

**Registration Form and Workshop Information**

PhysicaL Activity Transitions, nutrition and appetitE regulation workshop (PLATE)

**When: Monday 23rd November 20202**

**Where: Online via MS Teams**

**Workshop details**

It is well established that physical activity is crucial for optimal appetite regulation. Overeating and weight gain are more likely to occur when physical activity levels are low because of impaired appetite sensitivity to energy needs. The impact of changes, and specifically, reductions in physical activity (e.g., due to illness, injury, ageing or change in circumstances) on appetite regulation and nutrition is poorly understood. This workshop will bring together experts from different disciplines to discuss the challenges to optimal nutrition and appetite regulation during periods of physical activity transition.

**Who is the workshop for?**

Researchers and colleagues working in academic settings who have an interest in physical activity transitions, nutrition and/or appetite regulation, from a wide range of disciplines (e.g., biochemistry, molecular biology, nutrition, psychology, exercise physiology) and from industry (e.g., healthcare, public health, food industry, sport).

If you are interested in attending the workshop, please fill in the attached registration form and return it to Alison Stanley (a.stanley@lboro.ac.uk) by 13th November 2020. We welcome registrations from participants across different career stages and institutions and particularly welcome early career researchers.



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**PLATE Online Workshop: Monday 23rd November 2020**

**Delegate Registration Form**

Please complete some brief details about yourself for inclusion in the workshop pack. We hope that this information will facilitate networking both at the event and beyond. Please provide a short biography (no more than 150 words) and attach a picture for inclusion in the pack if you are willing. We would like all delegates to briefly outline what they would like to get out of the workshop and highlight any key areas for discussion. We will collate and try to incorporate common themes into the programme of the day. **Please return this completed form by 13th November 2020 to Alison Stanley (**[**a.stanley@lboro.ac.uk**](mailto:a.stanley@lboro.ac.uk)**).**

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| Name |  |
| Position |  |
| Organisation |  |
| Email address: |  |
| Telephone number: |  |
| Do you provide consent to share contact details with other attendees? | Yes/No (please select) |
| Twitter handle |  |
| Do you consider yourself an early career researcher? (e.g., in first few year’s post PhD, aiming to establish research independence). | Yes/No  If Yes: Would you like to present current, relevant research as part of the workshop in a 5min brief talk? Please provide the title of the work here if so:  *The organising team will be in touch with further details if you are selected to present.* |
| Photo  *(Please provide image in .jpg format for inclusion in delegate pack)* |  |
| Brief Biography (max 150 words)  *(Please provide details on your background and research interests, relevant to the workshop)* |  |
| What would you like to get out of the workshop? |  |
| Are there any key topics that you would like to see included in discussions at the workshop? |  |
| Please indicate which of the following themes you most closely align to.  This will help us with planning discussion groups on the day (please tick up to two). | * **Children, families and young people:** *Physical activity transitions from childhood to adolescence to adulthood. Pregnancy and postpartum women transitions; impact of parenthood on physical activity levels; parents as role models for physically active lifestyles.* * **Rehabilitation and physical disabilities**: *Varied* *impact on physical activity according to timing and severity of injury.* * **Ageing and older adults**: *Impact of chronic disease, loneliness and isolation, reductions in fitness and muscle strength and capacity for exercise; retirement and physical activity.* * **Psychology of eating behaviour**: *Cognitive, social and emotional influences on eating behaviour; dieting and weight management.* * **Physiological mechanisms of appetite control and energy balance:** *e.g., hormonal influences on eating behaviour; individual variations in response to exercise.* * **Clinical populations**: e.g., impact of acute disease; Covid-19/ Long Covid and transitions back to activity; mental health transitions * **Sporting populations:** e.g., physical activity transitions around injury; retirement; university.   Other (please state): |