



INTERNATIONAL
STANDARDS
MEETING **2021**
A EuropeActive Event

12th INTERNATIONAL STANDARDS MEETING

'Transforming the fitness industry through standards'

VIRTUAL EVENT Friday 5th November, 2021

09:30 - 09:50	Welcome and introduction: Julian Berriman , Director Professional Standards Committee
09:50 - 10:10	Presentation: "Building a stronger system of physical activity: Role of standards and monitoring" Fiona Bull , World Health Organisation (WHO)
10:10 - 10:40	Presentation: "European initiative for Exercise as Medicine" Prof. Dr. Willem van Mechelen , Exercise is Medicine
10:40 - 10:50	Coffee Break
10:50 - 11:40	Panel session: "Reaching out to health through standards" Host: Dr. Anna Szumilewicz , PSC Deputy Director, Standards. Associate Professor at GUPES Panellists: John van Heel , New Health Project Dr. Anna Plucik- Mrozek , Medical Director, Exercise is Medicine Polska Dr. Colin Robertson , Doctor of Physiology, Exercise & Nutrition Scientist Dr. Sebastià Mas Alòs , EUPAP Project Manager for Catalonia/Spain
11:40 - 12:00	Presentation: "Effect of decrease of physical activity on depression and anxiety after the Covid-19 lockdown" Vojko Vuckovic , University of Ljubljana
12:00 - 12:30	Lunch Break
12:30 - 13:00	Panel session: "CEN Standards, a must have for a professionalised fitness and physical activity sector" Host: Jennifer Halsall-de Wit , COO, Women in Fitness Association Panellists: Cliff Collins , EuropeActive Andy Brees , Fitness Industry Consultant Merel Wagner , NEN Group
13:00 - 13:45	"How fitness professionals can harness the power of digital technologies" Moderator: Anna Bogdanova , PSC Deputy Director, EREPS Panellists: Dave Wright , Group CEO, MyZone Jo O'Connor , Fitness Coach Stefan Tilk , Chief Advisor New Business, FitTech Company GmbH
13:45 - 14:00	ISM concluding remarks Julian Berriman , Director Professional Standards Committee

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