

CESENA, ITALY
TECHNOGYM VILLAGE

EXERCISE and HEALTHY LONGEVITY

OCTOBER 6, 2023



25th WELLNESS CONGRESS



THE CONCEPT

NOW IN ITS **25TH EDITION**, THE WELLNESS CONGRESS AIMS TO DISCUSS THE IMPACT OF WELLNESS AND TO IDENTIFY PATHWAYS TOWARDS A HEALTHIER AND MORE SUSTAINABLE WORLD, THROUGH HEALTHY LIFESTYLES.

THE 2023 EDITION IS CONCEIVED TO BE A **HIGH-PROFILE EDUCATIONAL EVENT** FOR GENERAL PRACTITIONERS AND HEALTHCARE PROFESSIONALS ON THE VALUE OF EXERCISE FOR A HEALTHY LONGEVITY.

**ONE-DAY
HIGH PROFILE EVENT
MADE OF:**

SCIENTIFIC PANELS

Unravelling the
Healthspan
Determinants

Exercise for a Longer and
Healthier Life

PRECISION TRAINING WORKSHOPS

25th Wellness Congress

EXERCISE and HEALTHY LONGEVITY

October 6, 2023
Technogym Village, Cesena, Italy



AGENDA

- H 7.30–9.00 Early Workout (optional)
- H 9.30–10.00 Welcome Coffee
- H 10.00–13.00 Congress

- Intro, [Federica Alberti](#)
- Welcome Remarks, [Nerio Alessandri](#)
- Exercise Medicine: the Magic Pill, [Silvano Zanuso](#)

- The Role of the Immune System in Longevity, [Alberto Mantovani](#)
- Exercise Medicine in Cancer Management, [Robert Newton](#)

H 11.25–11.45 Coffee break

- What can we learn from top athletes and Sports Science Research?, [Marco Cardinale](#)
- Exercise as Medicine - Obesity, [Matthew Kampert](#)
- Discussion

H 13.00–14.00 Lunch

H 14.00–17.00 Workshops*

PRECISION TRAINING WORKSHOPS

- The Combined Effect of Aerobic and Resistance Training for Metabolic Disorders, [Matthew Kampert](#)
- Exercise for Healthy Longevity, [Massimo Massarini](#)
- Clinical practice of exercise oncology, [Robert Newton](#)
- New Technologies for personalised exercise training, [Silvano Zanuso](#)

*participants are invited to select 2 workshops at registration



ALBERTO MANTOVANI

Humanitas University,
Italy & Queen Mary
University, UK

MATTHEW KAMPERT

Cleveland Clinic,
USA

MARCO CARDINALE

Aspetar, Qatar

ROBERT NEWTON

Edith Cowan
University, Australia

MASSIMO MASSARINI

Vitalia &
Technogym,
Italy

SILVANO ZANUSO

Technogym, Italy &
Edith Cowan
University, Australia

SILVANO ZANUSO

CONGRESS ABSTRACT EXERCISE MEDICINE: THE MAGIC PILL

This brief introductory speech will focus on the fundamental research that supports exercise as a powerful medicine to prevent and treat the major chronic conditions and to reach a healthy longevity.



SCIENTIFIC RESEARCH & COMMUNICATION
DIRECTOR OF THE WELLNESS FOUNDATION

ADJUNCT ASSOCIATE PROFESSOR AT THE EDITH
COWAN UNIVERSITY IN PERTH - AUSTRALIA

CONGRESS ABSTRACT

THE ROLE OF THE IMMUNE SYSTEM IN LONGEVITY

Immunity and inflammation represent a metanarrative of Medicine. The lifestyle, including food, physical exercise and psychosocial components, affect the inflammatory tone, though underlying mechanisms remain to a large extent to be defined. Inflammation is a major driver of diverse pathologies ranging from cancer to cardiovascular diseases.

ALBERTO MANTOVANI



SCIENTIFIC DIRECTOR, ISTITUTO CLINICO
HUMANITAS EMERITUS PROFESSOR, HUMANITAS
UNIVERSITY - ITALY

CHAIR OF INFLAMMATION AND THERAPEUTIC
INNOVATION WILLIAM HARVEY RESEARCH
INSTITUTE | QUEEN MARY UNIVERSITY - UK

CONGRESS ABSTRACT

EXERCISE MEDICINE IN CANCER MANAGEMENT

Exercise is a crucial therapy for cancer patients, offering several benefits. Both resistance and cardiorespiratory training improve quality of life, physical fitness, and mental health. Research indicates that higher exercise levels correspond to reduced mortality risk for cancer patients. The emerging field of "exercise oncology" applies exercise as neoadjuvant, adjuvant and rehabilitative medicine. However, limited health system support due to cost and access barriers hinders its widespread adoption, despite accumulating evidence of its advantages.

ROBERT NEWTON



PROFESSOR OF EXERCISE MEDICINE, EDITH
COWAN UNIVERSITY.

FOUNDING DIRECTOR OF ECU'S EXERCISE
MEDICINE RESEARCH INSTITUTE - AUSTRALIA

CONGRESS ABSTRACT

WHAT CAN WE LEARN FROM TOP ATHLETES AND SPORT SCIENCE RESEARCH?

Over the past 30 years, sports science has thrived due to academic recognition and government investments. This has resulted in valuable insights for training, performance enhancement, injury recovery, and competition preparation for athletes and non-athletes of all ages. This presentation will focus on applying high-performance sports principles to wellness programs, especially for the aging population, promoting lifelong health and performance. The presenter will draw from scientific findings and international personal experiences in high-performance sports and age group triathlons to present a 'high-performance' mindset towards a longer and healthier life.

MARCO CARDINALE



EXECUTIVE DIRECTOR OF RESEARCH AND
SCIENTIFIC SUPPORT, ASPETAR - QATAR

CONGRESS ABSTRACT

EXERCISE AS MEDICINE – OBESITY

There is a gap that exists in healthcare, but this is no longer a gap in knowledge. The gap exist in translating existing knowledge into innovative patient care. The evidence for exercise as medicine is overwhelming, but it is still not effectively being prescribed to our patient populations that could benefit most. We will discuss how bridging research and institutes with digitally guided exercise prescriptions to reduce obesity by joining education and community with technology can assist patients in becoming independent exercisers, so that together we can improve the health of our communities.

MATTHEW KAMPERT



CLEVELAND CLINIC STAFF PHYSICIAN: SPORTS
MEDICINE & ENDOCRINOLOGY

DIRECTOR OF EXERCISE MEDICINE FOR
ENDOCRINOLOGY & METABOLISM INSTITUTE

DIRECTOR OF MUSCULOSKELETAL SCIENCES FOR
CLEVELAND CLINIC LERNER MEDICAL COLLEGE

MASSIMO MASSARINI

WORKSHOP ABSTRACT EXERCISE FOR HEALTHY LONGEVITY

From assessment to exercise prescription for healthy ageing. A structured multi dimensional approach to measure physical fitness and provide a personalized and precise program.



MD, SPORT MEDICINE DOCTOR
FOUNDER AND MEDICAL DIRECTOR - VITALIA,
PRIVATE SPORT PERFORMANCE AND EXERCISE
THERAPY FACILITY - TURIN.
SCIENTIFIC DIRECTOR AT TECHNOGYM 1992-2004.
MEDICAL ADVISOR AND STRATEGIC CONSULTANT
FOR TECHNOGYM.

ROBERT NEWTON



PROFESSOR OF EXERCISE MEDICINE, EDITH
COWAN UNIVERSITY.

FOUNDING DIRECTOR OF ECU'S EXERCISE
MEDICINE RESEARCH INSTITUTE - AUSTRALIA

WORKSHOP ABSTRACT

STRENGTH FOR HEALTHY LONGEVITY

Maintaining muscle mass and strength is key for healthy aging. Neuromuscular strength, essential for daily tasks and injury prevention, relies on muscle mass. Regular targeted exercise is key to muscle upkeep and growth. Skeletal muscle functions as an endocrine organ, affecting overall health. We will explore techniques to increase muscle size and strength in both healthy and clinical populations. We will examine resistance training modalities and discuss exercise prescription parameters to maximise stimulus for muscle growth and strength increase.

WORKSHOP ABSTRACT

THE COMBINED EFFECT OF AEROBIC AND RESISTANCE TRAINING FOR METABOLIC DISORDERS

This workshop places special attention on the musculoskeletal system as an endocrine organ which reflects and influences the condition of all other body systems with the goal of preserving functional capacity and independence through exercise. We will discuss bioenergetics, metabolic dysregulation, and improving health through improving metabolic flexibility with aerobic and resistance training.

MATTHEW KAMPERT



CLEVELAND CLINIC STAFF PHYSICIAN: SPORTS
MEDICINE & ENDOCRINOLOGY

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25th EDITION OF THE WELLNESS CONGRESS

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The Wellness Congress aims to discuss the impact of wellness and to identify pathways towards a healthier and more sustainable world, through healthy lifestyles.

A high-profile educational event for general practitioners and health care professionals on the value of exercise for a healthy longevity.

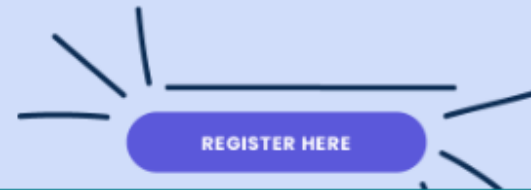
A unique opportunity to attend scientific panels and precision training workshops with world leading experts.



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[LINK](#)

ABOUT US

THE WELLNESS FOUNDATION IS A **NON-PROFIT ORGANIZATION** ESTABLISHED IN 2003 BY NERIO ALESSANDRI, FOUNDER AND PRESIDENT OF TECHNOGYM.

ITS MISSION IS TO **PROMOTE WELLNESS AS A SOCIAL OPPORTUNITY**.

THE WELLNESS FOUNDATION SUPPORTS SCIENTIFIC RESEARCH, HEALTH EDUCATION AND THE CULTURE OF BALANCED LIFESTYLES FOR A HEALTHIER AND MORE SUSTAINABLE WORLD.

KEY PROJECTS: WELLNESS CONGRESS, PUBLICATIONS AND WELLNESS VALLEY
MORE INFO: www.wellnessfoundation.it