



Centre for Brain Ageing & Vitality
supported by the BBSRC, EPSRC, ESRC and MRC as part
of the cross-council Lifelong Health and Wellbeing Initiative



**Centre for Brain Ageing & Vitality
Exercise Workshop
4 – 6 November 2009**

Copthorne Hotel, Quayside, Newcastle upon Tyne, NE1 3RT

PROGRAMME

Wednesday 4th November

19.30 Informal buffet dinner (Copthorne Hotel)

Thursday 5th November

08.00 Coffee

08.20 Welcome – Professor Doug Turnbull

**Theme 1:
Who will benefit**

Chairs Kate Bushby, Mike Hanna, Doug Turnbull

08.35 Talk 1 Neuromuscular disease, physical activity and exercise – the clinical picture R Haller

09.05 Talk 2 Ageing, physical activity and exercise – the clinical picture J Vissing

09.35 Talk 3 Health behaviours and ageing K Khaw

10.05 Questions, discussion

10.35 Coffee / walk / chat

**Theme 2:
Movement as a medicine**

Chairs Raj Kalaria, Ros Quinlivan

11.05 Talk 1 Ageing, where we are and where are we going M Trenell

11.35 Talk 2 Conditioning and deconditioning in muscle disease T Taivassalo

12.05 Talk 3 Neuromuscular disease, more than just muscles – lifestyle and fatigue B van Engelen

12.35 Questions, discussion

13.00 Lunch / walk / chat



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Theme 3:

Barriers to a physically active lifestyle and how to overcome them

Chairs John Mathers, Martin White

13.45	Talk 1	Behaviour and its ability to change	F Sniehotta
14.15	Talk 2	Helping people with neuromuscular disease become more active	M Philips
14.45	Talk 3	Effective risk communication	M Cobain
15.15	Questions / discussion		
15.45	Coffee / walk / chat		
16.15	Break out groups		
19:30	Informal dinner (Urban Café)		

Friday 6th November

08.00 Coffee

Theme 4:

Technology

Chairs Matt Lievesley, Mike Trenell

08.35	Talk 1	Habitual physical activity and its measurement	J Levine
09.05	Talk 2	Current technologies for PA measurement and future direction	M Catt
09.35	Talk 3	Role of technologies in healthy ageing	P Olivier
10.05	Questions, discussion		
10.35	Coffee / walk / chat		

Theme 5:

Use and disuse of muscles

Chairs Grainne Gorman, Anne McArdle

11.05	Talk 1	Ageing and animal models	M Jackson
11.35	Talk 2	Ageing, exercise and animal models	R Hepple
12.05	Talk 3	Use and disuse of human muscles	M Narici
12.35	Questions, discussion		
13.00	Lunch / walk / chat		



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Theme 6:

Round up, next steps and close

13.40	Doug Turnbull	Summary - Ageing
14.00		Discussion / Outcome negotiation
15.00	Mike Hanna	Summary - Neuromuscular disease
15.20		Discussion / Outcome negotiation
16.20	Close	

ACCOMMODATION

Where requested, accommodation has been booked at the Copthorne Hotel. You will have received an email confirmation of your room booking. If you have *not* received this confirmation and do require accommodation, please contact us as soon as possible.

TRAVEL

A location map and details about travel to the Copthorne Hotel can be found at:
<http://www.millenniumhotels.co.uk/cophornenewcastle/attractions/index.html>

This includes details of transfer times from the railway station and airport, as well as directions for driving. Car parking is available at a charge (3 hour free thereafter a flat charge of £3).

VENUES

The workshop, accommodation and Wednesday dinner are at:
The Copthorne Hotel, The Close, Quayside, Newcastle upon Tyne, NE1 3RT
Tel: +44 (0)191 222 0333 Fax: +44 (0)191 230 1111

The Thursday dinner is at:
Urban Café, Temple Street, Newcastle upon Tyne, NE1 4BR
Tel: +44 (0)191 269 5590
<http://www.urban-cafe.co.uk/>

Directions can be found at:
http://www.urban-cafe.co.uk/pages/section_homepage.php?section=6. This is approximately a 15 minute walk from the Copthorne Hotel (uphill), or a short taxi journey.

EXPENSES

Expense claim forms will be provided at the meeting. Reasonable travel and related expenses will be reimbursed. Accommodation will be settled directly by us (please see above). Delegates are asked to settle any incidental expenses (such as

CONTACTS (Administration)

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Contact on the days of the event: Caroline Hodgson: 07870 268 390