

The role of physical activity in healthy ageing

Webinar details

Date: Thursday 22 February 2024

Time: 11.30am – 12.45pm

Where: Zoom (Link to be provided)

To register

ipanwebinar_healthyageing

Please RSVP by 21 February 2024

Internationally renowned researcher Professor Greet Cardon, along with the IPAN team, will share the latest on the role of physical activity for cognitive and physical health.

This free webinar will showcase the latest research on how physical activity can best support healthy ageing, including the role of digital technology and built and natural environments. The webinar is suitable for policy-makers, practitioners, researchers, and others interested in physical activity and healthy ageing.

PROGRAM

11.30am	Welcome <i>Alfred Deakin Professor Jo Salmon, Director, IPAN, Deakin University</i>
11.35am	Physical activity: The key to healthy ageing <i>Professor Greet Cardon, Head of the Department of Movement and Sports Sciences, Ghent University Founder and Head of the Research Consortium Ghent University Research for Aging Young (GRAY)</i>
12.05pm	Innovations in Exercise, Nutrition and Digital Technology: Real-world Solutions for Healthy Ageing <i>Professor Robin Daly, Chair of Exercise and Ageing, IPAN, Deakin University</i>
12.13pm	Understanding park design for older adults <i>Professor Jenny Veitch, IPAN, Deakin University</i>
12.20pm	Q&A and Panel Discussion <i>Alfred Deakin Professor Jo Salmon, Director, IPAN, Deakin University</i>
12.40pm	Conclusion <i>Alfred Deakin Professor Jo Salmon, Director, IPAN, Deakin University</i>



ABOUT THE SPEAKERS

Physical activity: The key to healthy ageing

Professor Greet Cardon is Head of the Department of Movement and Sports Sciences (Faculty of Medicine and Health Sciences) of Ghent University, Belgium, where she leads the research group 'Physical activity and Health'. Her research mainly focuses on understanding the determinants of physical activity and sedentary behaviour, as well as identifying the most effective ways to promote more physical activity and less sitting in different age groups. She chairs GRAY (Ghent University Research for Aging Young), an interdisciplinary research consortium on healthy ageing at Ghent University. She is highly involved in several European projects and doctoral training networks on health related behaviours (e. g. ToyBox, Spotlight, DEDIPAC, Feel4Diabetes, WEALTH, AGEWELL, Health Cascade, INDEEP) and in projects funded by the Flemish Government. She is fellow of the International Society of Behavioural Nutrition and Physical Activity (ISBNPA).



Innovations in Exercise, Nutrition and Digital Technology:

Real-world Solutions for Healthy Ageing

Professor Robin Daly PhD, FASMF, FASBMR, holds the position of Chair in Exercise and Ageing and is Head of the Musculoskeletal Health and Mobility group within the Institute for Physical Activity and Nutrition at Deakin University, Australia. He has 25 years of experience in conducting clinical, translational and implementation trials to understand how exercise and nutritional approaches can prevent and manage diseases, particularly osteoporosis, sarcopenia, falls and fractures, type 2 diabetes and cognitive related disorders. His recent research has focused on the role of digital technologies as a model of healthcare service delivery to manage chronic conditions in older adults.



Understanding park design for older adults

Professor Jenny Veitch is a researcher in the Institute for Physical Activity and Nutrition (IPAN), at Deakin University, Australia. Her research aims to better understand the impact of the built and natural environment on physical activity and health-related behaviours. Prof Veitch has a particular research focus on understanding how the design of parks and public open spaces can optimise physical activity and social interaction among children, adolescents, adults, and older adults.



About IPAN

The Institute for Physical Activity and Nutrition (IPAN) is a world-leading research institute committed to improving health and quality of life. We're working to reduce the rates of chronic disease through nutrition and physical activity research excellence.

Our purpose is to conduct high quality, multidisciplinary physical activity and nutrition research to actively inform policy and practice to improve health and build capacity in the field.

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