

Program

Thursday 26 February 2026

10:30 – 11:00 Arrival and Registration

11:00 – 11:15 Opening Session

11:15 - 11:30

Manfred Müller, *Kiel University, Germany*
History of whole-room indirect calorimetry research in humans

Session 1 - NUTRITION

11:30 - 12:15

Keynote by Anja Bosy-Westphal, *Kiel University, Germany*
From Energy Turnover to Metabolic Resilience: Lessons from Whole-Room Calorimetry Studies

12:15 -12:30

Christine Henriksen, *University of Oslo, Norway*
The effect of lifestyle intervention on weight, body composition and resting metabolic rate in adults with overweight: A single-group pre-post study

12:30 - 12:45

Emma Helmy, *Columbia University Irving Medical Center, USA*
Evaluating the impact of Ultra processed Foods on Energy Metabolism Under Controlled-Feeding Condtions

12:45 - 13:00

Jens Hohwü Voigt, *Steno Diabetes Center Aarhus, Denmark*
Milk fat globule membrane in a novel high-fat spread does not acutely affect postprandial lipidemia in healthy individuals – A randomized, double-blind crossover trial

13:00 - 14:00 Lunch and Tours of the WRIC Rooms

Session 2 – THERMOGENESIS (Steno Thursday)

14:00 -15:00

Keynote by Kong Chen, *National Institute of Diabetes and Digestive and Kidney Diseases, USA*
The mysteries of energy metabolism: Tales from metabolic chambers

15:00 - 16:00 Poster Session with coffee and cake

Session 3 – ANALYSIS

16:00 - 16:20

Paolo Piaggi, *University of Pisa, Italy*
From Raw Sensors to Energy Expenditure: The WRIC Data Pipeline

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Continued: Session 3 – ANALYSIS

16:20 - 16:35	Rebecca Dörner , <i>Kiel University, Germany</i> From Validation to Application: Lessons Learned from the Kiel-WRICs
16:35 - 16:50	Nina Ziegenbein , <i>Steno Diabetes Center Aarhus, Denmark</i> A Modular Software Toolbox for Reproducible Processing of Metabolic Data using Whole-Room Indirect Calorimetry Data
16:50 - 17:05	Simon Bøggild Hansen , <i>Steno Diabetes Center Aarhus, Denmark</i> Effects of glucocorticoid receptor agonism on whole body metabolism
GROUP PHOTO	
19:00 -	Networking Dinner, Madklubben Aarhus (15min walk from the hotel) Hack Kampmanns Plads 1-3, 8000 Aarhus C

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Session 4 - EXERCISE

09:00 - 09:45	Keynote by Bret Goodpaster , <i>Advent Health, USA</i> Novel Aspects of Human Metabolism Revealed by Whole room calorimetry
09:45 – 10:00	Wouter Bijmens , <i>Maastricht University, the Netherlands</i> Proof of concept of a hypoxic whole room indirect calorimeter
10:00 – 10:15	Elvis Carnero , <i>Advent Health, USA</i> Validity and Reliability of Small Respiratory Chamber to Assess Exercise
10:15 - 10:45 Coffee break	
10:45 – 11:45 Discussion in Groups	
11:45 – 12:15 Presentation of Group Work	
12:15 – 13:00 Lunch break	
Sessions 5 - PERSPECTIVES	
13:00 -13:15	Gillian Larik , <i>Maastricht University, the Netherlands</i> From respiration to fermentation: Short-term fiber mixture supplementation alters fermentation gas patterns measured using a modified respiration chamber system

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Continued: Session 5 – PERSPECTIVES

13:15 - 13:30

Frédéric Gachon, *Steno Diabetes Center Aarhus, Denmark*
Disruption of circadian metabolism in liver and psychiatric diseases

13:30 - 13:45

Guy Plasqui, *Maastricht University, the Netherlands*
Current and future focus of room calorimetry research at the Metabolic Research Unit Maastricht

13:45 - 14:00

Sascha Heinitz, *Leipzig University, Germany*
Implementation and Validation of Two Whole-Room Indirect Calorimeters in Leipzig

14:00 - 14:30 Coffee and cake

14:30 - 15:15

Panel Debate - Anja Bosy-Westphal, Kong Chen, Bret Goodpaster
Where Do We Go from Here? Challenges, Lessons, and Future Perspectives

15:15 – 15:30 Closing Remarks and Farewell