

HRV SUMMIT 2017

20-21 APRIL | HELSINKI, FINLAND

SUMMIT DAY 1

07:30 Morning run
9:00 Registration at the hotel lobby
10:00 Seminar begins

Experience of HRV Europe

10:00 - 10:15 Short History and the Future of HRV | Dr. **Joni Kettunen**, Firstbeat
10:15 - 10:40 HRV and Its Use in Influencing Corporate Performance – with Cases from the NHS and the UK Corporate Sector | **Simon Shepard**, Optima-Life
10:40 - 11:05 The Impact In-between HRV and Neuropsychology | **Florian Wolf**, YourPrevention
11:05 - 11:25 Panel Discussion on Corporate Health | **Tim Wright**, Firstbeat UK; **Magnus Lönnqvist**, Hints Performance; **Gergely Vada**, Fusion Vital; Dr. **Erica Thieman**, University of Illinois. Moderator **Tiina Hoffman**, Firstbeat

- Break 20min -

HRV In Promoting Performance & Recovery

11:45 - 12:05 Good Sleep Is at the Core of Performance – Treat the Cause and Understand the Role of Lifestyle | Dr. **Henri Tuomilehto**, Oivauni Sleep Clinic
12:05 - 12:25 Training Load Monitoring in Rugby | **Ryan Chambers**, Welsh Rugby Union Group
12:25 - 12:50 Fitness for Real | **Aki Pulkkinen**, Firstbeat

- Lunch & Learn - *Firstbeat-sponsored lunch. The newest trends in wearables, elite sports and corporate wellness presented by Firstbeat's experts.*

14:00 - 14:20 Preparing for Gold – Monitoring Training and Recovery of Elite Athletes | **Josy Verdonkschot**, Dutch Rowing Federation
14:20 - 14:40 Panel Discussion on Sports | **Josy Verdonkschot**, Dutch rowing; **Jarkko Hyytiä**, JYP Ice Hockey Team; **Richard Hawkins**, Manchester United. Moderator **Veli-Pekka Kurunmäki**, Firstbeat

Deeper into HRV and Preventive Healthcare

14:40 - 15:00 HRV as a Phenomenon and Its Usability in Preventative Healthcare | Dr. **Arja Uusitalo**, Finnish Institute of Occupational Health
15:00 - 15:25 Stress Measurement in Socially Demanding Jobs | **Erica Thieman**, University of Illinois
15:25 - 15:45 Sensor Technology Trends in Wearables | Dr. **Iikka Korhonen**, PulseOn
15:45 - 16:05 Panel Discussion: Future of Sensors | Dr. **Steven LeBoeuf**, Valencell; Dr. **Iikka Korhonen**, PulseOn; **Heikki Jaakkola**, Clothing Plus. Moderator Dr. **Joni Kettunen**, Firstbeat
16:05 - 16:15 Summary of the Day 1 And an Introduction to Day 2 | Dr. **Joni Kettunen**, Firstbeat
16:15 -> After-Summit: Get-together and networking. Drinks and light snacks will be provided.

#HRVSUMMIT17



Steven LeBoeuf



Florian Wolf



Ryan Chambers



Simon Shepard



Josy Verdonkschot



Arja Uusitalo



Iikka Korhonen



Erica Thieman



Henri Tuomilehto

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SUMMIT DAY 2

- 07:30** Morning run
- 9:00** Registration at the hotel lobby
- 10:00** Seminar begins

Science in HRV Session

- 10:00 - 10:05** Welcome to seminar day 2 | **Joni Kettunen**, Firstbeat
- 10:05 - 10:25** Revealed by the Firstbeat Database – Population Trends and Statistics | **Tero Myllymäki**, Firstbeat
- 10:25 - 10:50** Discussion with experts in the field of HRV with **Florian Wolf**, Your Prevention; **Arja Uusitalo**, Finnish Institute of Occupational Health; Dr. **Ilkka Korhonen**, PulseOn. Moderator **Tero Myllymäki**, Firstbeat

- Break 20min -

Sports & Wellness Workshops

- 11:10 - 13:00** Sports & Wellness workshops
 - A) Wellness workshop | Tiina Hoffman**, Firstbeat & **Simon Shepard**, Optima-life
 - Lifestyle Assessment user tips and updates
 - Group exercise: Use of HRV to promote behavioral change and corporate wellness
 - B) Sports workshop: Best Practices in Applying HRV in Elite Sports | Veli-Pekka Kurunmäki**, Firstbeat
 - Monitoring Recovery: How, When, Why
 - Training Load: Sport specific interpretations
 - Firstbeat Sports demo
- 13:00 - 13:15** Summary of the Day 2 and Closing Remark | Dr. **Joni Kettunen**, Firstbeat
- 13:15 - *Networking lunch. Attendees can purchase lunch at the GLO hotel cafeteria.*

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