNet Chair Nerijus Masiulis: Local Organizer</p>		
	11:00-12:00 EET 10:00-11:00 CET	<p style="text-align: right;">Conference hall</p> <p style="text-align: center;">Keynote: Prof. Dr. Kirk Erickson Title: Exercise and Brain Health in Late Adulthood Moderator: Wouter Vints</p>		
	12:00-13:30 EET 11:00-12:30 CET	<p style="text-align: right;">Central Building (Basketball gym)</p> <p style="text-align: center;">Poster Session + Lunch Moderators: Dovilė Kielė and Mati Paasuke</p>		
	13:30-14:45 EET 12:30-13:45 CET	<p style="text-align: center;">Central Building (232 room)</p> <p style="text-align: center;">Oral Presentations: Exercise, Cognition, and Neuroplasticity 1 Moderators: Tiia Kekäläinen & Ugur Cavlak</p> <p>#6 Clelia Carrubba: Improving Cognitive Functions in Healthy Older Adults: A Comparison of Three Combined Training Programs</p> <p>#7 Ugur Cavlak:</p>	<p style="text-align: center;">Central Building (215 room)</p> <p style="text-align: center;">Oral Presentations: Aspects of Training in Advanced Age Moderators: Hans Degens & Veysel Alcan</p> <p>#5 Marta Maria Torre: Concept-framed reviews of combined training studies in older adults: conventional intervention and exergames</p> <p>#18 Mona Herden: Defining and reporting exercise</p>	<p style="text-align: center;">Central Building (309 room)</p> <p style="text-align: center;">Oral Presentations Exercise and Psychological Functioning 1 Moderators: Vida Cesnaitiene + Nadja Schott</p> <p>#12 Fatma Ben Waer (online): Effects of Pilates vs Zumba dancing on Functional performances, mood, and QoL in postmenopausal women</p>

		<p>The Effects of Vestibular-Based Exercises and Calisthenic Exercises on Cognitive Functions in Older Individuals: A Randomized Controlled Trial.</p> <p>#29 Cécile Marcourt: Effect of High-Intensity Interval and Moderate-Intensity Continuous training on neuroplasticity, cognition and sensorimotor performance in aged rats</p> <p>#54 Natalia Gawron: Activity and cognitive function in middle-aged and older adults - preliminary study result</p> <p>#95 Anna Wunderlich: The impact of age-related hearing-impairment on cognitive and motor dual-task costs</p>	<p>intensity in interventions for older adults: Results of a modified Delphi process</p> <p>#21 Miloš Bednář: Sport in Old Age: An Example of Long-distance Running and Nordic Walking</p> <p>#26 Aija Klavina: Personalized Physical Activity Programs for Seniors: Why it is Important?</p> <p>#73 Lukas Mikalauskas: The effect of a selective balance enhancing physical exercise program on balance, gait, quality of life performance and risk of falls in old age elderly</p>	<p>#25 Soledad Ballesteros: The effectiveness of physical activity on psychological and physical well-being in older breast cancer patients: A systematic review and meta-analysis</p> <p>#32 Melanie Mack: Meta-analysis on the chronic effects of exercise on depression in older adults: Protocol and main results</p> <p>#36 Laimute Samsoniene: The effects of art therapy on cognitive function and self-esteem in older people</p> <p>#39 Nadja Schott: Role of functional and clinical parameters in predicting aging perception in older adults</p>
	<p>15:00-16:15 EET 14:00-15:15 CET</p>	<p style="text-align: right;">Central Building (232 room)</p> <p style="text-align: center;">Symposium Different movement-based programs for the older adults, the same goal: holistic health Chair: Ana Isabel Morais</p> <p>(1) Psychomotor intervention on water for people with dementia</p> <p>(2) Aquafast: potential of aquatic high-intensity training for older people</p> <p>(3) Aging well: Comprehensive Exercise and Rehabilitation Interventions for Optimal Physical and Cognitive Health</p> <p>(4) Balance training in older individuals living in institutions reduces falls and fear of falling</p>		<p style="text-align: right;">Central Building (215 room)</p> <p style="text-align: center;">Symposium Challenges in physical activity promotion for older adults and nursing home residents Chairs: Bettina Wollesen & Claudia Voelcker-Rehage</p> <p>(1) Michael Brach: Promoting Physical Activity in Older Adults through Information and Communication Technologies - The relationship between user needs and technology requirements</p> <p>(2) Nadja Schott: Influence of cognitive and emotional factors on dual-task performance in nursing home residents - The mediating and moderating roles of cognition, fear of falling, well-being and depression</p> <p>(3) Vera Belkin: Promotion of physical activity and life space mobility in nursing home residents: Introduction to the PROGRESS study protocol</p> <p>(4) Bettina Wollesen: Benefits of exercise for nursing home residents - does the dose matter?</p>
	<p>16:15-16:45 EET 15:15-15:45 CET</p>	<p style="text-align: center;">Coffee Break</p> <p style="text-align: right;">Central Building (Basketball gym)</p>		
	<p>16:45-17:45 EET 15:45-16:45 CET</p>	<p style="text-align: center;">Keynote: Prof. Dr. Mikaela von Bonsdorff Life course epidemiology of healthy ageing and physical activity Moderator: Timo Hinrichs</p>		<p style="text-align: right;">Conference hall</p>

	19:00-21:00 EET 18:00-20:00 CET	Dinner Options			City tour
Day 2	Time	Programme			
		Zoom: https://liedm.zoom.us/j/85480823111 YouTube: https://youtube.com/live/PL9CX11OdUw			
Friday, April 19	08:30-09:45 EET 07:30-08:45 CET	Central Building (215 room)	Central Building (232 room)		
		Symposium: Future directions in the research of muscle-brain crosstalk in healthy aging: perspectives into models, hypotheses, and methods Chairs: Ivan Bautmans & Nerijus Masiulis	Oral Presentations: Behavioral Change and Exercise Promotion Moderators: Michael Brach & Ellen Bentlage		
		(1) Wouter Vints: Unraveling exerkinases' molecular pathways to enhance cognitive function	#48 Emilia Beblavá: The Role of Pre-Intervention Motivation in Health Behavioral Change: Insights from Experiment		
		(2) Ivan Bautmans: Exercise to combat chronic low-grade inflammation	#53 Günay Yıldizer: The Impact of Education and Gender on Perceived Physical Activity Constraints among Community Dwelling Older Adults		
		(3) Nerijus Masiulis: What type of physical exercise would be optimal for cognitive and functional gains in older age?	#56 Ketevan Inasaridze: The physical activity, cognitive functioning and motivation in elderly		
		(4) Oron Levin: Magnetic resonance spectroscopy as non-invasive tool for assessing brain adaptation to physical exercise in older age	#72 Nanna Notthoff: Promoting Walking in Older Adults with Motivational Messages: The Role of Memory for the Information		
		(5) Hans Degens: Age-related muscle remodelling in normal people and master athletes; no evidence for motor unit remodelling	#81 Stefanie Dahl: Evaluation of an e-learning platform promoting physical activity for older adults and their carers		
	10:00-11:30 EET 09:00-10:30 CET	Central Building (215 room)	Central Building (309 room)	Central Building (232 room)	
		Oral Presentations Assessing Aspects of Physical Fitness Moderators: Mati Pääsuke & Nerijus Masiulis	Oral Presentations Health Aspects of Physical Activity Moderator: Arzu Erden & Jana Pelclova	Oral Presentations Exercise, Cognition, and Neuroplasticity 2 Moderators: Orgesa Qipo & Michel Audiffren	
		#11 Shaea Alkahtani: Association between relative handgrip strength and Metabolic Syndrome in Saudi men and women	#68 Guoping Qian (online): Effects of body mass index on plantar pressure distribution in Polish postmenopausal women	#8 Ugur Cavlak: Are static and dynamic balance tests a criterion showing deterioration of cognitive functions in older adults? Preliminary results	
		#30 Hans Degens: No changes in muscle morphology over 10 years in sprint-trained masters runners	#74 Jing Li: BMI and biomechanical parameters of gait in postmenopausal women		
		#38 Nadja Schott: Development and initial validation of the Geriatric Balance Self-Efficacy (GBSE)	#75 Steinunn Olafsdottir: Older community-dwelling stroke survivors and ActivABLES for balance exercise	#83 Tiia Kekäläinen: Older adults' physical activity and cognitive performance in daily life context: a pilot study combining accelerometer-based physical activity and	

		<p>Scale: a new scale for nursing home residents</p> <p>#49 Martin Krssak: Multinuclear MR based detection of training induced changes in the skeletal muscle of elderly</p> <p>#92 Irmantas Toleikis: Accentuated eccentric loading and blood flow restriction training: both increase lactate level and causes muscle damage in older men</p>	<p>#84 Jana Pelclová: The Association Between Time Reallocation Among Posture-Specific 24-Hour Movement Behaviours and Obesity Risk in Older Adults: A Compositional and Isotemporal Substitution Analysis</p> <p>#42 Yintao Niu: Meta-analysis of the effect of exercise on cardiovascular function in the elderly</p>	<p>smartphone-based cognitive assessments</p> <p>#86 Erika Krasinskė: Effects of 12 weeks resistance training on brain structure in healthy older adults and older adults with mild cognitive impairment</p> <p>#98 Orgesa Qipo: Dose-response relationship of resistance training and the effects on circulating biomarkers of inflammation or neuroplasticity in older adults: A Systematic Review and Meta-Analysis</p> <p>#103 Anita Hoekelmann: Sport, Gymnastic Movement and Dance Reduce the Decline of Critical Cognitive and Physical Functions in Elderly with Mild Cognitive Impairment</p>
	<p>11:30-12:00 EET 10:30-11:00 CET</p>	<p>Coffee Break</p>		
	<p>12:00-13:15 EET 11:00-12:15 CET</p>	<p style="text-align: center;">Central Building (215 room)</p> <p style="text-align: center;">Oral Presentations Technology-assisted physical activity Moderators: Rosemary Dubbeldam & Patrick Esser</p> <p>#10 Jonathan Gomez-Raja: The ESSENCE project: Empathic platform to personally monitor, stimulate, enrich, and assist elders in their environment</p> <p>#19 Eleftheria Giannouli: Usability and Psychometric Properties of the MOBITEC-GP App for Real-Life Mobility Assessment</p> <p>#31 Veysel Alcan: Quantitative Evaluation of Physical Activity Impact on Myoelectric Activities in Leg and Foot Muscles During Dynamic Balance Tests in the Elderly</p> <p>#59 Rosemary Dubbeldam: Technology-assisted physical activity interventions for older people in their home-based environment –a scoping review</p>	<p style="text-align: center;">Central Building (232 room)</p> <p style="text-align: center;">Oral Presentations Exercise and Psychological Functioning 2 Moderators: Vaiva Balčiūnienė & Melanie Mack</p> <p>#47 Emilia Beblavá: Efficacy of Community-Based and Online Behavioral Interventions: Preliminary Insights on Health Outcomes</p> <p>#55 Alessandro Cudicio: Impact Physical Activity Enjoyment on Self-Efficacy in Daily Activities Among Elderly</p> <p>#91 Andrea Rizzardi: Motor reserve impact on motor severity and quality of life in Parkinson’s Disease patients</p>	
	<p>13:15-14:30 EET 12:15-13:30 CET</p>	<p>Poster Session + Lunch</p> <p>Moderators: Vaiva Balčiūnienė and Margarita Drozdova-Statkevičienė.</p>		

	<p>14:30-15:45 EET 13:30-14:45 CET</p>	<p style="text-align: right;">Central Building (232 room)</p> <p style="text-align: center;">Symposium Gamification approaches for assessment and training of cognitive and motor functioning in rehabilitation settings Chair: Eleftheria Giannouli</p> <p>(1) Luka Slosar: Balance Assessment Utilizing the Oculus Quest VR Headset During Bedrest</p> <p>(2) David Beckwee: Enhancing Strength in Bedridden Older people with a Dynamic Fusion of Blood Flow Restriction Isometrics and an Innovative Wireless EMG-Sensor Game</p> <p>(3) Antoine Langeard: Acceptability and concepts supporting the participatory development of a device for combined 'cognitive' - 'electrical neuromuscular stimulation' training to prevent falls in older adults</p> <p>(4) Eleftheria Giannouli: Feasibility and effects of exergame-based cognitive-motor training in the scope of inpatient rehabilitation</p>	<p style="text-align: right;">Central Building (215 room)</p> <p style="text-align: center;">Symposium Systemic and intra-articular effects of exercise in health and disease Chair: Ivan Bautmans</p> <p>(1) Ivan Bautmans: Both high and moderate intensity of resistance exercise improves the stress response of peripheral mononuclear blood cells after lipopolysaccharide challenge.</p> <p>(2) Emelyn Mathot: Can muscle stretching be used as a control group for exercise immunology interventions? A systematic review</p> <p>(3) Ivan Bautmans: Exercise-induced effects on inflammatory markers and brain-derived neurotrophic factor in patients with knee osteoarthritis. A systematic review with meta-analysis</p> <p>(4) Rose Njemini: Can intra-articular biomarkers predict pain sensitization in knee osteoarthritis patients?</p>
	<p>15:45-16:15 EET 14:45-15:15 CET</p>	<p>Coffee Break</p> <p style="text-align: right;">Central Building (Basketball gym)</p>	
	<p>16:15-17:15 EET 15:15-16:15 CET</p>	<p>Keynote: Prof. Dr. Ivan Bautmans Vitality capacity, why is it relevant and how to assess? Moderator: Yael Netz</p> <p style="text-align: right;">Conference hall</p>	
	<p>17:15-17:30 EET 16:15-16:30 CET</p>	<p>Closing – Folk Dance</p> <p style="text-align: right;">Conference hall</p>	