

The International 23rd Puijo Symposium
**“PHYSICAL EXERCISE FOR HEALTH PROMOTION AND MEDICAL CARE –
TRANSLATION OF RESEARCH EVIDENCE TO EVERYDAY PRACTISE”**

INSTRUCTIONS FOR THE ORAL PRESENTATIONS AND E-POSTERS:

Preparing the Abstract

Abstracts will be limited to 2,000 characters (not including spaces, title, or author block).

Including a table, chart or graph uses 300 characters of that limit.

Do not use brand names in the abstract.

Indicate grant funding information at the bottom of the abstract.

Title: The title should be brief (limit to 15 words).

Authors: The first and last names of the authors will be included in the author block.

Institutions: Institutions of all authors will be included. Do not include departments.

Text: The abstract must be informative, including a statement of the study's specific PURPOSE, METHODS, summary of RESULTS, and CONCLUSION statement using these headings. It is unsatisfactory to state, “The results will be discussed.” Abstracts of experimental, observational, and meta-analytic studies must include data to substantiate the conclusions being drawn. Systematic reviews without meta-analyses are not acceptable. It is not satisfactory to simply describe what was found (such as, “the treatment group increased their fitness more than the control group”) or to only include statistical results (such as, “associations were significant at $p < 0.05$ ”). The abstract must be written in English and grammatically correct.

Do not include abstract title or author information in the abstract body.

RALPH S. PAFFENBARGER JR. ABSTRACT COMPETITION

Participants of The Puijo Symposium are invited to compete for the Ralph S. Paffenbarger Jr. Abstract Award. Each abstract presented as oral presentation will be eligible.

The abstract will be presented orally on Tuesday June 28th at Old Harbour Restaurant. Each presentation has total of 4 minutes presentation time. The running order can be seen at congress venue on Tuesday morning.

Three finalists will have also a 15 minutes oral presentation at the Symposium on Wednesday June 29th. They will be informed of the outcome of the review process by May 31st, 2022.

All abstracts will also be seen as e-posters running as a non-stop presentation on screen size 42" (aspect ratio 16:9). Please notice, that layouts in landscape orientation work best on screen! Posters should be sent to puijo.symposium@kultu.fi as a good quality JPG file no later than May 15th, 2022. The organizers will enlarge on your abstract (A4 size), which will be placed on the tables next to the screen. Posters will be also published on our website www.puijosymposium.org.

The International 22nd Puijo Symposium, Kuopio, Finland

MARTTI J. KARVONEN YOUNG INVESTIGATOR AWARD

Young scientists are encouraged to compete for the 10th Martti J. Karvonen Young Investigator Award. Investigators aged 40 years or less, and who hold an academic (or comparable) rank below associate professor are eligible.

Applicants need to send to The Puijo Symposium Secretariat:

- * a curriculum vitae
- * an abstract
- * a short manuscript (max. 1500 words including tables, figures and references) in electronic format

The applications (CV and a short manuscript) for the Award has to be submitted by April 30th, 2022 in electronically to puijo.symposium@kultu.fi.

Three finalists will be informed of the outcome of the review process by May 31st, 2022. Please note, these three presentations selected for the final will not be eligible to The Ralph S. Paffenbarger Jr. Poster Award. Finalists will have an oral presentation on Wednesday June 29th.

There won't be traditional poster exhibition at the Symposium – paper posters will not be needed.