Tuesday July 5, 2022 – 10h30
Conference room AI 1153 (*) - EPFL - Lausanne

Dr. Javier Botella Ruiz, PhD
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“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.