

ACTLIFE CONFERENCE 2025

A world where active lifestyles promote health for all

PROGRAMME

WEDNESDAY 30 APRIL 2025, 09:00-15:30
CARNEGIE SCHOOL OF SPORT BUILDING, HEADINGLEY CAMPUS

9:00: Registration and welcome

9:30: **Opening remarks: Professor Theocharis Ispoglou, Director of ACTLIFE**
Introduction to ACTLIFE's mission: "A world where active lifestyles promote health for all"

9:45: Keynote Speaker: **Professor Afroditi Stathi, University of Birmingham**
"Active Ageing and Mobility: Translating Research into Practice"

10:30: Interactive coffee break and networking with exhibition and optional health check opportunities

11:00: **Research Spotlight on ACTLIFE's key areas and a Q&A Discussion Panel**
Including moderated discussion on cross-cutting themes, chaired by Dr Jackie Hargreaves and Dr Faye Didymus

- Addressing Referral Disparities in Cardiovascular Rehabilitation by Laura Correia
- Vitamin D, Cognitive Function, and Lifestyle in University Students: A Case Study at Leeds Beckett University by Dr Deaglan McCullough
- Prevalence of Sarcopenia Across Menopausal Stages: A Cross-Sectional Study by Ms Akanksha Arora
- Understanding the Female Athlete: Menstrual Cycle Considerations and Best Practices by Mr Scott Newbould
- Cognitive Function and Healthy Ageing: Exploring how cognitive function changes across the lifespan, key determinants of brain health, and strategies for promoting cognitive resilience by Professor Lauren Owen

12:30: **Lunch and networking**
For those who want to use lunch time for discussions we will have informal discussion tables around key topics (e.g., physical activity and policy, digital health innovations, etc.).

13:30: **Research Spotlight on ACTLIFE's key areas and a Q&A Discussion Panel**
Including moderated discussion on cross-cutting themes, chaired by Dr Allie Welsh

- Implementation and Impact of the Magic Table for people living with dementia in care homes and day services by Dr Rachel Fox
- A Systems Approach to Action on School Physical Activity: Lessons from Wales by Dr Duncan Radley

14:15: **Panel discussion: How can we expand opportunities for active lifestyles at every age?**
Chaired by Professor Jim McKenna

This interactive panel will explore solutions for making active lifestyles more accessible, inclusive, and impactful across all ages. The session will feature live polling, an audience Q&A, and a "Big Ideas Board", where attendees can submit key challenges or opportunities for discussion.

Key discussion points

- How do we make active lifestyles accessible, inclusive, and sustainable for all ages?
- What are the biggest barriers to adoption, and how do we overcome them?
- How can research better influence policy and community programmes?
- What are the next priorities for research, policy, and industry collaborations?

15:00: **Closing remarks and next steps**