

	TIME	CONTENT	
22-Oct	15:00-18:00	Registration Opens	
23-Oct	8:00-18:00	Registration	
	12:00-13:00	Workshop-Declaring skills of the National Natural Science Foundation of China	
	13:00-13:10	Opening Ceremony	
	13:10-13:15	The History of the Meeting -- Dr. Jacques R. Poortmans(The Founder of The Meeting)	
	Session1: Exercise Metabolism and Mitochondrial Function		
	Time	Main Topic	Speaker
	13:15-14:15	Keynote1: Exercise and Metabolism	Juleen Zierath (Sweden)
	14:15-14:30	Break	
	14:30-15:00	Mitochondrial redox metabolism in aging and health: effect of exercise	Li Li Ji, University of Minnesota (USA)
	15:00-15:30	Remodeling of mitochondrial network by exercise	David Hood, York University (Canada)
15:30-16:00	Exercise-induced mitophagy, location, location	Zhen Yan, University of Virginia (USA)	
16:00-18:00	Oral presentation (12×10min)		
24-Oct	Session2: Exercise and Health		
	Time	Main Topic	Speaker
	8:30-9:30	Keynote2: Exercise and Health	Ye Tian, China Institute Of Sport Science (China)
	9:30-9:45	Break	
	9:45-10:15	Molecular clock in skeletal muscle on health	Karen Esser, University of Florida (USA)
	10:15-10:45	MicroRNA in skeletal muscle adaptation and function	Takayuki Akimoto, Waseda Univeristy (Japan)
	10:45-11:55	Oral presentation (7×10min)	
	11:55-13:00	Lunch Time	
	Session3: Exercise, Nutrition and Chronic Disease		
	Time	Main Topic	Speaker
	13:00-13:30	High Intensity Interval Training, Cardiorespiratory Fitness & PAI	Ulrik Wisloff, Norwegian University of Science and Technology (Norway)
	13:30-14:00	TBD	TBD
	14:00-14:30	The sequential change of RMR and energy metabolic cytokines after five typical acute exercise training	Zihong He, China Institute Of Sport Science (China)
14:30-15:00	Exosome and metabolic diseases	Mark Tarnopolsky, McMaster University (Canada)	
15:00-15:20	Break		
15:20-18:00	Oral presentation (16×10min)		
19:00-21:30	Poster session		
25-Oct	Session4: Integrative Exercise Physiology and Biochemistry		
	TIME	MAIN TOPIC	SPEAKER
	8:30-9:30	Keynote3: Cardiovascular Benefits of Life-long Exercise	Benjamin Levine (USA)
	9:30-9:45	Break	
	9:45-10:15	Mitochondrial redox metabolism in aging and health: effect of exercise	Shuzhe Ding, East China Normal University (China)
	10:15-10:45	mTOR signaling and protein synthesis in skeletal muscle hypertrophy	Troy Hornbuerger, University of Wisconsin (USA)
10:45-11:55	Oral presentation (7×10min)		