

The Physical Activity Health Paradox

Online webinar: 6.9. – 7.9.2021

Online workshop: 8.9. – 9.9.2021

Online webinar – Monday, 6.9.2021

08.30 – 08.45 CET Welcome and general information **Morten Jakobsen, NIVA**
Andreas Holtermann

Block I – Background and introduction to the Physical Activity (PA) Paradox

08.45 – 09.45 CET Introducing the Paradox **Andreas Holtermann**
 Background and understanding of the Paradox **Niklas Krause**
 What is the current evidence? **Pieter Coenen**

09.45 – 10.20 CET Breakout room discussions & plenum follow-up **Pieter Coenen**

10.20 – 10.25 CET *Break*

Block II – What can explain the Paradox?

10.25 – 11.25 CET Different physical activity characteristics between domains? **Mette Korshøj**
 Different physiological effects? **David Hallman**
 Role of psychosocial factors? **Els Clays**

11.25 – 11.55 CET Breakout room discussions & plenum follow-up **Mette Korshøj**
David Hallman
Els Clays

11.55 – 12.00 CET Closing remarks **Pieter Coenen**

Online webinar – Tuesday, 7.9.2021

08.30 – 08.40 CET Welcome and general information **Andreas Holtermann**

Block I – Public health and occupational guidelines

08.40 – 09.10 CET The WHO guidelines on PA & sedentary behavior **Emmanuel**
 Global reflections on the Paradox **Stamatakis**

09.10 – 09.40 CET Occupational guidelines, recommendations and advice **Leon Straker**
 Reflections on the Paradox

09.40 – 10.40 CET Breakout room discussions & plenum follow-up **Pieter Coenen**

10.40 – 10.45 CET *Break*
Block II – Panel session

 10.45 – 11.55 CET How to unite public health & occupational health PA Guidelines, key messages and practice? **Leon Straker with panelists**

 11.55 – 12.00 CET Closing remarks **Andreas Holtermann**
Online workshop – Wednesday, 8.9.2021

 08.30 – 08.40 CET Welcome and general information **Morten Jakobsen, NIVA
Andreas Holtermann**
**Block I – Physical activity at work –
understanding, practice & examples**

 08.40 – 09.00 CET From a municipality perspective:
Example from Copenhagen Municipality **Marie Birk Jørgensen**

 09.00 – 09.20 CET From a workplace perspective:
Example from Novo Nordisk **Thomas Heilskov-
Hansen**

 09.20 – 09.40 CET Reflections from a Health Authority &
Occupational Health Authority **Tue Kristensen
Jørn Holm**

 09.40 – 10.40 CET Breakout room discussions & plenum follow-up **Andreas Holtermann**

 10.40 – 10.45 CET *Break*
**Block II – Physical activity at work –
understanding, practice & examples**

 10.45 – 11.15 CET From an Ergonomist perspective **Peter Palm
Erwin Speklé**

 11.15 – 11.55 CET Breakout room discussions & plenum follow-up **Pieter Coenen**

 11.55 – 12.00 CET Closing remarks **Andreas Holtermann**

Online workshop – Thursday, 9.9.2021

08.30 – 08.40 CET	Welcome and general information	Andreas Holtermann
Block I – Health-promoting interventions – what can be done?		
08.40 – 09.00 CET	How does a healthy manual job look like?	Charlotte Lund Rasmussen
09.00 – 09.20 CET	Changing the job – when and in which way?	Svend Erik Mathiassen
09.20 – 10.10 CET	Breakout room discussions & plenum follow-up	Pieter Coenen Leon Straker
<i>10.10 – 10.15 CET</i>	<i>Break</i>	
Block II – Health-promoting interventions – what has been tried?		
10.15 – 10.35 CET	Workplace physical exercise for manual workers, why and how?	Karen Søgaard
10.35 – 10.55 CET	Can we design productive work, so it promotes workers' health?	Anders Lerche
10.55 – 11.30 CET	Plenum session	Andreas Holtermann
11.30 – 12.00 CET	Summary and closing remarks	Morten Jakobsen, NIVA Andreas Holtermann