

1<sup>ST</sup> INTERNATIONAL CONGRESS



# BODY COMPOSITION CONFERENCE 2022

7<sup>TH</sup> ANNUAL MEETING FOR BODY COMPOSITION EXPERTS



## BODY COMPOSITION AND PRIMARY PREVENTION

The role of diet  
and physical activity

29-30 APRIL  
TECHNOGYM  
VILLAGE • CESENA

Via Calcinaro, 2861 • Cesena (FC)

Scientific coordinator:  
Emanuele Cereda, MD, PhD

Meeting Organizer:  
Sara Fiume

In partnership  
with:



Organizational  
secretariat:



## FRIDAY 29 APRIL 2022

2:00 pm - 2:30 pm  
REGISTRATION

2:30 pm - 2:45 pm  
WELCOME AND CONFERENCE OPENING

## SESSION 1 BODY COMPOSITION AND PRIMARY PREVENTION

2:45 pm - 3:15 pm  
MALNUTRITION AND CLINICAL PRACTICE: NEW APPROACHES, GUIDED BY THE EVALUATION OF BODY COMPOSITION WITH IMPEDANCE TECHNIQUE.

**Emanuele Cereda, MD, PhD**

Medical Director of the U.O.C Dietetics and Clinical Nutrition IRCCS Foundation Policlinico "San Matteo" • Pavia

3:15 pm - 3:45 pm  
A CELLULAR APPROACH TO BODY COMPOSITION CHANGES

**Luís Bettencourt Sardinha, Prof, PhD**

Dean of the Faculty of Human Kinetics, University of Lisbon, Full Professor of Exercise Prescription, Functional Body Composition and Energy Regulation

3:45 pm - 4:15 pm  
PHASE ANGLE AND BODY COMPOSITION CHANGES IN OBESE PATIENTS WITH ASSOCIATED COMORBIDITIES THROUGH DIFFERENT DIET PROGRAMS

**Jose Manuel García Almeida, MD, PhD**

Associate Professor of Medicine, University of Malaga. Head of the Endocrinology and Nutrition Service, Quirón de Málaga Hospital Group

4:15 pm - 4:45 pm  
THE PRESCRIPTION OF PHYSICAL EXERCISE FOR CARDIOVASCULAR AND CANCER PREVENTION

**Laura Stefani, MD**

Specialist in Sports Medicine, Cardiology, Gastroenterology and Digestive Endoscopy. Medical Director at the Sports and Exercise Medicine Unit University of Florence

4:45 pm - 5:00 pm  
Q&A AND SESSION 1 CLOSING REMARKS



5:00 pm - 5:30 pm  
COFFEE BREAK



5:30 pm - 7:00 pm  
TECHNOGYM TRAINING EXPERIENCES

- BioCircuit
- SkillX
- SkillRun Bootcamp



8:30 pm - 10:00 pm  
SOCIAL DINNER



## SATURDAY 30 APRIL 2022

9:00 am - 9:30 am

REGISTRATION AND WELCOME

SESSION 2  
LIFESTYLE, DIET AND BODY  
COMPOSITION

9:30 am - 10:00 am

IMPORTANCE OF BODY COMPOSITION  
MONITORING IN OBESE PATIENT WEIGHT LOSS**Amelia Brunani, MD***Head of U.O. Rehabilitation Medicine - IRCCS Istituto Auxologico  
Piancavallo (VB)*

10:00 am - 10:30 am

THE ROLE OF NUTRITION IN CANCER PREVENTION

**Ornella Carminati, MD***Physician Ausl Romagna*

10:30 am - 11:00 am

PHASE ANGLE AS A DIAGNOSTIC TOOL  
OF INFLAMMATION**Luigi Barrea, MD, PhD***Associate Professor of Applied Dietetic Sciences and Techniques; Specialist in  
Food Science, University of Naples Federico II, Naples*

11:00 am - 11:15 am

Q&amp;A



11:15 am - 11:45 am

COFFEE BREAK



11:45 am - 12:15 pm

RELATIONSHIPS AND EMOTIONS AT THE CENTER  
OF DIETARY PRESCRIPTION**Tiziana Stallone***Nutrition biologist, Contract Professor at Tor Vergata University, Member  
of the Technical Committee for nutrition and animal health at the Italian  
Ministry of Health*

12:15 pm - 12:45 pm

NUTRITIONAL COUNSELLING AS A WEIGHT  
CONTROL AND PREVENTION TOOL**Yeganeh Manon Khazrai***RD, MSc. Contract Professor in Human Nutrition - University Campus Bio-  
Medico of Rome*

12:45 pm - 1:00 pm

Q&amp;A AND SESSION 2 CLOSING REMARKS



1:00 pm - 2:30 pm

LUNCH AND GUIDED TOUR OF THE  
TECHNOGYM VILLAGESESSION 3  
PHYSICAL EXERCISE PRESCRIPTION  
FOR DISEASE PREVENTION AND A  
HEALTHY LIFESTYLE: FROM THEORY  
TO PRACTICE

2:30 pm - 3:00 pm

EXERCISE IS MEDICINE:  
"BEST PRACTICES" FROM THE WORLD**Silvano Zanuso, PhD***Scientific Communication & Research Manager at Technogym*

3:00 pm - 3:30 pm

LOCALIZATION OF WEIGHT LOSS AND PRIMARY  
PREVENTION**Denis Pauletto***Research and Development Intern at ELAV*

3:30 pm - 4:00 pm

PHYSICAL EXERCISE DURING SENILE AGE:  
NEW TRAINING STRATEGIES AND EFFECTS ON  
BODY COMPOSITION**Francesco Campa, PhD***PhD in Pharmacological and Toxicological Sciences, Development and  
Movement Sciences. Lecturer and Researcher at the University of Padua*

4:00 pm - 4:45 pm

SPORT-GAME: THE ROLE OF THE TRAINER  
IN OBESITY PREVENTION IN CHILDREN AND  
ADOLESCENTS**Massimiliano Mazzilli & Stefano Zambelli***Strength and conditioning & Personal Trainer*

4:45 pm - 5:00 pm

Q&amp;A AND SESSION 3 CLOSING REMARKS



5:00 pm

CONFERENCE CLOSING

## BODY COMPOSITION CONFERENCE 2022

Primary prevention represents the elective choice of intervention for the individual and the community health. Performing regular physical activity, in addition to a balanced and healthy diet aim at reaching and improving the state of health, preventing the early onset of chronic diseases and/or limiting their effects.

“An ounce of prevention is worth a pound of cure”

*cit. Benjamin Franklin*

## MEETING DATES

Friday, 29<sup>th</sup> April h. 2:30 pm- 5:00 pm  
Saturday, 30<sup>th</sup> April h. 9:30 am - 5:00 pm

## CONGRESS LOCATION

Technogym Village, Via Calcinaro, 2861  
47521 Cesena (FC)

## CONGRESS ATTENDEES

Physicians, nutrition biologists, pharmacists, dieticians, nurses, physiotherapists, personal trainers, athletic trainers, students.

ON-SITE MEETING	ON-LINE MEETING
AVAILABLE SEATS: 180	AVAILABLE SPOTS: 3000
<p><b>THE REGISTRATION FEE INCLUDES:</b></p> <ul style="list-style-type: none"> <li>• Admission to the scientific sessions and to the exhibition;</li> <li>• Free access to the 5 CME ASYNCHRONOUS FAD;</li> <li>• The certificate of attendance;</li> <li>• The scientific material of the event;</li> <li>• Free access to the Body Composition Channel and to the full recording of the BCC 2022 event and previous editions;</li> <li>• Access to online symposia;</li> <li>• Lunch on April 30<sup>th</sup> and 2 Coffee breaks.</li> </ul> <p><b>IN ADDITION, THE REGISTRATION FEE INCLUDES:</b></p> <ul style="list-style-type: none"> <li>• A "Technogym Training Experiences";</li> <li>• The guided tour of the Technogym Village.</li> </ul> <p><b>THE REGISTRATION FEE DOES NOT INCLUDE:</b></p> <ul style="list-style-type: none"> <li>• The social dinner (access upon reservation &amp; entrance fee).</li> </ul> <p><b>UPON REGISTRATION, YOU CAN REQUIRE EXTRA SERVICES AVAILABLE (I.E. HOTEL, TRANSFERS AND SOCIAL DINNER).</b></p>	<p><b>REGISTRATION INCLUDES:</b></p> <ul style="list-style-type: none"> <li>• Admission to the online conference (available in Italian, Spanish and English);</li> <li>• The certificate of attendance;</li> <li>• The scientific material of the event;</li> <li>• Access to the online symposia;</li> </ul> <p><b>REGISTRATION DOES NOT INCLUDE:</b></p> <ul style="list-style-type: none"> <li>• Access to the 5 CME ASYNCHRONOUS FAD, (Fee is € 40.00 + 22% VAT rate)</li> </ul>
€160.00 + 22% (VAT rate)	FREE ACCESS, REGISTRATION REQUIRED

