Towards precision in exercise medicine: promise or peril?

Seminar with Professor Robert Ross

Time: Friday 24 March at 12.30-13.30.
Venue: Holst Auditorium, Maersk Tower, Blegdamsvej 3, Cph

The Department of Biomedical Research and KU LOM invites faculty, students and other interested for an afternoon seminar with Dr. Robert Ross on the topic Towards precision in exercise medicine: promise or peril?

Programme

12.30-12.35: Welcome by Professor Jørn Wulff Helge (BMI)
12.35-13.20: Towards precision in exercise medicine: promise or peril? by Professor Robert Ross
13.20-13.30: Questions and closing remarks

Dr. Ross is Professor at Queen's University, School of Kinesiology and Health Studies, the Lifestyle and Cardiometabolic Research Unit with expertise in Exercise Physiology. The Lifestyle and Cardiometabolic Research Unit research work is focused on the characterization and management of obesity and related co-morbidities in adults. In recent years Dr. Ross and his group have conducted a number of randomized controlled trials to determine the efficacy and effectiveness of lifestyle-based interventions designed to manage abdominal obesity and related health risk. The objective is to continue this type of research for the foreseeable future.

Recent, Selected Publications

- Ross R, Hudson R, Stotz P, Lam M. **Effects of exercise amount and intensity on abdominal obesity and glucose tolerance in obese adults. A randomized controlled trial**. Annals of Internal Medicine 162: 325-334, 2015.
- Ko G, Davidson L, Brennan AM, Lam M, Ross R. **Mediators of the Exercise-induced Change in Insulin Sensitivity in Older Adults.** PLoS One (In Press)
- Clarke J, de Lannoy L, Ross R. **Comparison of measures of maximal and submaximal fitness in response to exercise.** Med Sci Exer Sport (In Press)
- Bostad B, Ricketts A, Stotz PM and Ross R. **Cardiovascular disease risk using established values for cardiorespiratory fitness**. J Appl Physiol Metab (In Press)
- Ross R. Is setting a criterion for 'clinically significant weight loss' necessary? Invited Commentary, Obesity 24(4): 791, 2016.
- Ross R, Hill JO, Latimer A and Day AG. **Evaluating a small change approach to preventing long term weight gain in overweight and obese adults - study rationale, design, and methods. Contemporary Clinical Trials** 47: 275-281, 2016.

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