



18th November 2021

6pm GMT 7pm CET 1pm EST 10am PST

Webinar 1: Exercise Training for People Living with Overweight or Obesity: Multiple Benefits Beyond Weight Loss

Time	Speaker	Title of talk
18.00 (GMT)	EASO and ASO	Introduction & welcome
18:05-18:15	Jean-Michel Oppert, Sorbonne University, Paris, France and Chairman, EASO Physical Activity Working Group	Exercise Training in Management of Obesity in Adults Objectives and Methods of the EASO Physical Activity Working Group
18:15-18:30	Marleen van Baak Maastricht University, The Netherlands and EASO Physical Activity Working Group	Exercise Training and Physical Fitness in Adults with Overweight or Obesity.
18:30-18:45	Alice Bellicha University Sorbonne, Paris Nord, France and EASO Physical Activity Working Group	Exercise Training, Body Composition and Visceral Adipose Tissue in Adults with Overweight or Obesity
18:45-19:00	Andrea Ermolao University of Padova, Italy and EASO Physical Activity Working Group	Exercise Training, Cardiometabolic Health and Intrahepatic Fat in Adults with Overweight or Obesity
19:00-19:15	Eliana Carraça Universidade Lusófona de Humanidades e Tecnologias, Lisbon, Portugal and EASO Physical Activity Working Group	Exercise Training and Psychosocial Outcomes in Adults with Overweight or Obesity
19:15-19:25	Jean-Michel Oppert Chairman, EASO Physical Activity Working Group	Summary of Guidelines

19:25-19:45	Questions and Answers with EASO Physical Activity Working Group and Members of the European Coalition for People living with Obesity (ECPO)	Implementation of Recommendations and Overcoming Barriers to Exercise
19:45	Questions	Closing Remarks

2nd December 2021

6pm GMT 7pm CET 1pm EST 10am PST

Webinar 2: Exercise Training for People Living with Overweight or Obesity: Effects on Eating Behaviour and Weight Loss

Time (GMT)	Speaker	Title of talk
18.00	ASO and EASO	Introduction & welcome
18:05-18:20	John Blundell, University of Leeds, UK and EASO Physical Activity Working Group	Physical Activity, Eating Behaviour and Weight Loss
18:20-18:35	Kristine Beaulieu, University of Leeds, UK and EASO Physical Activity Working Group	Exercise Training, Energy Intake and Appetite Control in Adults with Overweight or Obesity.
18:35-18:50	Alice Bellicha, University Sorbonne, Paris Nord, France and EASO Physical Activity Working Group	Exercise Training, Weight Loss and Weight Maintenance
18:50-19:05	Eliana Carraça Universidade Lusófona de Humanidades e Tecnologias, Lisbon, Portugal and EASO Physical Activity Working Group	Effective Behaviour Change Techniques to Promote Physical Activity in Adults with Overweight or Obesity
19:05-19:15	Jean-Michel Oppert, Chairman, EASO Physical Activity Working Group	Summary of Recommendations

19:15-19:45	Questions and Answers with EASO Physical Activity Working Group and ECPO members (Facilitator: Nathalie Farpour-Lambert, University of Geneva, Switzerland and EASO Physical Activity Working Group)	Should Exercise be Promoted for Weight Loss?
19:45	ASO and EASO	Closing Remarks