Scheduled Times Are Set At Eastern Standard Time

### Day 1: Wednesday October 7

<table>
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<th>Time</th>
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| 10:00-10:15 | **Introduction:** Exercise Physiology, Bengt Saltin and the Canadian Perspective  
             *Robert Boushel, University of British Columbia*                                    |
| 10:15-10:50 | **Keynote Lecture**  
              Exercise and IL6 - a translational perspective  
              *Bente Klarlund Pedersen, Rigshospitalet, Copenhagen*  
              Introduced by *Mary-Ellen Harper, University of Ottawa*                                     |
| 10:50-11:00 | Q/A Discussion                                                                             |

#### Session 1: Cardiovascular Physiology  
*Chair: Ylva Hellsten, University of Copenhagen*

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| 11:00-11:20 | Pulmonary-Circulatory interactions during exercise  
              *Bill Sheel, University of British Columbia*                                                |
| 11:25-11:45 | Role of left ventricular mechanics in meeting the acute and chronic demands of exercise  
              *Rob Shave, University of British Columbia*                                                |
| 11:50-12:10 | Muscle microcirculatory regulation and oxygen flux  
              *Graham Fraser, Memorial University*                                                        |
| 12:15-12:30 | Q/A Discussion                                                                             |

Break

#### Session 2: Muscle-Neural Physiology  
*Chair: Niels Ørtenblad, University of Southern Denmark*

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| 1:00-1:20 | Exercise-dependent plasticity of motoneurons  
              *Jayne Kalmar, Wilfrid Laurier University*                                                |
| 1:25-1:45 | Skeletal muscle adaptation to aerobic exercise training  
              *Jenna Gillen, University of Toronto*                                                    |
| 1:45- 2:00 | Q/A Discussion                                                                             |
Day 2: Thursday October 8

10:00-10:15  **Introduction:**
Exercise and Clinical Physiology -The Copenhagen Tradition
*Michael Kjaer, University of Copenhagen*

10:15-10:50  **Keynote Lecture**
TGF-β2 as a novel exercise-inducible adipokine
*Laurie Goodyear, Harvard University*
Introduction: TBD

10:50-11:00  Q/A Discussion

Session 1:  **Nutrition-Metabolism**
*Chair: Cathy Chan, University of Alberta*

11:00-11:20 Exercise and the gut
*Jane Shearer, University of Calgary*

11:25-11:45 Exercise and the brain
*Rebecca McPherson, Brock University*

11:50-12:10 Brain activation and neural networks during exercise
*Kevin Shoemaker, Western University*

12:10-12:25 Q/A Discussion  

**Break**

Session 2:  **Metabolism:**
*Chair: André Carpentier, Université de Sherbrooke*

1:00-1:20 Exercise and GDF-15 regulation of metabolism
*David Wright, University of Guelph*

1:25-1:45 Muscle metabolic microstructure and exercise
*Clara Prats, University of Copenhagen*

1:50-2:10 Skeletal muscle mitochondrial lifecycle: roles of exercise and obesity
*Mary-Ellen Harper, University of Ottawa*

2:10-2:25 Q/A Discussion

2:30-2:45 Perspectives and Future
*Jerome Dempsey, University of Wisconsin*
*Robert Boushel, University of British Columbia*

**Organizing Committee**
Robert Boushel, University of British Columbia
David Wright, University of Guelph
Mary-Ellen Harper, University of Ottawa
Kathy Manson, University of British Columbia
Emil Holm Toft, Rigshospitalet, Copenhagen
Inge Holm, Rigshospitalet, Copenhagen

*Saltin 2021 will take place Oct 4-7, Queen’s Landing, Niagara-on-the-Lake, Ontario*