



COVID-19 lifestyle education sessions

Sessions to be delivered online. Start time 6pm.

www.ncsem-em.org.uk
[@ncsemem](https://twitter.com/ncsemem)

The National Centre for Sport and Exercise medicine will be hosting a series of four online lifestyle education sessions in June and July in response to the COVID-19 pandemic. These sessions are aimed at GPs and other healthcare professionals but are open to anyone with an interest in the topics.

The four online evening sessions will look at a range of lifestyle factors and how they can influence an individual's response to COVID-19.

Sessions will take place via Zoom and are free to attend. They will begin at 6pm and last for approximately two hours, with the exception of the first introductory session which will be last an hour.



- Introduction to the immune system



- COVID-19 and obesity
- Exercise and weight management
- Diet and weight management



- Exercise and immune function
- Diet and immune function
- Exercise and immune function in cancer patients



- Physical function in vulnerable adults: considerations during the COVID-19 pandemic
- Mental health considerations during the COVID-19 pandemic

To book, please email Alison Stanley saying which session(s) you would like to attend: a.stanley@lboro.ac.uk
Details for accessing the live online sessions will be emailed the day before the event

COVID-19 lifestyle education sessions

Tuesday 23 June 2020

Series introduction

Dr James King - Senior Lecturer in Exercise Physiology, Loughborough University

Dr James King will provide a brief introduction to the series including background, aims and objectives.

Introduction to the immune system

Dr Martin Lindley - Senior Lecturer in Exercise Physiology, Loughborough University

Dr Martin Lindley's lecture will be an introduction to the immune system, its basic structure and function with specific reference to the current pandemic. The brief talk should be a gateway session to the series of talks over the following weeks.

Tuesday 30 June 2020

Exercise and immune function

Professor Lettie Bishop - Professor of Exercise Immunology, Loughborough University

Professor Lettie Bishop's talk will focus on how a person's exercise and physical activity habits can impact on tolerance to respiratory infection and how this is related in part to the impact of exercise on immune function. She will begin by looking at the evidence suggesting that moderate amounts of regular physical activity can enhance tolerance to respiratory infections and then move on to discuss how regular exercise can have positive effects on immune function, with a focus on anti-viral immune defence. There will also be a cautionary note on how exercising too hard, too soon and too often can do more harm than good to the immune system. Prof Bishop will also discuss the implications of the relationship between exercise, immune function and respiratory infection for vulnerable groups and the general population in the current pandemic.

Diet and immune function

Dr Tom Clifford - Lecturer in Physiology and Nutrition, Loughborough University

Dr Tom Clifford's talk will focus on the interactions between diet and immune function. He will begin by discussing the importance of a balanced diet for a well-functioning immune system. He will then highlight the key roles of macro and micronutrients in the immune system and finish off with recommendations for how nutrient intake can be manipulated to optimise immune defence.

Exercise and immune function in cancer patients

Dr Mhairi Morris - Lecturer in Biochemistry, Loughborough University

It is becoming increasingly apparent that physical activity and exercise play a key role in reducing cancer risk and helping to improve patient outcomes, but there is emerging evidence that exercise tolerance is impaired following coronavirus infection. This presentation will focus on the importance of exercise for immune function in cancer patients: not only how this can reduce secondary cancer risk, but also how it could help prevent viral infections, including coronavirus. It will also cover the current recommendations for exercise in cancer patients, as well as some of the outline recommendations for return-to-exercise post-coronavirus infection.

Tuesday 07 July 2020

COVID-19 and obesity

Exercise and weight management

Dr James King - Senior Lecturer in Exercise Physiology, Loughborough University

Dr King will deliver two talks in the session. In his first talk, he will discuss the most recent scientific evidence which has identified a link between obesity and COVID-19. On this backdrop, the merits of physical activity as a therapeutic tool for weight management will be discussed in his second talk.

Diet and weight management

Dr David Clayton - Lecturer/Senior Lecturer, Nottingham Trent University

Dr Clayton's talk will focus on different dietary approaches to weight management. He will begin by outlining the latest research findings on weight loss diets, before delving into more detail on some of the most popular methods of dieting, including traditional calorie restriction diets, intermittent fasting and low-carbohydrate diets. Dr Clayton will summarise with some key considerations for achieving weight loss via diet alteration.

Tuesday 14 July 2020

Physical function in vulnerable adults: considerations during the COVID-19 pandemic

Professor David Broom - Professor of Physical Activity, Exercise and Health, Coventry University

The imposed government isolation means that many individuals will reduce their overall daily physical activity and increase their sedentary behaviour (sitting time). Even healthy and fit individuals will experience 'reversibility' but this is more concerning in vulnerable adults. This talk will explore the principal of reversibility and the associated physiological and health changes and thereafter provide simple messages and interventions to help prevent it.

Mental health considerations during the COVID-19 pandemic

Dr Florence Kinnafick - Senior Lecturer in Psychology, Loughborough University

The increasing prevalence of mental health problems is a growing global concern. It is already evident that the direct and indirect psychological effects of the coronavirus disease 2019 (COVID-19) pandemic are pervasive and could affect acute and chronic mental health. This presentation will explore mental health considerations during the pandemic and how physical activity can be used as a tool to help protect and improve mental health.

Book your place

To book your place please email Alison Stanley: a.stanley@lboro.ac.uk stating which session(s) you would like to attend. Details for accessing the live online talks will be emailed the day before the event.

Sessions will be recorded and made available on the NCSEM website.

For further information about the sessions and the speakers please visit:

www.ncsem-em.org.uk/education/cpd/covid-19-lifestyle-education-sessions