Nordic Conference on Physical Activity and Brain Health

Preliminary Programme

11–12 November 2026

DAY 1 | 11 November 2026

Time	Programme
09:00	Registration
09:45	Welcome remarks Stina Liljekvist, Chief Communication & Marketing Officer Skandia / Chair Idéer för Livet Foundation Vice Chancellor Per Nilsson and Professor Maria Ekblom, GIH
10:00	**KEYNOTE LECTURE** **Professor Emerita Theresa Marteau, University of Cambridge** *Interventions to change behaviour across populations to improve health equity*
11:00	Coffee break
11:20	**PARALLEL SCIENTIFIC SESSIONS** • Linking vascular function and phenotypes to brain health • Interventions and Assessment
13:00	Lunch break
14:00	Conference group photo session
14:15	**PANEL DISCUSSION** *Structural means to limit cost and suffering from poor brain health*

	Participants • Professor Emerita Theresa Marteau, University of Cambridge • Joakim Ramsberg, Head of science and society, Hjärnfonden • Magnus Elfdahl, Business Director, Skandia Risk & Hälsa Moderator: Professor Örjan Ekblom, GIH
15:00	Coffee break with **POSTER SESSION**
16:00	**PARALLEL SCIENTIFIC SESSIONS** • Physical Activity, Healthy Aging, and Dementia: Evidence from Population- and register-based studies on brain health • School-Based and Workplace Interventions
17:30	Conference dinner

DAY 2 | 12 November 2026

Time	**Programme**
08:45	Registration
09:15	**PARALLEL SCIENTIFIC SESSIONS** • Genetically informed physical activity epidemiology: mental health • Maintaining Brain Health Through Physical Activity: From Healthy Aging to Neurodegenerative Disorders
10:40	Coffee break
11:00	**KEYNOTE LECTURE** **Professor Kirk Erickson, Advent Health Research Institute**

	Exercise and brain health in late adulthood: Emerging findings from IGNITE
12:00	**PANEL DISCUSSION** *What evidence and strategies are needed for action?* **Participants** • Professor Kirk Erickson, Advent Health Research Institute • Professor Miia Kivipelto, FINGERS Brain Health Institute/KI • PhD Anna Jansson, Folkhälsomyndigheten • Olov Belander, Helsedirektoratet • PhD Marcel Ballin, Karolinska Institutet Moderator: Professor Carl Johan Sundberg, Karolinska Institutet
12:45	Closing remarks and reflections
13:00	Lunch

APPENDIX: SCIENTIFIC SESSIONS

Day 1 Time: 11:20-13:00

Theme: Linking vascular function and phenotypes to brain health

Room: Skandiasalen

Chair: Marcus Moberg

Speaker (Affiliation)	Presentation Title
Vera Abeln (German Sport Univ. Cologne)	Cognitive performance and brain hemodynamics during physical inactivity (bedrest
Surim Son (KI)	Determining and characterize resilience phenotypes in old age using trajectories of biological brain age and cognition
Lisa Sandberg (KI)	Exploring resting-state brain function underlying physical activity behaviour in people with mild to moderate Parkinson's disease.
Olga Tarassova (GIH)	Effects of exercise intensity and self-rated stress symptoms on prefrontal cortex activation during n-back task
Anna Bjerkefors (GIH)	Acute High-Intensity Interval Exercise in Spinal Cord Injury: Psychological Benefits Alongside Cognitive and Neurobiological Responses

Day 1 Time: 11:20-13:00

Theme: Interventions and Assessment

Room: Von Koch

Chair: Gisela Nyberg

Speaker (Affiliation)	Presentation Title
Åsa Tornberg (Lunds Universitet)	Home-based exercise intervention supported by eHealth in children with

	cerebral palsy who are ambulant – A feasibility study
Trille Jakobsson (Lunds Universitet)	The theory of increasing self-efficacy through growing by participation in a home-based exercise project delivered via an eHealth solution-A constructed grounded theory in children with cerebral palsy, their typically developed peers and family caregivers
Julius Anderberg (Lunds Universitet)	Assessing Oxygen Consumption - Are VO2max or VO2peak Criteria More Appropriate for Children With Cerebral Palsy and Their Typically Developing Peers?
Petronella Kettunen (Göteborgs Universitet)	Physical activity is associated with cognition and brain health in older individuals

Day 1 Time: 16:00-17:30

Theme: Physical Activity, Healthy Aging, and Dementia: Evidence from Population-Based and Register-Based Studies

Room: Skandiasalen

Chair: Rui Wang

Speaker (Affiliation)	**Presentation Title**
Benjamin Kröger (GIH)	Activity Profiles and Their Associations with Transitions Between Fall and Dementia: Findings from a Multistate Time-to-Event Analysis
Daniel Estil Brissach (NTNU)	Objectively Measured Cardiorespiratory Fitness as a Potential Biomarker for Alzheimer's Disease Risk in Older Adults
Martina Svensson (Lunds Universitet)	Physical Activity and Risk of Psychiatric Disorders, Neurodegenerative Diseases,

	and Dementia Subtypes: A large Nationwide Cohort
Emerald Karatas (Uppsala Universitet)	Physical Activity, Plasma Proteins, and Cognition: Evidence from Three Swedish Cohorts and Mendelian Randomization

Day 1 Time: 16:00-17:30

Theme: School-Based and Workplace Interventions

Room: Von Koch

Chair: Gisela Nyberg

Speaker (Affiliation)	**Presentation Title**
Karin Kjellenberg (GIH)	A School-Based Physical Activity and Homework Support Intervention Improved Cognitive Performance and Reduced Anxiety in Adolescents: A Cluster Randomized Trial
Susanne Andermo (KI)	Moving through the school day: Student´s experiences of a Multicomponent School-Based Health Promotion Intervention
Susanne Andermo (KI)	Gender norms and peer dynamics in school-based physical activity: experiences of adolescent girls in low-socioeconomic school contexts
Jenny Kling (GIH)	Finding One's Way as Circumstances Change: Experiences of Physical Activity During Stress-Related Exhaustion

Day 2 Time: 09:15-10:40

Theme: Maintaining Brain Health Through Physical Activity: From Healthy Aging to Neurodegenerative Disorders

Room: Skandiasalen

Chair: Rui Wang

Speaker (Affiliation)	Presentation Title
Sindre Midttun (NTNU)	High-Intensity Interval Training Reduces 10-Year Mortality in Older Adults
Yiwen Jang (GIH)	An Exploratory Analysis of Changes in Neurodegeneration-Associated Plasma Proteins following Normobaric Hypoxic Conditioning in Older Adults
Franzika Albrecht (KI)	Altered resting-state brain network connectivity in people with Parkinson's disease identified using functional near-infrared spectroscopy
Ofira Einstein (Ariel University, Israel)	Exercise Training-Induced Systemic Adaptations and Neuroprotection: Human-to_x0002_Mouse Translational Insights in a Model of Multiple Sclerosis
Daniel Estil Brissach (NTNU)	New neurons without a single step: Preclinical evidence and the clinical explas study

Day 2 Time: 09:15-10:40

Theme: Genetically informed physical activity epidemiology: mental health

Room: Von Koch

Chair: Marcus Moberg

Speaker (Affiliation)	Presentation Title
Marcel Ballin (KI)	Sibling comparisons to reduce familial confounding in epidemiological studies of cardiorespiratory fitness and health outcomes
Camilla Wiklund (GIH)	Overview twin studies: a. Assumptions, b. Methodology , c. Interpretation

Björg Helgadottir (GIH)	Genetic influences on accelerometer-measured physical activity and sedentary time in children: sex-specific patterns from a Swedish twin study
Narda Ontiveros (GIH)	Individual and contextual factors in the association between sports participation and ADHD symptoms in childhood: a population-based twin study
Leonard Braunsmann (German Sport Univ. Cologne)	Running intensity and training method in adults with ADHD: Acute effects on affect, cognition and event-related potentials