Targeting Energy Expenditure in Management of Obesity & Cardiometabolic Risks: 
From Biology to Built environment

Organised by
the Department of Medicine / Physiology, University of Fribourg, Switzerland
In association with
Swiss Association for Study of Obesity (ASEMO/SAMO)

09:15 – 10:00 Registration – Coffee / Croissants

10:00 – 10:10 Welcome to FORC-2017
Jean-Pierre Montani & Abdul Dulloo (Univ. Fribourg)

10:10 – 13:00 Morning session

10:10 – 10:45 Changes in physical activity over lifespan: impact on body composition & sarcopenic obesity
Klaas Westerterp (Univ. Maastricht)

10:45 – 11:20 Modulation of behavioural energy expenditure: from a built environment perspective
Stanley Ulijaszek (Univ. Oxford)

11:20 – 11:50 Coffee break & Poster viewing

11:50 - 12:25 Modulation of non-shivering Thermogenesis: from a built environment perspective
Wouter van Marken Lichtenbelt (Univ. Maastricht)

12:25- 13:00 How much exercise should be promoted to raise daily energy expenditure and health?
Nuala Byrne (Univ. Tasmania)

13:00 – 14:10 LUNCH at EIF Restaurant (across the road)

14:15 – 17:35 Afternoon session

14:15 – 14:50 Why physical activity does little to control weight: the exercise paradox
Herman Pontzer (Hunter College, New York)

14:50 – 15:25 Energy intake compensation in response to energy deficit by diet versus exercise
Eric Doucet (Univ. Ottawa)

15:25 - 16:00 Metabolic responses to caloric restriction: from a perspective of lean-fat tissue partitioning
John Speakman (Univ. Aberdeen)

16:00 - 16.25 Coffee break & Poster viewing

16:25 – 17:00 Gender issues in promoting physical activity & fat oxidation in obesity management
Jennifer Miles-Chan (Univ. Fribourg)

17:00 – 17:35 Novel dietary strategies to attenuate adaptive responses in obesity therapy
Amanda Salis (née Sainsbury) (Univ. Sydney)

17:35 – 17:40 Closing remarks – Abdul G. Dulloo (Univ. Fribourg)