

INTERNATIONAL CONGRESS

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

**14-15-16
November
2025**

**HOTEL
MEDITERRANEO**
Riccione (RN)



14 NOVEMBER 2025

12:00 p.m.

Participant registration

13:30 p.m.

Congress opening and institutional greetings

14:30 p.m.

The role of the Nutritionist

R.A. Rossetto

14:40 p.m.

Advances in body composition for the next decade of life

M. Minetto

1st SESSION

J MEDICAL/PHYSICAL EXERCISE

Chairmen: *M. Magistrali, L. Stefanini*

15:00 p.m.

Weightlifting and longevity: how, where, and when

G. Cavaleri

15:15 p.m.

Endurance activities and healthy aging: a practical guide

A. Bulgheroni

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

Chairman: *M. Magistrali*

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

14 NOVEMBER 2025

17.00 p.m.

Coffee Break

2nd SESSION

DISEASES THAT HINDER LONGEVITY

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

17:20 p.m.

Microbiome and longevity

M. Di Stefano

17:40 p.m.

Geriatrics

G. Desideri

17:55 p.m.

Obesity and COPD

P. Santus

18:10 p.m.

Diabetes and Obesity

18:25 p.m.

Body composition and disease risk

J. Talluri

18:40-19:10 p.m.

Round table with speakers

19:10 p.m.

Closing Session - Day One

15 NOVEMBER 2025

3rd SESSION

SPORT NUTRITION

Chairmen: *F. Angelini, L. Gatteschi*

09:00 a.m.

Insight of sport nutrition science to support active aging

I. Rollo

09:20 a.m.

Dietary fibre and gut interaction in high-performance setting

L. Mancin

09:40 a.m.

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

C. Sale

10:00 a.m.

Optimizing training adaptation with nutrition

A. Jeukendrup

10:20 a.m.

Coffee Break

11:00 a.m.

Vitamina D supplementation in health and performance

F. Angelini

11:20 a.m.

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

S.C. Forbes

11:40 p.m.

Creatine supplementation on brain bioenergetics, health and function

D. Candow

12:00 p.m.

Round table with speakers

15 NOVEMBER 2025

13:00 *p.m.*

Lunch

13:30 *p.m.*

Parallel Session (Experts accross the different rooms)

Classroom 1

Practical management of the ketogenic diet for longevity

Chairman: *M. Medeot*

M. Marchetti

Classroom 2

Longevity begins in childhood

Chairman: *L. Lanuzza*

D. Meleleo

Classroom 3

Anti-inflammatory nutraceuticals and longevity

Chairman: *L. Belli*

A. Vincenzi

Classroom 4

Strength and longevity

Chairman: *C. Bruscagin*

P. Cigni, M. Gallo

15 NOVEMBER 2025

4th SESSION

NUTRITION AND LONGEVITY

Chairmen: *C. Orlandi, M. Buccianti*

14:30 *p.m.*

Lecture - Well-aging: nourishing the years ahead

H. Cena

14:50 *p.m.*

Ketogenic diet and longevity

M. Tomassini

15:05 *p.m.*

Mediterranean diet and longevity

E. Troiano

15:20 *p.m.*

Fasting-mimicking diet, fasting, intermittent fasting and longevity

R. Cervigni

15:35 *p.m.*

Vegetarian diet and longevity

A. Maghetti

15:50 *p.m.*

Round table with speakers

16:30 *p.m.*

Coffee Break

5th SESSION

NUTRACEUTICALS

Chairman: *M. Brancaleoni*

17:00 *p.m.*

Lecture - Longevity Nutraceuticals: from the Holy Grail to clinical evidence

A.F.G. Cicero

15 NOVEMBER 2025

17:20 p.m.

The ultra-early approach to dyslipidemia

F. Fogacci

17:35 p.m.

Geroprotection: why “Longevity” doesn’t always mean “Well-being”

G. Scapagnini

17:50 p.m.

Modulating the microbiota to enhance immune function

A. Bertuccioli

18:05 p.m.

Tart cherry and recovery in sports

E. Casiraghi

18:20 p.m.

Round table with speakers

Chairmen: *F. Garruba, E. Genesi*

19:00 p.m.

Closing Session - Day Two

16 NOVEMBER 2025

09:00 a.m.

"In Caso Di" - Book Presentation

F. Garruba, E. Genesio

09:20 a.m.

Lecture - Menopausa e Longevità

M. Gambacciani

6th SESSION

BIOHACKING

Chairmen: *F. Angelini, L. Bergami, D. Vecchioni*

10:00 a.m.

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

G. Di Ionna

10:15 a.m.

Longevity oriented lifestyle biohacking: causes of early hormonosenscence

L. Bergami

10:30 a.m.

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

L. Pelagotti

10:45 a.m.

Photomedicine in the era Leds

A. Rossiello

11:00 a.m.

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

D. Vecchioni

11:15 a.m.

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

M. Maculan

11:30-12:30 a.m.

Biohacking Round Table

12:30 p.m.

End of the Congress

FACULTY MEMBERS

Fabrizio Angelini
Elisabetta Artuso
Luca Belli
Lorenzo Bergami
Alexander Bertuccioli
Federico Bistrot
Marco Brancaleoni
Carlo Bruscagin
Marco Bucciatti
Andrea Bulgheroni
Darren G. Candow
Elena Casiraghi
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Hellas Cena
Romina Cervigni
Arrigo F.G. Cicero
Paolo Cigni
Giovambattista Desideri
Giuseppe Di Ionna
Michele Di Stefano
Federica Fogacci
Gerardo Foglia
Scott C. Forbes
Matteo Gallo
Marco Gambacciani
Francesco Garruba
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Eugenio Genesi
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Laura Mancin
Massimo Massarini
Massimo Maculan
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Fulvio Massini
Marco Medeot
Domenico Meleleo
Gian Marco Migliaccio
Marco Minetto
Carmine Orlandi
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CONGRESS CHAIR

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CONGRESS VENUE

HOTEL MEDITERRANEO

Piazzale Roma, 34

7838 Riccione (RN)



HOW TO REACH THE CONGRESS VENUE

By Car:

Take the A14 Motorway and exit at Riccione. Below is the detailed itinerary:

Drive along the A14 Bologna-Ancona motorway and exit at the Riccione tollgate.

- After exiting the tollgate, turn left onto Viale Enrico Berlinguer
- At the first roundabout, go straight
- At the second roundabout, go straight
- At the first traffic light, continue straight
- At the second traffic light, turn right onto Viale Giulio Cesare, continue for about 300 meters toward the city center
- At the next traffic light, turn left onto Viale Ceccarini monte
- At the end of Viale Ceccarini, turn left onto Viale dei Mille
- At the roundabout near the railway underpass, turn right
- Pass through the railway underpass, then turn left
- Continue along Via Parini, which runs alongside the canal port, until you reach Via Milano
- Turn right onto Via Milano and continue for approximately 800 meters. The hotel will be on your left at the southern corner of Viale Ceccarini, on the seaside
- Go around the roundabout and turn right onto the road next to the entrance of the underground parking lot
- Access is allowed only to guests of Hotel Mediterraneo.

By Train:

Take the Ancona-Bologna railway line. Riccione Train Station is located approximately 400-600 meters on foot from Hotel Mediterraneo

LANGUAGE

The official language will be Italian.

REGISTRATION FEE

Until July 31 th :	€ 150,00
From August 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]

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Organizing Committee



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dello Sport e del Benessere**

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