

## INTERNATIONAL CONFERENCE ON HEALTHINESS AND FITNESS ACROSS THE LIFESPAN

Magdeburg, Germany, 12<sup>th</sup>–15<sup>th</sup> September 2018

The 2018 version of the international scientific conference on Health Across Lifespan (HAL) organised by the Otto von Guericke University Magdeburg and the Centre of Neurodegenerative Diseases Magdeburg together with the European Group for Research into Elderly and Physical Activity (EGREPA) was a great success. Not only because it attracted about 160 participants of 22 different nationalities from Africa, Asia, Europe, North- and South-America. But actually because it was a well-organised and very informative conference.

The key note lectures comprised Marcela González Gross' Fitness and Lifestyle in Middle Life; Kirk Erickson's Effects of Exercise on Brain and Cognition; Rado Pišot's Bed Rest Model for Studying Physical and Cognitive Decline; Gerd Kempermann's The Neurobiology of Individualised Brain Aging; and Matthieu Lenoir's Motor Competence and Childhood Obesity, which altogether indicate the red-line of the conference, with the speakers giving excellent updates on the current status of these topics and their work.

Further, the audience could attend the invited symposia Motor Training, Mobility and Cognition (two separate sessions organised by EGREPA), and Cognitive-Motor Interactions across the Lifespan, and in three parallel sessions indulge in the oral presentations that ranged from the topics on Healthy Aging to Social Aspects of Health and Physical Activity. Additionally, two extensive poster sessions and workshops (e.g. shiatsu and various dances) gave a more hands-on character to the conference.

Further detailed information on the content of the lectures and posters can be found on (<https://www.hal2018.de/index.php?id=20908>).

We certainly hope that the conference will be again held in 2021, thus becoming triennial; the previous version in 2015 was entitled Active Healthy Aging (its report can be read in *Annales Kinesiologiae* 2015, vol 6 (2): 155-156), as this event is highly recommended for all the researchers or clinicians from the field of motor development, studying the effects of physical activity and cognitive-functional exercise for all ages.

Cécil Meulenberg and Uroš Marušič

## MEDNARODNA KONFERENCA O ZDRAVJU IN TELESNI PRIPRAVLJENOSTI V ŽIVLJENJSKI DOBI

Magdeburg, Nemčija, 12.–15. september 2018

Letošnja mednarodna znanstvena konferenca o zdravju v celotnem življenjskem obdobju ('Health Across Lifespan' HAL 2018), ki sta jo organizirala Univerza Otto von Guericke Magdeburg in Center za nevrodegenerativne bolezni Magdeburg skupaj z Evropsko skupino za raziskave starejših in gibalno/športno aktivnost ('European Group for Research into Elderly and Physical Activity' EGREPA), je bila izvedena zelo uspešno. Ne le zato, ker je pritegnila približno 160 udeležencev 22 različnih narodnosti iz Afrike, Azije, Evrope ter Severne in Južne Amerike, ampak tudi zato, ker je bila dobro organizirana in zelo informativne narave.

Vabljeni predavanja so udeležencem predstavili predavatelji: Marcela González Gross 'Fitness and lifestyle in middle life'; Kirk Erickson 'Effects of exercise on brain and cognition'; Rado Pišot 'Bed rest a model for studying physical and cognitive decline'; Gerd Kempermann 'The neurobiology of individualised brain aging'; in Matthieu Lenoir 'Motor competence and childhood obesity'. Naslovi plenarnih predavanj nakazujejo rdečo nit konference, predavatelji pa so v njih odlično podali povzetke najnovejših ugotovitev na svojih raziskovalnih področjih.

Poleg plenarnih predavanj so se udeleženci konference lahko udeležili vabljenih simpozijev z naslovi: 'Motor training, mobility and cognition' (dve različni sekciji organizirani s strani EGREPA-e), 'Cognitive-motor interactions across the lifespan', in treh vzporednih sekcij predstavitev, ki so zajemale tematike od 'zdravega staranja' do 'socialnih vidikov zdravja' in 'gibalne/športne aktivnosti'. Organizirani sta bili tudi dve sekciji s predstavitvami plakatov in delavnice (npr. Shiatsu in različni plesi), ki so konferenci dale bolj praktičen značaj.

Podrobnejše informacije o vsebini predavanj in predstavitev plakatov so dostopne preko spletnega naslova: <https://www.hal2018.de/index.php?id=20908>.

Vsekakor upamo, da bo ta predvidoma trienalna konferenca (predzadnja, z naslovom Aktivno zdravo staranje in za katero dostopno poročilo v *Annales Kinesiologiae* 2015, vol. 6 (2): 155-156, je potekala leta 2015), organizirana tudi 2021. Znanstvena konferenca je namreč zelo priporočljiva za vse raziskovalce ali zdravnike/medicinske delavce, ki delajo na področjih gibalnega razvoja in/ali raziskujejo učinke gibalne/športne aktivnosti in kognitivno-gibalne vadbe v vseh starostnih obdobjih.

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