FINAL PROGRAM

Updated: 16.06.2026

POWER penia Conference

Assessment of Human Motor Power for Health

2-3 July 2026

Lisbon | Portugal

FMH FACULDADE DE MOTRICIDADE HUMANA

U LISBOA | UNIVERSIDADE DE LISBOA

WELCOME

POWERpenia Conference

Welcome to the **Powerpenia Conference 2026**, which will take place in Lisbon, Portugal, on July 2nd and 3rd of 2026.

Aiming to promote human health and prevent age-related decline, several markers have been proposed over the past four decades, such as sarcopenia (i.e., originally referring to the loss of muscle mass) and dynapenia (i.e., a concept focusing primarily on maximal muscle strength). However, considering the growing body of evidence showing that human motor power capacity is reduced at a greater rate with age than either sarcopenia or dynapenia and is also more strongly associated with overall functionality and health outcomes than other muscle parameters, the concept of **powerpenia** was introduced in 2024, anticipating that it may serve as a sensitive marker of age-related decline. Powerpenia reflects not only the loss of motor power with age, but also with that associated with disease and physical inactivity.

In 2024, the first international seminar on powerpenia was held at the Universidade Federal do Rio Grande do Sul, in Porto Alegre, Brazil, bringing together more than 500 registered participants from 22 countries. Now, in 2026, evolving from a seminar format to a conference, a new event is planned to take place in Lisbon highlighting aspects of assessment of human motor power for health.

The event will be held over two days and will feature **3 keynote lectures, 12 oral presentations, 1 round table discussion**, and a session dedicated to **short (3-minute) oral poster presentations**, from which three will be selected for **extended presentations** (15 minutes), culminating in an **award-winning abstract**. The event will also include social opportunities for interaction among participants and event sponsors.

This conference will explore topics across three thematic axes:

- Technology & methodological approaches
- Considerations in different populations
- Assessment in geriatric contexts

All researchers and professionals interested in this topic are invited to participate and to submit their work.

We look forward to welcoming you to an event dedicated to extensive knowledge sharing.

Sandro R. Freitas

Chair of organizing committee

HOST

POWERpenia Conference

The Faculty of Human Kinetics of the University of Lisbon (FMH) is a pioneer higher education institution focused on high academic achievement since 1940. It dedicates to the study of the human body and movement, and its multiple relations in health, education, sport, arts, productive, and society contexts. FMH offers a large variety of academic programs to choose from, combining technical expertise with innovation, development of projects and research, and, thus, functioning as an education and health public promoter.

As a top Higher Education institution, focused on research and innovation challenges, both for students and researchers, FMH's strategic plan embraces the promotion of more opportunities for national and international researchers to interact while working on their most distinguished areas, carrying out their expertise and thus building a new path of excellence for FMH.

FMH has also a strong bond with the community, by developing innovative programs, namely those involving older adults viewing the promotion of active ageing.

For further information, please visit **www.fmh.ulisboa.pt**

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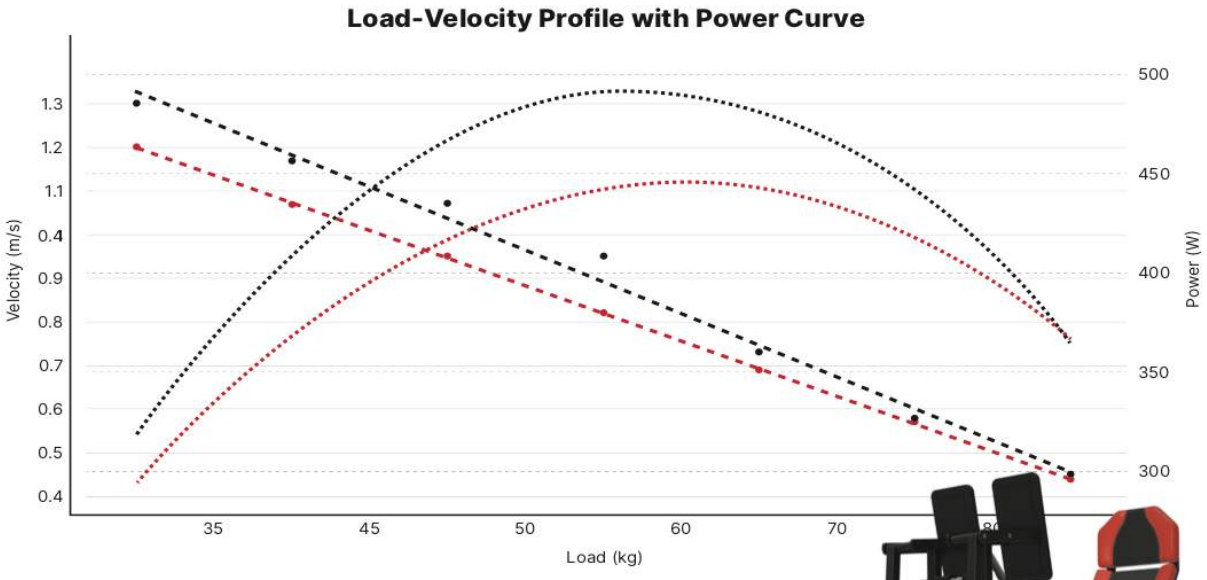
AGE ON HEALTH

Submaximal, unilateral load-velocity profiling without the artifacts of mass-based resistance.

A cleaner velocity signal for quantifying power decline with pneumatic resistance. Complete a profile in 3–5 minutes — no external devices required.



- **Estimate 1RM without a maximal effort.** Safer and more practical for assessing and monitoring older adult and clinical populations.
- **Detect asymmetries across the full velocity spectrum.** Two limbs can appear symmetrical at peak force and diverge significantly at higher velocities — where functional deficits actually manifest.
- **Re-profile in approximately 3 minutes.** Fast enough to integrate into a warm-up. Track adaptation, asymmetry, and decline as frequently as your protocol demands.

- **Load in 1 kg / 1 lb increments.** Place loads precisely across the force-velocity spectrum — critical where coarse increments represent disproportionate jumps in relative load.
- **Export raw data to CSV.** Integrate directly with your own analysis pipeline.

From profiling to prescription across the full kinetic chain.

With 32 machines in the A400 range, the same profiling framework extends across the entire body — so you can pinpoint where in the chain power is being lost, not just that a deficit exists.

Miss the workshop?

Connect with the presenters directly.

Workshop: Application of Load–Velocity Profiling for Assessment and Autoregulated Training of Leg Press Power

KSR.CM/Crystal

Landon Evans
Vice President of Human Performance, Education and Research

Crystal Johnson
STEP Director | Market Specialist

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PARTNERS

POWERpenia Conference

Frontiers in Aging is an official partner of the Powerpenia Conference 2026. All selected abstracts will be published in the conference eBook of Abstracts indexed by Frontiers in Aging (Q1 journal).

SPEAKERS

POWERpenia Conference

Key Notes

Geoffrey A. Power
University of Guelph
Canada

Hirofumi Tanaka
University of Texas
USA

Francesco Landi
Catholic University of the Sacred Heart
Italy

Invited Speakers

Evelien Van Roie
Hasselt University
Belgium

Sandro Freitas
University of Lisbon
Portugal

Duane Button
Memorial University
Canada

Ken (Kazunori) Nosaka
Edith University
Australia

Sébastien Ratel
University of Clermont Auvergne
France

Carlos Cruz-Montecinos
University of Chile
Chile

Luis Peñailillo Escárate
Universidad Andrés Bello
Chile

Yasuo Kawakami
Waseda University
Japan

Yosuke Yamada
Tohoku University
Japan

Sofia Duque
CUF Hospital
Portugal

1st of July 2026

POWERpenia PRE-Conference

Salão Nobre, Faculdade de Motricidade Humana, Cruz Quebrada

PROGRAM

10:00 | **Welcome!**
Pedro Passos | *Dean of Faculdade de Motricidade Humana*

10:10-12:00 | **Meet our Laboratories..!**
Pedro Passos | Motor Behavior Laboratory
Paulo Armada | Laboratory of Exercise Physiology and Biochemistry
Analiza Mónica Silva | Exercise and Health Laboratory
Raúl Oliveira | Neuromuscular Research Laboratory

14:00 | **Pre-Conference Opening**
Pedro Passos | *Dean of Faculdade de Motricidade Humana*
Pedro Patacho | *Câmara Municipal de Oeiras*

14:10 | **Powerpenia: new word to a new world?**
Sandro R. Freitas | *Faculdade de Motricidade Humana*

14:25 | **Let's get eccentric!**
Ken Nosaka | *Edith Cowan University, Australia*

15:45 | *Interval*

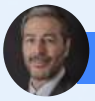
16:00 | **30 Years After Tufts: Translating Power Research Into Practice**
Crystal Johnson | *Keiser: www.keiser.com*

16:15 | **Redefining muscle health through AI-powered US and biosignal tech**
Dawako | *www.dawako.es*

16:30 | **Powerpenia and Health Professionals Perspectives**
Cristina Caetano | Exercise | *Ass. Portuguesa de Fisiologia do Exercício*
Carla Pontes | Medicine | *CUF Longevity Unit*
Nuno Cordeiro | Physical Therapy | *Ordem dos Fisioterapeutas*
Ana Falcão | Nursing | *Ass. Portuguesa dos Enfermeiros de Reabilitação*

17:55 | **Closing**
Sandro R. Freitas | *Faculdade de Motricidade Humana, Universidade de Lisboa*


Pedro Passos


Paulo Armada


Analiza M. Silva


Raúl Oliveira


Pedro Patacho


Sandro Freitas


Ken Nosaka


Crystal Johnson

Dawako


Cristina Caetano


Carla Pontes


Nuno Cordeiro


Ana Falcão

2nd of July 2026 | DAY 1

POWERpenia Conference

Hotel Sana Malhoa

PROGRAM

8:30-12:30 | **Check-in**

WORKSHOPS

9:00 | Workshop 1: **Application of Load–Velocity Profiling for Assessment and Autoregulated Training of Leg Press Power**
Landon Evans | *Keiser*
Crystal Johnson | *Keiser*

10:30 | Workshop 2: **Muscle Power Training for Better Aging: Clinical Applications and Real-World Practice**
Pedro Correia | *The Strength Clinic*

13:00 | **Welcome Session**
Pedro Passos | *Faculty of Human Kinetics, University of Lisbon*
Ana Simões Silva | *City Councilor of Lisbon*
Walter Herzog | *Scientific Committee*
Sandro R. Freitas | *Organizing Committee*
~~António Segura | Mr. President of the Republic of Portugal~~
~~Pedro Dias | Secretary of State for Youth and Sports~~
~~Fernando Gomes | Portugal Olympic Committee~~

TECHNOLOGY & METHODOLOGICAL APPROACHES

Chair: Walter Herzog

13:30 | **Understanding Age-Related Power Loss**
Geoff Power | *University of Guelph, Canada*

14:30 | **Measuring power beyond the lab: feasible functional tests for older adults**
Evelien Van Roie | *Hasselt University, Belgium*

15:00 | **Large-scale, meaningful, and feasible approach to assess powerpenia: is there a solution?**
Sandro R. Freitas | *University of Lisbon, Portugal*

15:30 | **The Wingate Anaerobic Test: Methodological considerations for determining power output**
Duane Button | *Memorial University, Canada*

16:00 | **Sponsors Pitch!**
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2nd of July 2026 | DAY 1

POWERpenia Conference

Hotel Sana Malhoa

PROGRAM

16:30 | **Coffee-break**

17:00 | **3m Abstracts Presentations**
Belém Room
(please see list in pages 15 to 17)

19:30 | **Welcome Reception**
Hotel Sana Malhoa

3rd of July 2026 | DAY 2

PROGRAM

CONSIDERATIONS IN DIFFERENT POPULATIONS Chair: Lucimere Bohn

9:00 | **Masters athletes: Powerful humans beyond grey hair and wrinkles?**
Hirofumi Tanaka | *University of Texas, United States of America*

10:00 | **Power in concentric and eccentric body activities for health**
Ken Nosaka| *Edith Cowan University, Australia*

10:30 | **Coffee-break**

11:00 | **Unveiling key aspects of children's fatigue through power measurement**
Sébastien Ratel| *University of Clermont Auvergne, France*

11:30 | **Insights into motor power assessment in people with clinical conditions**
Carlos Cruz-Montecinos | *University of Chile, Chile*

12:00 | **Power production and muscle dysfunction in COPD**
Luis Peñailillo | *Universidad Andrés Bello, Chile*

12:30 | **Lunch Break**

3rd of July 2026 | DAY 2

POWERpenia Conference

Hotel Sana Malhoa

PROGRAM

ASSESSMENT IN GERIATRIC CONTEXTS — Chair: Fátima Baptista

14:00 | **Longevity Challenges: From Biological Mechanisms to Clinical Implementation**
Francesco Landi | *Catholic University of the Sacred Heart, Italy*

15:00 | **Muscle force/power producing capacity and its relevance to health**
Yasuo Kawami | *Waseda University, Japan*

15:30 | **Rethinking functional capacity in older adults: From assessment to maintenance and optimization**
Sofia Duque | *CUF Hospital, Portugal*

16:00 | **Muscle composition as an essential determinant of muscle power in older adults**
Yosuke Yamada | *Tohoku University, Japan*

16:30 | **Coffee-Break**

ROUND TABLE — Chair: Sandro R. Freitas

17:00 | **Should sarcopenia, dynapenia and powerpenia be considered separated or together?**
Francesco Landi | *Catholic University of the Sacred Heart, Italy*
Hirofumi Tanaka | *University of Texas, United States of America*
Carlos Cruz-Montecinos | *University of Chile, Chile*
Geoff Power | *University of Guelph, Canada*
Evelien Van Roie | *Hasselt University, Belgium*

18:30 | **Best 3 Posters Presentation & Award**

19:30 | **Closing Session**

17:00 | **Closing Dinner**
Caravela De Ouro | *Algés* | *Sponsored by* **Câmara Municipal de Oeiras**

WORKSHOPS

POWERpenia Conference

Workshop 1 | by Landon Evans and Crystal Johnson (Keiser)

Application of Load–Velocity Profiling for Assessment and Autoregulated Training of Leg Press Power

This workshop presents movement velocity as an objective method to both assess and prescribe lower-limb power using pneumatic resistance. Participants will examine how load velocity profiling on the Keiser leg press can establish individual baselines, estimate maximal strength from submaximal efforts, and detect asymmetries or performance deficits. The session then demonstrates how real-time velocity feedback enables autoregulated training, allowing load and volume to adjust to an individual's current neuromuscular capacity. Together, these approaches create a closed-loop framework in which testing directly informs prescription, improving safety, precision, and targeting of power development.

Workshop 2 | by Pedro Correia (The Strength Clinic)

Muscle Power Training for Better Aging: Clinical Applications and Real-World Practice

Muscle power declines earlier and more rapidly than muscle strength, emerging as a critical yet underrecognized determinant of frailty, falls, impaired physical function, and loss of independence across the lifespan. As interest in "Powerpenia" continues to grow, the ability to assess and effectively train muscle power is becoming increasingly relevant for clinicians and exercise professionals.

This workshop will present practical, evidence-based methodologies for developing muscle power in both healthy and clinical populations, using strategies with and without equipment. Through real-world case studies from The Strength Clinic, participants will explore assessment frameworks, exercise selection, programming variables, progression models, and clinical adaptations across different functional capacities and health conditions.

Designed to bridge the gap between research and practice, this session will provide attendees with immediately applicable tools to improve functional capacity, resilience, and long-term health outcomes.

POWERpenia Conference

16:30 | **Handgrip Strength as a Marker of Functional Performance in Older Adults Undergoing Group-Based Geriatric Rehabilitation.** *Afonso, G., Pereira, F., Amaro, A. R., Alegria, N., Ramalhinho, M., Miguel, S.*

16:35 | **Powerpenia is not uniform: three-dimensional assessment of 5,564 adults reveals rotational and explosive movements decline fastest and sex-specific trajectories of age-related power loss**. *Waterman, W., Maskell, J.*

16:40 | **Relevance of time-dependant parameters in muscle force analysis in peripheral neuropathy patients: focus on the Maximal Voluntary Force and the Rate of Force Development.** *Roulier, E., Augusto, J., Chatrenet, A.*

16:45 | **Two vs. Three Weekly Exercise Sessions for Improving Lower-Limb Power and Functional Capacity in Institutionalized Older Adults: A Randomized Trial.** *Rodrigues, F., Pereira, B., Silva, E., Monteiro, D., Antunes, R.*

16:50 | **Muscle Power Identifies Older Adults Most Likely to Reverse Frailty Following Low-Volume Resistance Training.** *Abreu, F., Zymbal, V., Rodrigues, A., Baptista, F.*

16:55 | **Effects of Fatigue on Inter-Limb Power Output Asymetry During Maximal Cycling Sprints.** *Diefenthaeler, F., Lanferdini, F. J., Copetti, C. L. K., Di Pietro, P. F.*

17:00 | **Irisin and Gut Microbiome: The Role of this Myokine in Gut-Muscle Axis and Sarcopenia.** *Merelim, A. S., Riachos, R., Ghasemi, P, Hasnain, S., Takesh, S., Baptista, L. C.*

17:10 | **Powerpenia as predictor of functional limitation.** *Lera, L., Márquez, C., Albala, C.*

17:15 | **Dynapenia Is Independently Associated With Reduced Gait Speed in Older Adults.** *Park, K., Kim, S.*

17:20 | **Test-Retest Reliability of an Incremental Sit-to-Stand Exercise Using a Functional Electromechanical Dynamometer for Assessing Power Zones in Older Adults.** *Nieves-Silva, R., Jiménez-Lupión, D., Jerez-Mayorga, D.*

17:25 | **Prevalence of Sarcopenia and Powerpenia Phenotype in Alzheimer's Disease: Evidence for Therapeutic Targets.** *Furtado, G. E., Nazareth, C. C. G., Scalli, A. C. A. M., Oliveira, M. P. B., Gomes, A. F. S., Brito-Costa, S., Cezar, N. O. C.*

17:30 | **Assessment of Human Motor Power for Health: Composite Functional Indices as Superior Predictors of Fall Risk and Mortality in Older Adults.** *De Souza Bezerra, E., Santos, M.L., Alves-Miranda, K., Benoliel, R, De Oliveira, M., Mochizuki, L.*

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17:35 | **Dynapenia Is Independently Associated With Reduced Gait Speed in Older Adults.** *Park., K., Kim., S.*

17:40 | **EMG-Derived Predictors of Peak Power in Older Adults in the Bench Press and Squat Exercises.** *Furk, D., Ferro, J., Silva, L., Gamboa, H.*

17:45 | **Boxing Training Improves Muscle Power and Strength in Older Adults: Relationships with Functional Mobility.** *Alves-Miranda,K, Pedro-Costa, S., De Souza Bezerra,E., Oliveira,O., Bohn, L.*

17:50 | **Identification of Power Phenotypes Associated with Frailty from Smartphone Video-Derived Sit-to-Stand Performance.** *Kim, S., Seo, S., Park, K.*

17:55 | **Augmented-Reality Exergaming Intervention Enhances Leg Extension Strength and Reverses Cortical Slowing in Older Adults with Powerpenia.** *Park, H., Bae, S., Yang, J. W., Wang, K., Min, C., Noh, E., Jo, Y.*

18:00 | **Sustained Hand Grasp Strength Across Multiple Grasp Configurations: Functional Insights Relevant to Powerpenia.** *Roldão, E., Pascoal, A.G.*

18:05 | **Strength Decline During Sustained Hand Grasp Tasks: A Motor Power Perspective** *Ângelo, A.C., Pinto, R.F., Roldão, E.*

18:10 | **Toward Daily-Life Movement Assessment for Muscle Power Research: An Event-Driven Multimodal Home Monitoring Framework.** *Tong, Z., Ono, K., Nakamura, M., and Chen, S.*

18:15 | **Very Short-term In-hospital Resistance Exercise Improves Physical Function in Isolated Bed Rest Patients with Intraocular Cancer.** *Tur-Boned, A., Pérez-Calatayud, M. J., Murcia-Nadal, E., Real-Kotbani, Y., Geanina-Cristea, B., Romero-Benavides, E. P., Cruz-Montecinos, C., Núñez-Cortés, R., López-Bueno, R., Gargallo-Bayo, P., Casaña, J., Calatayud, J.*

18:20 | **Vertical-jump-defined powerpenia in community-dwelling older adults: a multi-indicator comparison of age-related decline and prediction of incident functional disability, with a focus on functional muscle mass as the underlying determinant.** *Asano, Y., Yoshida, T., Yokoyama, K., Watanabe, Y., Yoshinaka, Y., Kimura, M., Sato, Y., Otake, Y., Taniguchi, M., Morihara, T., Fujita, H., Nakayama, Y., Soufi, M., Uemura, K., Takao, M., Yamada, Y.*

18:25 | **Exercise-Induced Changes in Muscle Fatigability and Body Composition and Their Associations with Multidimensional Fall-Risk Outcomes in Sarcopenic Older Adults.** *Nosrani, S., Pedra, J., Bautmans, I., Teixeira, A.*

18:30 | **Association Between Frailty Status, Muscle Strength, Functional Performance, and Power-Related Indicators in Community-Dwelling Older Adults.** *Furtado, G. E., Silva, P., Gomes, R., Sevillha-Sanchez, M., Carballeira, E.*

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18:35 | **Muscle Power and Body Composition are Associated with Quality of Life in Older Adults.** *Prospero, P., Oliveira, L., Cunha, H, Coqueiro, R., Bohn, L.*

18:40 | **Handgrip Power and Dominance-Related Differences in Young and Older Females.** *Almeida, D., Silva, L., Freitas, S., Furk, D., Gamboa, H., Santos, P. D. G.*

18:45 | **Handgrip Strength Asymmetry as a Marker of Functional Vulnerability in Older Adults: Sex-Specific Associations with Muscle Function and Physical Performance.** *dos Santos, J. B., de Lima, A. B., Baptista, F.*

18:50 | **Aquatic Exercise effects on Powerpenia-Related Functional Outcomes in Obese Adults with Knee Osteoarthritis.** *Yázigi, F., Espanha, M.*

18:55 | **Lower Estimated 30-Second Sit-to-Stand Muscle Power Is Associated with Sarcopenia Risk in Physically Active Older Adults.** *Aboarrage Jr., A.M., André, H.I., Yázigi, F.*

19:00 | **Association between muscle power and arterial stiffness in older adults of primary care.** *Andrade-Sousa, K., Quirino, D., Carvalho-Ribeiro, I., , Fernandes, I., Gil-Pereira, M., Silva M., Lima, Y., Souza, A., Silva, I., Bohn L., Rodrigues-Machado, M., Pereira Máximo, L.*

19:05 | **Lower-limb phase angle as a marker of muscle weakness indicating impaired cardiorespiratory fitness in women with obesity awaiting bariatric surgery – Preliminary data from the BARIMOV study.** *Teixeira, E., Portugal-Nunes, C., Ponte, F., Branco, D., Soares, E., Lage, V., Berto, L., Lopes, D., Pereira, M., Mota, I., Nora, M., Monteiro, M., Guimarães, M.*

19:10 | **Exercise and Education Program improves lower limb functional strength in knee osteoarthritis** *Espanha, M., Barão, B., Trindade, P., Yázigi, F.*

19:15 | **Age-related Acute Responses to a Dynamic Grip Power-Endurance Task.** *Jasen, M. J., Silva, L., Freitas, S., Furk, D., Gamboa, H., Santos, P. D. G.*

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Effectiveness of force-velocity profile-based training on muscle power and functional performance in older adults. *Deboutte, J., Delecluse, C., Thomis, M., Roie, E. V.*

Feasibility and safety of flywheel squat power exercise in older adults in comparison to free-weight squat exercise. *Spudić, D., Pukl, M. S., Nosaka, K., Smajla, D.*

Advances and applications of Artificial Intelligence in sarcopenia management: a multidimensional analysis of geriatric precision medicine. *Castillo-Olea, C., Zuñiga-Gil, C., Meza, P. F., López, B C., Rocha, E. R. M. O.*

A 12-Month Follow-Up of Isokinetic Muscle Strength and Health-Related Quality of Life After High-Speed Resistance Training: The Role of Physical Activity in Older Adults. *Martins, A. D., Batalha, N., Fernandes, O., Oliveira, R., Gonçalves, B., Brito, J. P.*

Reliability of various impedance values and phase angle between model using a Tanita multi-frequency bioelectrical impedance analyzer (MC-780 series) in healthy young adults. *Oshita, K.*

Ankle Dorsiflexion Muscle Quality is Strongly Associated with SARC-F Scores in Older Women. *Jerez-Mayorga, D., Nieves-Silva, R., Jiménez-Lupión, D.*

Test-retest Reliability of the Unilateral "Shopping Bag" Exercise with a Functional Electromechanical Dynamometer in Older Adults. *Jiménez-Lupión, D., Nieves-Silva, R, Jerez-Mayorga, D.*

Effects of a 4-Month Strength Training Program on the Force–Velocity Curve of Knee Extensors in Older Men and Women Aged 67–73 Years. *Sánchez-García, N., Gallego-Sellés, A., González-Martín, D., Hernández-Murúa, J.A., Cuevas González, M.J., de Paz, J.A.*

Load–velocity profiling strategies for one-repetition maximum estimation during machine knee extension in older adults: influence of a global versus sex-specific minimal velocity threshold. *Gallego-Selles, A., Sánchez-García, N., González-Martín, D., Rivera-Viloria, M., Hernández-Murúa, J.A., Estébanez, B., de Paz, J.A.*

Interrelationship Between Muscle Mass, Bone Density, and Functional Performance in Patients with Parkinson's Disease: Implications for Osteosarcopenia and Powerpenia. *dos Santos, H. S., Cunha, O. L. A., Siciliani, L. C., Lima, W. S., Neto, D. F. S., Anzanel, M. B.*

Association of Neurological and Immunological Resilience with Muscle Powerpenia: The SADEM Study. *Juárez-Cedillo, T., García-Cruz, J. C., Frago, J. M., Suerna-Hernandez, A.*

Sex differences in absolute and relative handgrip power. *Best, S. P., Winter, J. G., Freitas, S. R., Pearcey, G.E.P. , Button, D.C.*

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Muscle Power versus Muscle Strength in Functional Assessment of Prefrail and Frail Older Adults: The 30-Second Sit-to-Stand Test as a Clinical Proxy of Muscle Power. *Pereira, F. A., Afonso, G., Amaro, A. R., Alegria, N., Serra, L., Ventura, J., Miguel, S.*

Telomere Length and the "Sarcofalls" Phenotype: Interconnection Among Sarcopenia, Falls, and Cellular Aging in Community-Dwelling Older Adults. *Rosa, P. G., Oliveira, A. M., Lima, D. B., Souza-Gomes, A. F., Bachi, A. L. L., Rocha, G, S., Brito, T.R P., Furtado, G. E.*

Relationship between Functional and Cognitive Variables with the Risk of Sarcopenia in Older Adults with Cognitive Complaints. *Ribeiro, A. B. O., Bezerra, N. V. R., Silva, J. J. S., Rocha, A. B. R. S., Silva, D. T., Gonçalves, A. L. S., Silva, J. H. R., Moraes, J. F. V. N., Fidelix, Y. L., Carvalho, M. J. M. C. B., Souza, M. F., Cavalcante, B. R.*

Does Functional Performance Correlate with Global Cognition among Nursing Home Residents? An Exploratory Analysis from the MOVE4CARE Trial. *Rocha, A. B. R. S., Cavalcante, B. R., Souza, M. F. , Silva, D. T., Ribeiro, A. B. O., Teixeira. R. B., Lemos, M. V., Barros, D., Carvalho, M. J.*

Characterization of Older Adults in Primary Care regarding Intrinsic Capacity and Vertical Jump Capacity. *Andrade-Sousa, K., Quirino, D., Lima, Y., Silva, I., Gil-Pereira, M., Bohn, L., Resende, R., Corrêa, F., Máximo, L.*

Musculoskeletal Determinants of Cardiorespiratory Fitness in Postmenopausal Women. *Mano, M., Santa-Clara, H., Baptista, B.*

Upper-Limb Strength Symmetry Changes and Disease-Free Survival in Breast Cancer Survivors Following Exercise Interventions. *da Silveira, J., Baptista, F., Gil, P. R., Guimarães, A. C. A.*

Identification of Shared Molecular Pathways Between Powerpenia, Type 2 Diabetes, and Aging Through Integrative Bioinformatics Analysis. *Hadinata, E., Harbuwono, D .S., Tjandrawinata, R. R., Nurkolis, F.*

Nutritional Modulators of Human Motor Power: A Network Pharmacology and Multi-Omics Perspective. *Nurkolis, F.*

Transcriptomic Signatures of Powerpenia: A Bioinformatic Identification of Molecular Drivers of Age-Related Decline in Human Motor Power. *Sibarani, J. N., Alfaray R. I., Tjandrawinata, R. R., Nurkolis, F.*

Lower-Limb Muscle Power Is a Key Determinant of Reactive Balance Stability Following Slip-Like Perturbations in Young and Older Adults. The "Jump to not Fall approach". *Varas-Diaz G., Moenne-Loccoz C., Orellana-Abarca G., Cruz-Montecinos C., Mutis-Gándara L., Gutierrez-Urzúa R., Camus-Sotomayor D, Faundez-Donoso V, Bhatt T. S., Calvo F*

Cross-sectional and Longitudinal Associations Between Water Turnover and Muscle Strength: an Observational Study over one Athletic Season. *Jesus, F., Francisco, R., Nunes, C. L., Matias C. N., Santos, D. A., Rocha, P., Minderico. C. S., Sardinha, L. B., Mendonca, G. V., Silva, A. M.*

OTHER INFORMATION

POWERpenia Conference

Venue

The **Hotel SANA MALHOA** is located in the centre of the city in one of the business areas of Lisbon. It is well served with nearby transports (metro, buses, and taxis), and is about 7 km from Lisbon International Airport.

Scientific Committee

Walter Herzog, *Chair* (University of Calgary, Canada)
Fátima Baptista (University of Lisbon, Portugal)
Carlos Cruz Montecinos (University of Chile, Chile)
Ronei Silveira Pinto (University of Rio Grande do Sul, Brazil)
Sebastien Ratel (University of Clermont Auvergne, France)
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