Granada Scientific Week on Healthy Lifestyle & Nutrition in Europe: From Conception to Adolescence

Granada, Spain
April 20th-22nd, 2008

International Symposium
HELENA

Promoting a Healthy European Lifestyle through Exercise and Nutrition in Adolescence

**SUNDAY 20/04/08**

9:00-11:00: HELENA meeting

10:00-12:00: Registration and poster display

12:00-12:30: Welcoming remarks and opening address

14:00-18:30: Healthy activity: Walking visit to the Alhambra

**MONDAY 21/04/08**

8:30-12:30: Registration · Poster display · Helena meetings (Stakeholders meetings)

12:30-13:30: Official Inauguration · Opinion leaders roundtable

13:30-15:30: Welcome reception

15:30-16:30: SESSION 1
The HELENA Study: an overview
R d’Amario (Belgium)
LA Moreno (Spain)

16:30-17:30: SESSION 2
High quality standards in the HELENA cross-sectional study
S De Henauw (Belgium)
F Gottrand (France)

18:00-19:00: SESSION 3
Body composition and obesity
A Pietrobelli (Italy)
D Molnar (Hungary)

**TUESDAY 22/04/08**

9:00-10:30: SESSION 4
Physical activity and physical fitness for health
SN. Blair (USA)
M Sjöström (Sweden)
MJ Castillo (Spain)

11:00-12:00: SESSION 5
Diet and food patterns
M Kersting (Germany)
C Vereecken (Belgium)

12:00-13:00: SESSION 6
Adolescents as food consumers
C Gilbert (UK)
G Hall (Sweden)

16:30-17:30: SESSION 7
Blood profile and genetics
M González-Gross (Spain)
C Breidenassel (Germany)
M Ferrari (Italy)
J Wärnberg (Spain)
J Dallongeville (France)

**Deadline for abstracts submission:** March 31st 2008.
**Early registration:** March 31st 2008

http://www.helenastudy.com/granada_symposium.php