

INTERNATIONAL CONGRESS

Science of well-being:
nutrition, exercise and supplements
for healthy longevity

**14-15-16
November
2025**

HOTEL ARIA
Rimini



SCIENTIFIC RATIONALE

The pursuit of healthy longevity - extending not only lifespan but also healthspan - is a defining challenge of modern medicine. The SINSeB - J Medical International Congress brings together leading researchers and clinicians to present an integrated, evidence-based exploration of the multifactorial nature of well-being across the human lifespan. This congress focuses on three synergistic pillars: nutrition, physical activity, and targeted supplementation, all aimed at enhancing resilience, preventing chronic disease, and optimizing human performance from childhood through senescence.

The congress opens with foundational insights into the role of the nutritionist and the evolution of body composition science, setting the stage for an interdisciplinary investigation. Sessions follow a life-course approach - from cellular senescence and telomere biology to practical interventions targeting adults and aging populations, with particular attention to early prevention, midlife adaptation, and geroprotective strategies.

INTERNATIONAL CONGRESS

Science of well-being: nutrition, exercise and supplements for healthy longevity

With the patronage of



Società Italiana di Nutraceutica



UNIVERSITÀ
di CAMERINO

14 NOVEMBER 2025

13:30 p.m.

Participant registration

14:00 p.m.

Congress opening and institutional greetings

14:30 p.m.

The role of the Nutritionist

R.A. Rossetto

14:45 p.m.

Advances in body composition for the next decade of life

M.A. Minetto

1st SESSION



PHYSICAL EXERCISE

Chairmen: *A. Marchini, L. Stefanini*

15:00 p.m.

Resistance training and longevity: how, where and when

G. Cavaleri

15:15 p.m.

Endurance activities and healthy aging: a practical guide

V.B. Costa

15:30 p.m.

Monitoring cardiovascular risk factors in aging

G. Foglia

15:45 p.m.

Exercise for the next decade of life

M. Massarini

16:00 p.m.

Round table: physical exercise and longevity

Chairmen: *F. Angelini, M. Magistrali*

E. Artuso, F. Bristot, F. Massini, G. Vaglini

14 NOVEMBER 2025

16:30 p.m.

Coffee Break

2nd SESSION

DISEASES THAT HINDER LONGEVITY

Chairmen: *G.M. Migliaccio, S. Suraci*

17:00 p.m.

Lecture

Microbiome and longevity

M. Di Stefano

17:20 p.m.

Geriatrics

G. Desideri

17:35 p.m.

Obesity and COPD

P. Santus

18:05 p.m.

Body composition and disease risk

J. Talluri

18:20 p.m.

Round table with speakers

18:50 p.m.

1st Day closing remarks

15 NOVEMBER 2025

09:00 a.m.

Lectio Magistralis

Cellular senescence, telomere dynamics and nutritional interventions: pathways to longevity

V. Boccardi

3rd SESSION

SPORT NUTRITION

Chairmen: *F. Angelini, L. Gatteschi*

09:30 a.m.

Insight of sport nutrition science to support active aging

I. Rollo

09:50 a.m.

Dietary fibre and gut interaction in high-performance setting

L. Mancin

10:10 a.m.

Optimizing training adaptation with nutrition

A. Jeukendrup

10:30 a.m.

Tart cherry and recovery in sports

E. Casiraghi

10:50 a.m.

Coffee Break

11:20 a.m.

What is the impact of reduced carbohydrate availability on bone health?

C. Sale

11:40 a.m.

Dietary intake and cardiorespiratory fitness of world master track and field athletes

S. Forbes

12:00 p.m.

Creatine supplementation on brain bioenergetics, health and function

D. Candow

12:20 p.m.

Round table with speakers

15 NOVEMBER 2025

13:00 *p.m.*

Lunch

14:00 *p.m.*

Parallel Session (Experts accross the different rooms)

Classroom 1

Practical management of the ketogenic diet for longevity

M. Marchetti

Chairman: *F. Angelini*

Classroom 2

Longevity begins in childhood

D. Meleleo

Chairman: *L. Lanuzza*

Classroom 3

Anti-inflammatory nutraceuticals and longevity

A. Vincenzi

Chairman: *L. Belli*

Classroom 4

Strength and longevity

P. Cigni, M. Gallo

Chairman: *C. Bruscajin*

15 NOVEMBER 2025

4th SESSION

NUTRITION AND LONGEVITY

Chairmen: *F. Angelini, M. Buccianti*

15:00 p.m.

Lecture

Well-aging: nourishing the years ahead

H. Cena

15:20 p.m.

Ketogenic diet and longevity

M. Tommasini

15:35 p.m.

Mediterranean diet and longevity

E. Troiano

15:50 p.m.

Fasting-mimicking diet, fasting, intermittent fasting and longevity

R.I. Cervigni

16:05 p.m.

Vegetarian diet and longevity

A. Maghetti

16:20 p.m.

Round table with speakers

17:00 p.m.

Coffee Break

17:30 p.m.

Vitamin D and sports performance: recent evidence and practical implications

F. Angelini

5th SESSION

NUTRACEUTICALS

Chairmen: *M. Brancaleoni, C. Orlandi*

17:50 p.m.

Lecture

Longevity nutraceuticals: from the Holy Grail to clinical evidence

A.F.G. Cicero

15 NOVEMBER 2025

18:10 *p.m.*

The ultra-early approach to dyslipidemia

F. Fogacci

18:25 *p.m.*

Modulating the microbiota to enhance immune function

A. Bertuccioli

18:40 *p.m.*

Round table with speakers

19:05 *p.m.*

2nd Day closing remarks

16 NOVEMBER 2025

09:00 a.m.

"In Caso Di" - Book Presentation

F. Garruba, E. Genesi

Non-CME
Session

09:20 a.m.

Lecture

Menopause and longevity

M. Gambacciani

09:40 a.m.

Geroprotection: why "Longevity" doesn't always mean "Well-being"

G. Scapagnini

6th SESSION

BIOHACKING

Chairmen: *F. Angelini, L. Gatteschi*

09:55 a.m.

HRV, chronic stress and autonomic dysregulation: early signs of accelerated aging through specific biomarker monitoring

G. Di Ionna

10:10 a.m.

Longevity oriented lifestyle biohacking: causes of early hormonosenscence

L. Bergami

10:25 a.m.

Breathing techniques, cold exposure, hormesis: key elements of natural biohacking to extend healthspan

L. Pelagotti

10:40 a.m.

Photomedicine in the era of Leds

A. Rossiello

10:55 a.m.

Human locomotion and fundamental motor patterns: biological activators of longevity systems

D. Vecchioni

11:10 a.m.

Massage as a biohacking practice: acting on the nervous and lymphatic systems for longevity

M. Maculan

11:25 a.m.

Round table with speakers

11:55 a.m.

3rd Day closing remarks

12:15 p.m.

End of the Congress

FACULTY MEMBERS

Fabrizio Angelini
Elisabetta Artuso
Luca Belli
Lorenzo Bergami
Alexander Bertuccioli
Virginia Boccardi
Marco Brancaleoni
Federico Bristot
Carlo Bruscagin
Marco Bucciatti
Darren Candow
Elena Casiraghi
Giovanni Cavaleri
Hellas Cena
Romina Inès Cervigni
Arrigo F.G. Cicero
Paolo Cigni
Vittoria Bruna Costa
Giovambattista Desideri
Giuseppe Di Ionna
Michele Di Stefano
Federica Fogacci
Gerardo Foglia
Scott Forbes
Matteo Gallo
Marco Gambacciani
Francesco Garruba
Luca Gatteschi
Eugenio Genesi

Asker Jeukendrup
Lara Lanuzza
Massimo Maculan
Annalisa Maghetti
Massimo Magistrali
Laura Mancin
Marco Marchetti
Andrea Marchini
Massimo Massarini
Fulvio Massini
Domenico Meleleo
Gian Marco Migliaccio
Marco Alessandro Minetto
Carmine Orlandi
Leonardo Pelagotti
Ian Rollo
Rudy Alexander Rossetto
Angelo Rossiello
Craig Sale
Pierachille Santus
Giovanni Scapagnini
Luca Stefanini
Stefano Suraci
Jacopo Talluri
Maurizio Tommasini
Ersilia Troiano
Giovanni Vaglini
Daniele Vecchioni
Alberto Vincenzi

CONGRESS CHAIR

Fabrizio Angelini

SCIENTIFIC DIRECTORS

Fabrizio Angelini
Luca Stefanini

SCIENTIFIC SECRETARIAT

Luca Belli

CONGRESS VENUE



HOTEL ARIA
Viale Dandolo, 13
47921 Rimini

HOW TO REACH THE CONGRESS VENUE



- 4 km from Rimini's "Federico Fellini" International Airport. The airport is connected to the city by bus line number 9. Get off at the Rimini train station stop and take bus number 11 to stop number 10.
- Just over 100 km from Bologna Airport. A Rimini-Bologna shuttle bus service is available and can be booked online at www.shuttleriminibologna.it.



The hotel can be reached on foot in about 15 minutes or by using the taxi service located just outside the train station.

Alternatively, at the square in front of the station, you'll find Shelter A, where the local bus to Marina Centro stops. Take bus number 11 and get off at stop number 10.



From the A14 motorway, take the Rimini Sud exit.



Rimini Taxi: call +39 0541 50020

LANGUAGE

The official language will be Italian.

REGISTRATION FEE

Until August 31 th :	€ 150,00
From Septembre 1 st :	€ 200,00
Students:	€ 70,00

REGISTRATION

To register to the event, please go to:

<https://www.mediabout.it/en/sinseb-2025>

and complete the registration form. Once the registration process is completed, a confirmation email will be sent.

Alternatively, you can send an email to sinsebcongress25@mediabout.it (object: REGISTRATION REQUEST), specifying your Name and Surname.

For any further information please contact the Organizing Secretariat at:

sinsebcongress25@mediabout.it

Phone +39 02 83547230

Bank transfer description:

SINSeB Congress 2025 - [Name/Surname] - [Type of registration]

IBAN: IT 32 J 05034 33550 0000 0000 4583

SWIFT: BAPPIT21R20



REGISTRATION AND ACCESS

Registration must be completed either prior to or at the start of the event. Failure to register before the event begins will prevent access to the evaluation questionnaires. Steps to register:

- Visit **<https://res.summeet.it>**
- If this is your first time accessing the platform, create a personal account by clicking on **"REGISTRATION"**. If you already have an account for FAD (Distance Learning) courses on fad.summeet.it, you can use the same credentials.
- Locate the conference by using the "SEARCH" function and entering the ECM code **604-461412**.
- Enter the access key **142225**

Participants will have up to 3 days after the conference ends to complete the ECM learning questionnaire and satisfaction survey. A passing score of at least 75% is required on the learning assessment.



HELPDESK

For assistance with access or registration issues,
contact the help desk at:

helpdesk@summeet.it

CME (CONTINUING MEDICAL EDUCATION)

The **SINSeB - J medical International Congress Science of well-being: nutrition, exercise and supplements for healthy longevity**

This conference is included in the official list of ECM events for the 2025 training program of the accredited provider SUMMEET (Provider ID 604).

Requirements for earning training credits:

- Participants must be qualified in the disciplines accredited for this program.
- Register for the conference by creating an account on the dedicated event website <https://res.summeet.it>.
- Attend at least 90% of the scientific sessions (attendance will be verified via signature on the attendance sheet).
- Successfully complete the learning assessment questionnaire and submit the quality evaluation form on the Summeet platform within 72 hours of the event's conclusion.

ACCREDITED CATEGORIES

BIOLOGIST: Biologist. **CHEMIST:** Analytical Chemistry. **DENTIST:** Dentistry. **DIETITIAN:** Dietitian. **PHARMACIST:** Public Pharmacist under the NHS; Community Pharmacist; Pharmacist in Other Sectors. **PHYSICIAN:** Allergology and Clinical Immunology, Angiology, Cardiology, Dermatology and Venereology, Hematology, Endocrinology, Gastroenterology, Medical Genetics, Geriatrics, Metabolic Diseases and Diabetology, Respiratory Diseases, Infectious Diseases, Emergency Medicine and Surgery, Physical and Rehabilitation Medicine, Internal Medicine, Thermal Medicine, Aerospace Medicine, Sports Medicine, Nephrology, Neonatology, Neurology, Child and Adolescent Neuropsychiatry, Oncology, Pediatrics, Psychiatry, Radiotherapy, Rheumatology, Cardiac Surgery, General Surgery, Maxillofacial Surgery, Pediatric Surgery, Plastic and Reconstructive Surgery, Thoracic Surgery, Vascular Surgery, Gynecology and Obstetrics, Neurosurgery, Ophthalmology, Orthopedics and Traumatology, Otorhinolaryngology, Urology, Pathological Anatomy, Anesthesia and Resuscitation, Clinical Biochemistry, Clinical Pharmacology and Toxicology, Medical Genetics Laboratory, Transfusion Medicine, Forensic Medicine, Nuclear Medicine, Microbiology and Virology, Neurophysiology, Neuroradiology, Clinical Pathology (Clinical Chemistry and Microbiology Laboratory), Radiology, Hygiene, Epidemiology and Public Health, Food Hygiene and Nutrition, Occupational Medicine and Workplace Safety, General Medicine (Family Physicians/General Practitioners), Continuity of Care, Pediatrics (Independent Pediatricians), Nutrition and Dietetics, Hospital Medical Management, Primary Healthcare Organization, Audiology and Phoniatrics, Psychotherapy, Palliative Care, Epidemiology, Community Medicine, Underwater and Hyperbaric Medicine. **PHYSICIST:** Medical Physicist. **PHYSIOTHERAPIST:** Physiotherapist. **PSYCHOLOGIST:** Psychotherapist; Psychologist.

EDUCATIONAL OBJECTIVE

Application of evidence-based practice (EBM, EBN, EBP) principles and procedures in daily practice.

ACCREDITATION INFORMATION

- Credits Awarded: 10,5
- Training Hours: 15,20
- Event Code: 604-461412
- Maximum Participants: 180
- Event Type: In-person

Organizing Committee



**Società Italiana di Nutrizione
dello Sport e del Benessere**

Istituto Ricerche Cliniche Ecomedica
Via Cherubini, 1
50053 Empoli (FI) IT
info@sinseb.it
www.sinseb.it

Organizing Secretariat

mediAbout

Mediabout S.r.l.

Via Morimondo, 26
20143 Milano IT
Tel. 02 83547230
sinsebcongress24@mediabout.it
www.mediabout.it

CME Provider

SUMMEET

Summeet S.r.l.

Via P. Maspero, 5
21100 Varese IT