

International Seminar

9th of December 2015
Salão Nobre
Faculdade de Motricidade Humana

ENERGY BALANCE IN HEALTH AND DISEASE

Healthy Weight CIPER Group



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PROGRAMME

- 9:30 - 9:45 | **Opening Remarks**
José Alves Diniz, Dean FMH, ULisboa
- 9:45 - 11:15 | **Fundamentals of Energy Balance: An Overview**
 - o Low and High Fluxes of Energy Balance: A Physiological Approach - **Paulo M. Rocha** (FMH, ULisboa)
 - o Energy Intake: Is a Calorie a Calorie? - **Vitor H. Teixeira** (FCNA, UP)
- 11:15 - 11:30 | **Balanced Break**
- 11:30 - 13:00 | **Part I. Energy Balance Regulation**
 - o Metabolic Adaptation to and as a Consequence of Energy Balance - **Manfred Müller** (University of Kiel)
 - o Energy Imbalance and Body Composition: Modelling Approach - **Analiza M. Silva** (FMH, ULisboa)
- 13:00 - 14:00 | **Lunch**
- 14:00 - 15:30 | **Part II. Energy Balance Regulation**
 - o Pros and Cons for Body Composition Analysis as a Measure of Energy Balance - **Anja Bosy-Westphal** (University of Hohenheim)
 - o Why is it so Easy to Regain Weight? - **Luís B. Sardinha** (FMH, ULisboa)
- 15:30 - 15:45 | **Balanced Break**
- 15:45 - 16:45 | **Tips for a Healthy Energy balance**
 - o Roundtable - **Manfred Müller** (University of Kiel), **Anja Bosy-Westphal** (University of Hohenheim), **Pedro J. Teixeira** (FMH, ULisboa)
- 16:45 - 17:00 | **Closing Remarks**
Luís B. Sardinha (FMH, ULisboa)

ENTRADA LIVRE COM NÚMERO DE PARTICIPANTES LIMITADO

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