

**Date: 14 February 2023**

**Time: UTC 10:00 | 9pm Sydney | 5am NYC**



webinar series

# VITALITY CAPACITY

what is it and why is  
monitoring relevant?

Vitality is a physiological state resulting from the interaction between multiple physiological systems, reflected in energy and metabolism, neuromuscular function, and immune and stress response functions of the body (WHO). As a physiological determinant of physical and mental capacities an individual can draw on at any point in time, early detection of deterioration of vitality allows early interventions to delay the onset of frailty and extend the healthy lifespan of aging persons.



**IVAN BAUTMANS**  
VRIJE UNIVERSITEIT BRUSSEL

Professor Bautmans conducts fundamental and translational research focused on the underlying mechanisms, prevention and treatment of muscle weakness (dynapenia) and muscle atrophy (sarcopenia) at higher age, with particular interest for the role of inflammatory processes.

He is leading the WHO Working Group on Vitality Capacity and co-leading the EUGMS SIG on Sarcopenia.

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