



# Physical and Nutrition Influences in ageing

Physical Activity and Nutrition Influences In ageing

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## What is it?

Physical activity and good nutrition can influence the function of bodily systems from muscle to the endocrine, immune and central nervous systems, and these major systems interact in the maintenance of homeostasis and health in ageing.

However, our understanding of the impact of physical activity and nutrition on healthy ageing is being hindered by lack of multi-disciplinary research which, when exists, is overly focused on specific age-related diseases. Consequently, there is an urgent need to understand how lifestyle factors can influence age-related changes from the gene to society level and how they may be integrated into a net effect of healthy/unhealthy ageing.

Thus, PANINI is a European Training Network, with 8 world-leading beneficiaries and 10 non-academic partners, working on Healthy Ageing. The vision is to implement multidisciplinary cross-sectoral research and training of a new cohort of researchers taking a radically innovative approach to overcome the challenge of unhealthy ageing.

## Aims

- Stimulate collaborative innovative research across Europe on healthy ageing;
- Standardise physical activity, nutrition, and genetic-related measurements across projects ;
- Disseminate the knowledge gained from all projects and create a health impact assessment and healthy ageing policy document.

## Communication Strategy

- Hands-on activities focused on healthy active aging involving elders;
- Public engagements;
- Active social media platforms.

## Innovation

- Focus on academia-community interaction;
- Multi-disciplinary approach on healthy ageing;
- Emphasis on communication from the very onset of the project.

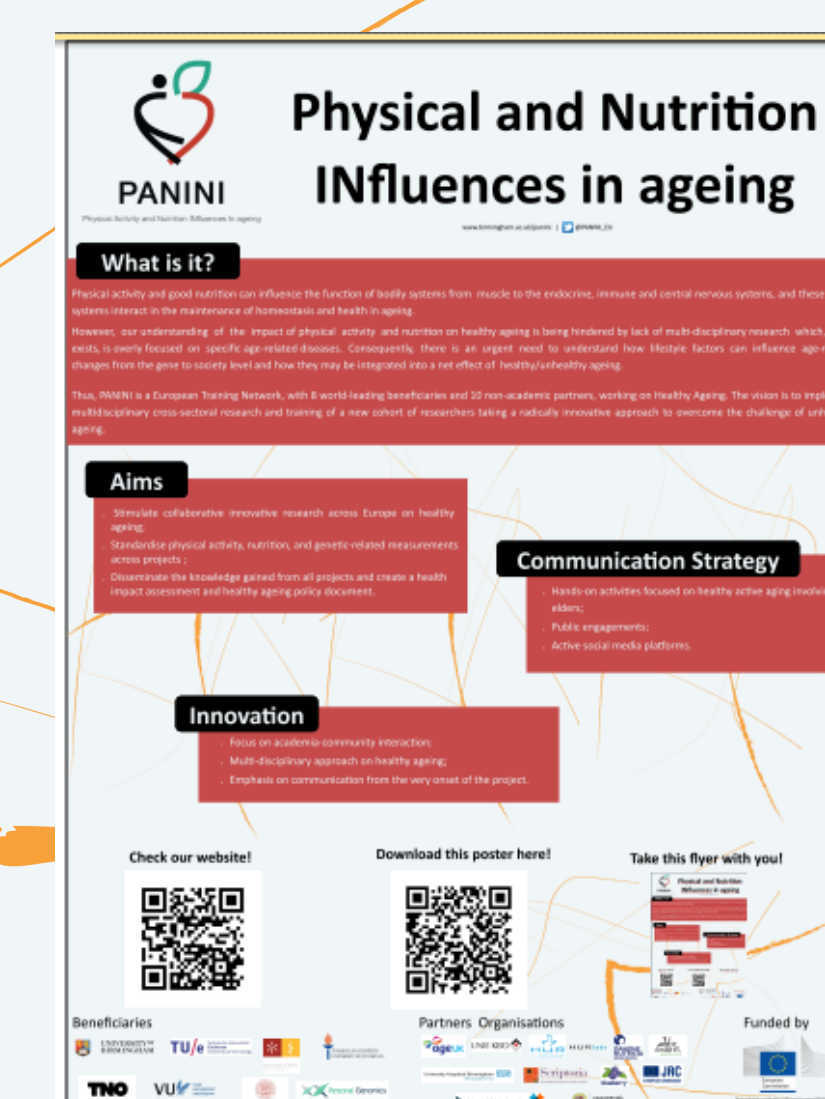
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