



POLITÉCNICA



Grupo de Investigación en Nutrición, Ejercicio y Estilo de Vida Saludable

## JORNADAS IMFINE DE ACTUALIZACIÓN EN NUTRICIÓN, HIDRATACIÓN Y EJERCICIO FÍSICO

Facultad de Ciencias de la Actividad Física y del Deporte (INEF). Aula Magna  
Miércoles 8 de febrero de 2017 de 17 a 19 h.

**Dr. Jørn Wulff Helge**

Professor for Exercise Physiology and Health at the Department of Biomedical Sciences, University of Copenhagen. JWH is affiliated to Xlab ([www.xlab.dk](http://www.xlab.dk)) and to the Centre of Healthy Aging ([www.healthyaging.KU.dk](http://www.healthyaging.KU.dk)). His key research areas are adaptation to physical activity with a particular emphasis on exercise metabolism, skeletal muscle, obesity and metabolic fitness.

### “Maximal fat oxidation; Implications for health and performance”

The conference will focus on the concept and determination of maximal fat oxidation and how this may influence performance and to what extent it has an influence on metabolic health.

The second part of the conference will include a practical approach to the topic.

[Inscripción online gratuita](#). Plazas limitadas.

