

<b>(Preliminary) Title of the project</b>	The role of exercise and daily life activity in healthy ageing
<b>Outline of the project idea</b>	<p>Societal changes combined with advances in medicine have substantially increased the average human life span from 45 years at the beginning of the 20<sup>th</sup> century to over 75 years in the 21<sup>st</sup> century. The ageing population across the world is growing exponentially. On the other hand, substantial morbidity such as the metabolic syndrome, diabetes mellitus type 2, and cardiovascular diseases are caused by a change in lifestyle such as increased inactivity.</p> <p>One of the major challenges nowadays is to understand the process of healthy ageing from conception/birth to death, and the role of exercise and activity in the aging process. The overall goal of this project idea is to improve "health" and to understand the concept of "vitality" of individuals as they age from conception to decease by unravelling the mechanisms that explain the relationship between inactivity/energy excess and the development of chronic diseases. Interventions that may counteract this detrimental process will be explored.</p> <p>A large longitudinal aging study in children from human <i>in vivo</i> to genetic level will be set up and projects on "mechanism of disease" in inactivity/energy excess, projects on the efficacy of life style interventions and studies on healthy aging in exercising populations of large sports events will be initiated. The participants will be monitored and measured to gain more insight into the process of healthy ageing.</p>
<b>Call - Funding programme</b>	<p>FP7: Capacities: <i>Regions of Knowledge</i>  FP7: Cooperation: <i>Health</i>  CIP  ...</p>
<b>Foreseen project duration</b>	Not known yet
<b>Partners already involved</b>	<p>In the Nijmegen-Arnhem region there is a strong clustering of different parties bundling these activities in the Health Valley Foundation. Members and contributors in this cluster are the Radboud University Nijmegen and the Medical Centre, HAN University, Arnhem Nijmegen City Region, Cities of Arnhem and Nijmegen, Province of Gelderland, many private companies (including SMEs) and the Development Agency East Netherlands.</p> <p>Moreover, Nijmegen hosts several large unique sports events (30.000-45.000 participants) such as the Nijmegen 4 Day marches, the Seven Hill race and marathons. Measurements of the health, fatigue and physical risks of the participants of these events are crucial for answering questions related to healthy ageing.</p> <p>We are currently forming a regional consortium for the Regions of Knowledge call 2010. Other possibilities for funding within EU are welcomed.</p>

<b>Type of partners you are looking for and their expected roles in the project</b>	We are looking for a broad scope of partners: innovative European regions, academic institutions, governmental partners and both large industry and SMEs.
<b>Financial aspects</b> - EC contribution - EC co-funding rate - Foreseen project budget	Not known yet
<b>Deadline for responding to this partner search</b>	This form is used for the Healthy Ageing meeting on November 5 <sup>th</sup> .
<b>Contact person(s)</b> - Name - Organisation - Email Address	Prof. Maria Hopman, Department of Physiology, Radboud University Nijmegen Medical Centre <a href="mailto:M.Hopman@fysiol.umcn.nl">M.Hopman@fysiol.umcn.nl</a> Mr. Pieter Meijboom, Arnhem Nijmegen City Region <a href="mailto:PMeijboom@destadsregio.nl">PMeijboom@destadsregio.nl</a>