Food, exercise and technology for health promotion

Waseda Bioscience Research Institute - Organization for University Research Initiatives – Core-to-Core Program of Japan Society for the Promotion of Science - Private University Research Branding Project of the Ministry of Education, Culture, Sports, Science and Technology(MEXT)

Joint Symposium 2018

5 January 2018
Matrix Building Level 4, Biopolis, Singapore 138671
9. 30-: Registration

**Opening remark:**
10:00:
Prof. Takafumi Inoue (Faculty of Science and Engineering, Waseda University)
Title: 3D Lab Exchange Program among Japan, Singapore, Germany, Italy and USA

**Symposium I: Food and physical activity for prevention of lifestyle disease**
Chair: Prof. Shigenobu Shibata

10:10:
Assist. Prof. Masaki Takahashi (Waseda Bioscience Research Institute in Singapore)
Title: Overview of Aging Research Project in WABIOS, and importance of timing of meal and exercise for clinical application

10:30:
Assoc. Prof. Masashi Miyashita (Faculty of Sport Sciences, Waseda University)
Title: Impact of physical activity and physical inactivity on postprandial metabolism in older adults

10:50:
Assoc. Prof. BURNS Stephen Francis (Department of Physical Education & Sports Science, Nanyang Technological University)
Title: Physical activity and dietary interactions for the prevention of lifestyle diseases in Asians.

11:10-Coffee break

**Symposium II: Physical activity, exercise, and physiological function**
Chair: Assoc. Prof. Masashi Miyashita

11:30
Dr. Lee Kai Wei Jason (Defence Medical & Environmental Research Institute, DSO National Laboratories)
Title: Physiological demands of a 68-day military course on cognitive and physical performance.
11:50
Mr. Hiroyuki Sasaki (Graduate School of Advanced Science and Engineering, Waseda University, AIST-Waseda University Computational Bio Big-Data Open Innovation Lavoratory (CBBD-OIL))
Title: Relationship between food timing or exercise timing and microbiota

12:10
Prof. Yasuo Kawakami (Faculty of Sport Sciences, Waseda University)
Title: Synergistic effect of exercise and functional foods on the physical performance of the elderly: from the perspective of chrono-nutrition & kinesiology

12:30am-14:30: Lunch and Poster Session

Poster presenter and title

1) Mr. Takeru Shimoda (Graduate School of Advanced Science and Engineering, Waseda University)
   Title: BCAA intake for breakfast promotes muscle hypertrophy

2) Ms. Mayuko Fukazawa (Graduate School of Advanced Science and Engineering, Waseda University)
   Title: The relationship between lifestyle index and clock gene expression in the hair follicle cells in human

3) Ms. Ayaka Hatano (Graduate School of Advanced Science and Engineering, Waseda University)
   Title: Effects by miso-derived flavonoids on histone- modification

4) Ms. Mayu Tanaka (Graduate School of Advanced Science and Engineering, Waseda University)
   Title: Pheophorbide A methyl ester from Glebionis coronaria affects histone modifications

5) Ms. Midori Kawamura (Graduate School of Advanced Science and Engineering, Waseda University)
   Title: Search for bioactive food ingredients affecting neural differentiation
6) **Ms. Rina Soma** (Graduate School of Advanced Science and Engineering, Waseda University)
   Title: Fatty acid derivatives inducing to cardiomyocytes from mouse embryonic stem cell

7) **Dr. Daisuke Arai** (Research Institute for Science and Engineering, Waseda University)
   Title: Piceatannol promotes neural stem cell differentiation into astrocytes

**Symposium III: Aging, Immunology, and Biochemistry**
Chair: Dr. Masaki Takahashi

14:30
**Dr. TAN Eng Lee** (Centre for Biomedical & Life Sciences, Singapore Polytechnic)
Title: Introduction of the department Technology Innovation & Enterprise and Centre for Biomedical & Life Sciences

14:50
**Dr. Anis LARBI** (Singapore Immunology Network, A*STAR)
Title: Food and exercise in older adults: impact on the immune system and beyond

15:10
**Ms. Rie Kamihira** (Graduate School of Advanced Science and Engineering, Waseda University)
Title: Differentiation system to cardiomyocytes using mouse embryonic stem cells.

15:20
**Mr. Fumiaki Nakamura** (Graduate School of Advanced Science and Engineering, Waseda University)
Title: Search for ingredients from the traditional Chinese medicine that affect expression rhythms of the clock gene Per2

15:30-Coffee break
Symposium IV: Food ingredients and function
Chair: Dr. Satoshi Arai

15:50
Dr. Xu Yunyun (Food Innovation & Resource Centre, Singapore Polytechnic)
Title: Functional food ingredient development for general health & wellness.

16:10
Mr. Satoshi Otsuka (Graduate School of Advanced Science and Engineering, Waseda University)
Title: Evaluation of effects on neural development by food constituents and environmental chemicals

16:20
Mr. Koshi Machida (Graduate School of Advanced Science and Engineering, Waseda University)
Title: Search for metabolites in Japanese “miso” regulating histone modifications

16:30
Prof. Youichi Nakao (Faculty of Science and Engineering, Waseda University)
Title: Systematic strategy for the search of functional food ingredients

Closing remark:
16:50
Prof. Shigenobu Shibata (Faculty of Science and Engineering, Waseda University)