Thursday 12 December 2019
12:00 - 13:00
Mærsk Tower, 7.15.149
LUNCH IS INCLUDED

Jørn Wulff Helge
Professor, Exercise Laboratories (Xlab),
Department of Biomedical Sciences & Center for
Healthy Aging (track 3: Individualized health)

Jørn Wulff Helge is a senior researcher in Xlab and part of Center for Healthy Aging and a professor in Exercise physiology and Health at the Department of Biomedical Sciences at the Faculty of Health and Medical Sciences, UCPH.

His key interests are adaptation to physical activity and inactivity with a particular emphasis on aging, skeletal muscle, obesity and type 2 diabetes. He has performed a number of field studies with a broad perspective on prolonged excessive exercise and in conjunction with a focus on metabolic fitness and flexibility. In addition, he has focused on muscle bioactive lipids and insulin resistance.

PI Lunches provide an opportunity for young researches to meet with Center for Healthy Aging affiliated PIs to discuss career development, personal development and to facilitate networking in an informal setting. PI Lunches are arranged by Network for Young Scholars and are for all students, PhDs and postdocs at the center.

Sign up before 10 December via our Facebook group Network for Young Scholars (NYS) or at https://healthyaging.ku.dk/registrations/2019/pi-lunch-december-2019/