

# VIRTUAL INSTITUTE FOR GOOD HEALTH AND WELL-BEING

- GLADE HALF-DAY CONFERENCE -

**Health promotion – focus on modifiable lifestyle factors at  
different stages of life**

**28 April 2022 (online)**

**<https://utu.zoom.us/j/64393685743>**

## AGENDA

**Please note:**

All timetables are Central European Time (CET: Jena, Pavia, Poitiers, Salamanca)

For Coimbra the conference starts at 10.00

For Iasi and Turku: the conference starts at 12.00

The conference will be recorded.

**11:00 – 11:10**

Opening remarks:

- Prof. Sari Stenholm, University of Turku
- Prof. Daniela ȘOITU, University of Iași, EC2U WP4 Leader, GLADE Scientific Coordinator

**11:10 – 12:30**

STRIP 20-year dietary and lifestyle intervention trial to promote cardiovascular health since infancy

- A/prof. Katja Pahkala (University of Turku)

EXSIT trial: reducing sedentary time to improve the metabolic health among working aged adults

- PhD student Tanja Sjöros (University of Turku)

REACT trial: 1-year activity tracker -based intervention among retirees

- A/prof. Tuija Leskinen (University of Turku)
- PhD student Miika Tuominen (University of Turku)

**12:30 – 12:45**

BREAK

**12:45 – 14:00**

Changes in lifestyle factors during retirement transition: Finnish Retirement and Aging study

- Prof. Sari Stenholm (University of Turku)

Innovative perspectives of physical exercises in osteoporosis prophylaxis as a strategic component of active ageing concept

- Prof. Iulian Dumitru (University of Iași)

Unhealthy lifestyles, environment, well-being and health capability in rural neighbourhoods

- PhD João Malva (University of Coimbra)

**14:00 – 14:15**

BREAK

**14:15 – 14:45**

Presentation of GLADE Virtual Institute and the LIFELINE master programme

- Prof. Daniela ȘOITU (University of Iași)

Upcoming GLADE conferences

- Prof. Paula Santana (University of Coimbra)
- Prof. Ruediger Trimpop (University of Jena)
- Prof. Marina Holgado (University of Salamanca)
- A/Prof. Laurie Galvan (University of Poitiers)

**14:45 – 15:00**

Final remarks:

- Prof. Sari Stenholm (University of Turku)