



EXERCISE INSTRUCTOR NETWORK

## Exercise for Health Practitioners' Workshop

### Current Practice-Based Research in Exercise, Cardiac Function and Heart Failure

Thursday 22 April, 11.30– 4.50 pm

Birmingham NEC Hilton Metropole Hotel

Co-Chairs: Dr Jonathan Myers (Palo Alto, USA)  
Dr Lee Ingle (Leeds Metropolitan University)

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<b>11.30 onwards</b>	<b>Registration</b>
12:30 - 13:30	Full Restaurant Lunch
<b>13:00 - 14:00</b>	<b>BASES EPHIG AGM</b>
<b>14:00 - 14:25</b>	<b>Challenges of Exercise Testing People with Heart Failure</b> Louisa Beale, University of Brighton
<b>14:25 – 14:50</b>	<b>Biomarkers and echocardiography for monitoring acute responses to exercise in cardiac patients</b> Gordon McGregor, Brunel University
<b>14:50 – 15:15</b>	<b>Biomarkers, an update, in monitoring progress in CHF</b> Ros Leslie, University of Chester
15: 15 -15:45	Tea Break
<b>15:45 - 16:10</b>	<b>Effects of a combined exercise programme and testosterone supplementation in males with chronic heart failure</b> Martin Stout, Sheffield Hallam University
<b>16:10 - 16:45</b>	<b>The Nuances of Cardiopulmonary Exercise testing patients with CHF</b> Dr Jonathan Myers
<b>16:50</b>	<b>Closing</b>

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