



Zentralinstitut  
für Seelische  
Gesundheit



# Brain Health & Physical Activity Symposium

**Tuesday, September 30, 2025**

Institute of Sports and Sports Sciences  
Heidelberg University  
Im Neuenheimer Feld 700  
69120 Heidelberg

## About the Event

Hosted by the Central Institute of Mental Health Mannheim and Heidelberg University's Institute of Sports and Sports Sciences, this one-day symposium explores how physical activity impacts brain and mental health across healthy and clinical populations.

## Who Should Attend?

The event is specifically designed to bring together early-career researchers and welcomes participation from experienced researchers in neuroscience, psychology, psychiatry, sports science, and related disciplines working at the intersection of physical activity, brain, and mental health.

## Why Join?

- Interdisciplinary sessions
- Experts from Germany, Austria & Switzerland
- Peer-led discussions
- Networking with peers

## Our Goal

To foster bottom-up collaboration and cross-disciplinary, peer-led dialogue by creating a space to share ideas, discuss common challenges, and spark research that crosses boundaries.

## Interested?

Register here: <https://forms.gle/iz7VbPX13V8sD4NW6>



Fee: €30

Contact: [brainandbody@zi-mannheim.de](mailto:brainandbody@zi-mannheim.de)

# Detailed Program

## 08:45 - 09:00: Opening & Welcome

**09:00 - 10:00**

**Prof. Marco Taubert**

Otto von Guericke University, Magdeburg, Germany

*Adaptability of the adult human brain in response to training*

## 10:00 - 10:30: Coffee Break

**10:30 - 11:10**

**Dr. Marco Giurgiu**

Karlsruhe Institute of Technology (KIT), Germany

*24-Hour Physical Behavior: Methodological Aspects and Cognitive-Affective Associations*

**11:10 - 11:50**

**Dominic Reichert, M.Sc.**

Central Institute of Mental Health, Mannheim, Germany

*Mental well-being and physical activity in alcohol use disorder*

## 11:50 - 12:00: Short break

**12:00 - 12:40**

**Dr. Ángel Toval**

University of Granada, Spain

*Exercise and Brain Health Across Different Populations: Trials from the PROFITH Group*

## 12:40 - 13:40: Lunch

**13:40 - 14:20**

**Dr. Emily Meachon**

University of Basel, Switzerland

*The influence of motor and executive functioning difficulties on physical activity and health*

**14:20 - 15:00**

**Dr. Fabian Herold**

HMU Health and Medical University Erfurt, Germany

*Physical Activity and Brain Health: It's Time To Pursue New Avenues to Determine the 'Dose' with Higher Precision*

**15:00 - 15:10: Short break**

**15:10 - 15:50**

**Robin Olferman, M.Sc.**

Ruhr University Bochum, Germany

*The effects of non-exercise activity on mood in patients with eating disorders*

**15:50 - 16:20: Coffee Break**

**16:20 - 17:20**

**Prof. Markus Reichert**

Paris Lodron University of Salzburg, Austria

*Physical activity and mental health: Towards expedient (digital) prevention and intervention*

**17:20 - 17:30: Closing Remarks**

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