The aim of this symposium is to bring together exercise physiologists, systems biologists, circadian biologists, nutritional experts, and other strategic leaders at the intersection of energy management in health and disease to accelerate the rate of our mechanistic understanding of the beneficial effects of exercise and its integration with nutrition toward tailored personalized medicine.

Keynote speakers

**Johan Auwerx, Switzerland**

**Elizabeth McNally, USA**

Speakers

- Molly Bray, USA
- Mark Febbraio, Australia
- Paul Greenhaff, UK
- Karyn L. Hamilton, USA
- John Hawley, Australia
- Pernille Hojman, Denmark
- David James, Australia
- Andrew Jones, UK
- Bente Kiens, Denmark
- Katja Lamia, USA
- Beth Levine, USA
- K. Sreekumaran Nair, USA
- Eric Olson, USA
- Satchidananda Panda, USA
- Stuart Phillips, Canada
- Kei Sakamoto, Switzerland
- Bruce Spiegelman, USA
- Juleen Zierath, Sweden

Organizers

**John Hawley**, Australian Catholic University, Australia

**Juleen Zierath**, Karolinska Institutet, Sweden

**Nikla Emambokus**, Editor-in-Chief, Cell Metabolism

**Matt Beymer**, Editor, Trends in Endocrinology and Metabolism