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# PROTEIN, TRAINING & WEIGHT LOSS

## - OPTIMIZATION OF METABOLIC HEALTH PROFILE

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**Date: 25th November**

**Time: 10am – 3pm**

**Location: Auditorium, Section of Sports Science, Dalgas Avenue 4, 8000 Aarhus C**

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9:30 – 10:00 – **Registration and coffee**

10:00 – **Welcome**

*Mette Hansen, Associate Professor, Department of Public Health, AU*

10:00 – 10:20 – **Should obese lose weight?**

*Kim Overvad, Professor, Department of Public Health, AU*

10:20 – 11:00 – **Physical activity for optimization of metabolic health profile**

*Bente Stallknecht, Professor, Department of Biomedical Sciences, KU*

11:00 – 11:10 – **Break**

11:10 – 11:50 – **Significance of protein diet to optimize metabolic health profile**

*Anne Raben, Professor, Department of Nutrition, Exercise and Sports, KU*

11:50 – 12:20 – **The effect of milk protein on metabolic parameters**

*Kjeld Hermansen, Professor, Department of Clinical Medicine, AU*

12:20 – 12:50 – **Sandwich**

12:50 – 13:35 – **Effect of protein supplements for optimizing body composition**

*Kevin Tipton, Professor, Stirling University, UK*

13:35 – 13:50 – **Break**

13:50 – 14:10 – **Effect of protein supplements for optimizing metabolic adaptations to endurance training**

*Mette Hansen, Associate Professor, Department of Public Health, AU*

14:15 – 14:45 – **Lifestyle changes for optimizing body composition and health – is it possible?**

*Sune Dandanell Jørgensen, Ph.d. student, KU (15 min)*

*Anneli Sandbæk, Professor, General Medicine, Department of Public Health, AU (15 min)*

14:45 – 15:00 – **Plenary discussion**

*Moderator: Klavs Madsen, Associate Professor, Department of Public Health, AU*

**Deadline for registering d 16 nov 2015.**

**Send mail til Mette Hansen ([mhan@ph.au.dk](mailto:mhan@ph.au.dk)) med navn og titel og arbejdsplads**



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