

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



POLITÉCNICA



EFECTO 262

ainia
centro tecnológico

productos
aditivos

Serrano

Fundación
Empresarial
de Granada

EXERNET

**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)

13:00-15:00: **Lunch and poster exhibition**

15:00-16:30: **SESSION 7
Blood profile and genetics**
M González-Gross (Spain)
C Breidenassel (Germany)
M Ferrari (Italy)
J Wärnberg (Spain)
J Dallongeville (France)

16:30-17:30: **SESSION 8
Lifestyle interventions**
W Ahrens (Germany)
L Maes (Belgium)

18:00-19:30: **CLOSING SESSION
Promoting an early Healthy European Life-Style**
B Koletzko (Germany)
A Simopoulos (USA)
F Branca (Italy)

20:30: **Gala Dinner and Flamenco Show**

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

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