

Radboud Research Rounds



Too little exercise and too much sitting: new insights and strategies to combat this hazardous mix in the prevention of chronic diseases

Date: Thursday 17 September 2020

Location: Virtual meeting 16:00 – 17.30 hrs

16:00 Physical activity and chronic disease;
a Nijmegen's perspective
Dick Thijssen, MD



16:05 Sedentary behaviour in cardiac patients and
cardiac rehabilitation
Esmee Bakker



16.25 Role of sedentary behaviour and physical activity in
the prevention of all-cause mortality and morbidity
Ulf Ekelund, MD
Norwegian School of Sport Sciences, Oslo

17:10 College tour with Ulf Ekelund

Ekelund's research focus on the associations between sedentary time, physical activity and non-communicable diseases throughout the lifecourse.

Ekelund was named highly cited researcher by Clarivate Analytics (web of Science) in 2018 and has published more than 300 peer-reviewed research papers including articles in JAMA, The Lancet, BMJ, Nature Genetics and PLOS Medicine. His current H-index is 74 (web of Science).

These lectures are intended for students, post-docs and staff interested in latest fundamental and clinical research strategies within a particular theme. **Registration is required** by sending an email marie-louise.roovers@Radboudumc.nl

This Radboud Research Round PLUS is organized by the theme *Vascular damage*.