

SILVANO ZANUSO

25th Wellness Congress
EXERCISE and HEALTHY LONGEVITY



Scientific Research & Communication
Director of the Wellness Foundation
Adjunct Associate Professor at the Edith
Cowan University in Perth - Australia

Silvano Zanuso, MSc, PhD, is Scientific Director of the Wellness Foundation, Scientific Research & Communication Director at Technogym and Adjunct Associate Professor at the Edith Cowan University in Perth (AU). He received his Bachelor Degree in Exercise Science at the 'University of Padua', his Master of Science at the 'Manchester Metropolitan University' and his Ph.D. in Clinical Exercise Physiology at the 'Universidad Europea de Madrid'. His primary scientific and research interest is on the effects of physical activity and exercise in those with metabolic disorders, and he publishes regularly on this and other topics in recognized scientific and clinical journals. He has been a consultant for health promotion for different governments and public institutions, and he has held conferences and educational programs in more than twenty countries. He has been Visiting Professor at the following Universities: Università di Padova; Universidad Europea de Madrid, University of Greenwich, Coventry University. He is now Adjunct Associate Professor at the Edith Cowan University in Perth, Australia.



ALBERTO MANTOVANI

25th Wellness Congress
EXERCISE and HEALTHY LONGEVITY



Alberto Mantovani, MD, is Emeritus Professor at Humanitas University and Scientific Director of the Istituto Clinico Humanitas. He trained and worked at the Chester Beatty Research Institute, London, UK, and at the National Institutes of Health, Bethesda, USA. He served as Head of Department of Immunology and Cell Biology, Istituto Mario Negri, Milan, Italy. He has contributed to the advancement of knowledge in the field of Immunology formulating new paradigms and identifying new molecules and functions. He is one of the most quoted immunologists. For his research activity he has received several national and international awards.

Scientific Director, Istituto Clinico Humanitas.
Emeritus Professor, Humanitas. University - Italy
Chair of Inflammation and Therapeutic
Innovation. William Harvey Research Institute |
Queen Mary University - UK



MARCO CARDINALE



Executive Director of Research and Scientific Support, Aspetar - Qatar

Before moving to Aspetar he was the Head of Sports Physiology and Research of Aspire Academy in Doha. From 2005 to 2013 he led the Sports Science activities for the preparation of Team GB at the Beijing 2008, Vancouver 2010 and London 2012 Olympic Games.

A widely published and cited author in the scientific literature on various aspects of human performance, he has also patented an innovative exercise device consisting of a vibratory biofeedback system which received research awards from NESTech and the Design Council. He holds 2 honorary academic appointments at University College London in the division of surgical and interventional medicine and in the department of computer sciences and is a Visiting Professor at Northumbria University Newcastle in the Department of Sport, Exercise and Rehabilitation. Dr Cardinale was an advisory board member of NIKE (SPARQ) and was a member of the scientific commission of the Italian Track and Field Federation, moreover he holds a B.Sc. from ISEF in Italy, an M.Sc. from the US Sports Academy in the USA and a PhD from Semmelweis University in Hungary.



MATTHEW KAMPERT

25th Wellness Congress
EXERCISE and HEALTHY LONGEVITY



Sports Medicine Specialist,
Cleveland Clinic - USA

Prior to medical school, he was trained in exercise physiology, and has incorporated this training into his clinical practice by including individualized exercise assessments and prescribing exercise to populations with a variety of chronic diseases. He strives to educate and assist his patients in becoming independent exercisers, so that together they can improve the health of their community.

He is also the head of research for primary care medicine and is the course director for musculoskeletal medicine and assistant professor at Cleveland Clinic's Lerner Medical College.

He believes the evidence for exercise as medicine is overwhelming, but it is still not effectively being prescribed to our patient populations that could benefit most. Lack of access to exercise equipment and the knowledge of how to exercise are common barriers he addresses in his role as the director of exercise medicine for the endocrinology and metabolism department. He continues to work with philanthropy to develop comprehensive exercise programs equipped with smartgym technology to augment the traditional medical management of hypertension, hypercholesterolemia, diabetes and obesity.



ROBERT NEWTON



Professor of Exercise Medicine
Founding Director of ECU's Exercise
Medicine Research Institute -
Australia

25th Wellness Congress

EXERCISE and HEALTHY LONGEVITY

He is Professor of Exercise Medicine in the Exercise Medicine Research Institute that he established (2004) at Edith Cowan University, Perth, Western Australia. Previously he was Director of the Biomechanics Laboratory, at Ball State University in Indiana, and was visiting research fellow at the Pennsylvania State University, in the Center for Sports Medicine. Current major research directions include: exercise medicine as neoadjuvant, adjuvant and rehabilitative cancer therapy to reduce side-effects and enhance effectiveness of surgery, chemotherapy and radiation therapy; the influence of targeted exercise medicine on tumour biology and exercise medicine for reducing decline in quality of life, strength, body composition and functional ability in cancer patients. He is an Accredited Exercise Physiologist, Certified Strength and Conditioning Specialist with Distinction with the NSCA, Fellow of the American College of Sports Medicine, Fellow of Exercise and Sports Science Australia and Fellow of the National Strength and Conditioning Association (NSCA), Member of the Clinical Oncology Society of Australia, American Society of Clinical Oncology and American College of Sports Medicine. In 2004 he was awarded Outstanding Sports Scientist of the Year by the NSCA. In 2018 he received the career achievement award from the Cancer Council WA and was a finalist for Western Australian of the Year and finalist for the Premier's Science Award. In 2019, Professor Newton was named the Western Australian Premier's Scientist of the Year. In 2021, The University of Queensland awarded Professor Newton a Higher Doctorate (DSc) for his research into exercise oncology. Professor Newton was a finalist in the Research Australia Health and Medical Research Awards for 2021 and received a Highly Commended Frontiers Award.



MASSIMO MASSARINI

25th Wellness Congress

EXERCISE and HEALTHY LONGEVITY



MD, Sport Medicine Doctor founder and Medical Director - Vitalia, private sport performance and exercise therapy facility - Turin . Scientific Director at Technogym 1992-2004. Medical Advisor & strategic consultant for Technogym

Massimo Massarini is Founder and Medical Director of Vitalia, a private sport and exercise therapy facility in Turin (Italy), offering services to sport team, professional and recreational athletes. He created numerous corporate wellness for top Italian Corporations such as Edison, Technogym, DeAgostini, Nokia. Since 2004 he has been Medical advisor and Strategic Consultant for Technogym. Previously he held different roles, among which: Scientific Research Director, Technogym (1992-2004); Team Doctor, America's Cup Challenge, S. Diego (1991-1992), Team Doctor, America's Cup Challenge, Perth, Australia (1985-1987). He developed and conducted more than 150 Education seminars and published about 40 papers on topics such as Type II diabetes, obesity, aerobic training, strength training, etc. Among his professional qualifications: Member of IHRSA Institute Medical Board (1996); Member of ACSM (1996); Member of European Association of Sport Medicine (1995); Member of Italian Sailing Federation Medical Board (1987-1988). Massimo Massarini obtained a degree in Medicine at University of Bologna Medical School (1981) and a Specialization in Sport Medicine at Pavia University (1985).

