



THEMES

1. Sport and nutrition
2. Cardiovascular capacities and practice of sport
3. Sports activity and cancer

Scientific Committee chairman: Dr André MONROCHE, MD.

Scientific committee vice-chair: Pr Xavier BIGARD, MD, PhD.

Founding and honorary President: Mme Liliane LAPLAINE-MONTHEARD

June 26th, 2019

Sport and nutrition

09.00-09.10: Welcome allocution (*Allocution de bienvenue*) – Dr MD André MONROCHE

09.10-09.40: Nutritional strategies for the management of body weight – Pr Xavier BIGARD.

09.40-10.00: A practical case of individual management of body weight – Jérémie Azou.

Educational objectives

- Review the current strategies used to lose body weight just before competition; what type of sport? which methods are most used today?
- Describe the balance between effectiveness and side effects of the most used methods;
- For the body weight control, provide the scientific evidence for long-term nutritional strategies.

Physical activity, sport, sedentary, and cardiovascular diseases

10.30-11.00: Physical activity and sedentary, two opposite determinants of cardiovascular health.

11.00-11.20:

11.20 – 11.30: BREAK (*Pause*)

Educational objectives

- Describe the clinical evidence of the benefit of sport on cardiovascular health;
- Consider the respective effects of physical activity and sedentary on cardiovascular diseases;
- Prescribe appropriate preventive examinations, according to the medical condition, age and sport practiced by the patient;

- Pr Xavier BIGARD
- Dr Hélène BOYER
- Dr Sylvie BIDOT-MAURANT
- Dr André MONROCHE
- Mr Jeremy AZOU