

# International Symposium Granada (Spain) 12<sup>nd</sup> June 2017

iMUDS, Parque Tecnológico de la Salud

## ACTIVE BRAINS FOR ALL: EXERCISE, COGNITION AND MENTAL HEALTH

The International Symposium «ACTIVE BRAINS FOR ALL» aims to discuss the state-of-the-art regarding the role of **physical activity, sedentary behavior, physical fitness, and nutrition** in relation to **brain, cognition, academic achievement and mental health** in different age groups.

**15<sup>th</sup> May 2017** Abstract submission deadline

**25<sup>th</sup> May 2017** Early bird registration deadline

**08:00-09:00** Registration

**09:00-09:30** Official Welcome

**09:30-10:00** Presentation of the Symposium

**10:00-10:45** **Opening lecture.** Exercise, cognition and mental health.

**Dr. José Cesar Perales, Granada (Spain):**  
Physical activity and emotional regulation

**Drs. Daniel Sanabria and Antonio Luque, Granada (Spain)** Understanding the cognition and physical exercise relationship: Insights from the brain and the heart

**10:45-11:30** Selected Oral Communications

**11:30-12:00** Coffee break and visit to posters

**12:00-13:00** **Keynote lecture. Dr. Charles Hillman, Boston, USA:** Role of physical exercise and fitness on brain, cognition and academic performance: an international perspective.

**13:00-13:45** Poster presentation session

**13:45-15:00** Lunch

**15:00-16:00** Selected Oral Communications

**16:00-16:30** Coffee break and visit to posters

**16:30-17:30** **Closing lecture. Dr. Francisco B. Ortega and collaborators, Granada (Spain):** Past, present and future of the ActiveBrains, SmarterMove and CoCa projects.

**17:30-18:00** Symposium summary and Awards to best oral communications

**19:30-20:30** Cultural running / walking

**22:00** Tapas Dinner

**More information:** Technical secretariat: [www.granadacongresos.com/activebrains](http://www.granadacongresos.com/activebrains)  
Organizing group : [profith.ugr.es](http://profith.ugr.es)

Organized by the **PROFITH** research group under the umbrella of the **UCEES** (Unidad Científica de Excelencia: Ejercicio y Salud), with the support from:



Department of Physical Education and Sports  
Faculty of Sport Sciences



UNIVERSIDAD  
DE GRANADA

ActiveBrains and SmarterMove were supported by MINECO (DEP2013-47540 & DEP2016-79512-R) and CoCa by European Commission (No 667302)