

Tuesday July 5, 2022– 10h30

Conference room AI 1153 (*) - EPFL - Lausanne

Dr. Javier Botella Ruiz, PhD

Dean's Postdoctoral Research Fellow, Metabolic Research Unit (MRU), Institute for Mental and Physical Health and Clinical Translation (IMPACT), School of Medicine, Deakin University, Australia

“Exercise-induced mitochondrial remodelling in humans”

Host: Prof. Johan Auwerx, EPFL

Abstract:

Exercise, the most effective lifestyle intervention for the prevention of non-communicable diseases, is a potent physiological stimulus to improve mitochondrial characteristics. Sprint interval exercise (SIE) is a time-efficient mode of exercise that has gained popularity in the last years and has been previously shown to improve mitochondrial function. Our studies suggest that SIE elicits a mitochondrial stress response, characterised by increased mitochondrial morphological disturbance and transcriptional response. This observed response does not occur following traditional endurance exercise. I will also present some of our current ongoing studies trying to expand our understanding of exercise-regulated transcription factors and the future avenues of this research.

(*) **IMPORTANT NOTICE:** All external participants have to pass through SV Reception/Welcome Desk to be able to access to AI 1153.
Contact person to call at arrival at SV Reception Desk: Johan Auwerx: 30951/Administrative Assistant: 39522.