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Keynote Speaker



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Prof. Steve Kopecky, MD is a cardiologist at Mayo Clinic. After his training in Internal Medicine and Cardiovascular Diseases at Mayo Clinic, he started in Mayo's Cardiac Catheterization Laboratory doing interventional procedures and the Coronary Care Unit treating myocardial infarctions. He is now focused on cardiovascular disease prevention. He has written numerous articles for peer-reviewed journals and has received multiple "Teacher of the Year" awards from Mayo's Department of Cardiovascular Medicine and the Department of Internal Medicine. His research interests include how the role of lifestyle including diet, exercise, and proper nutrition plays in risk prediction and the development of cardiovascular disease. Dr. Kopecky is a Past President of the American Society for Preventive Cardiology and past recipient of the Jan J. Kellermann Memorial Award given by the International Academy of Cardiology for distinguished work in the field of Cardiovascular Disease Prevention. He also authored *Live Younger Longer*, a book outlining key daily lifestyle habits to prevent the development of heart disease, diabetes, cancer, and dementia.

Physical Activity and Reduction in Chronic Disease

Lifestyle is now the leading risk factor for early cardiovascular death and chronic disease worldwide, and it is estimated that 80-90% of our health is primarily based on individual lifestyle. Over the past few decades, the obesity rate has increased markedly in countries of both upper and lower socio-economic status, including BRICS countries. The two primary components of lifestyle are physical activity and diet. As work requirements push us towards a more sedentary lifestyle, it is critical that we try to maintain regular physical activity, including both moderate frequent daily short episodes to counter our stationary work habits and less frequent episodes of vigorous interval activity.

To achieve this, an interdisciplinary approach including teamwork and integration between healthcare providers, exercise physiologists, and dietitians will be required. New healthy food options will be essential to help us migrate away from our increasingly high intake of ultra-processed foods. In addition, populations must have access to opportunities for safe physical activity. The Physical Activity and Sports Medicine fields must be positioned to lead this lifestyle transformation via population, government, and industry education.