

مؤتمر الاستدامة الصحية لعام ٢٠٣٤ وما بعده Longevity for 2034 and Beyond



Conference Objectives:

- ✔ To foster a comprehensive understanding of the interplay between physical activity and diverse health disciplines.
- ✔ To examine cutting-edge research on the effects of physical activity on quality of life and longevity.
- ✔ To underscore the critical role of interdisciplinary collaboration among healthcare providers in promoting active lifestyles
- ✔ To share evidence-based strategies for optimizing physical and psychological function through physical, nutritional, mental, and other interventions

12-13 september 2025 (Friday and Saturday)



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Welcome Message

On behalf of the Al-Ahsa Walking and Running Association, we are pleased to welcome you to this important conference. We are honored by your presence and grateful for your interest in community health, sports development, and active lifestyles. The conference coincides with the growing excitement over Saudi Arabia's hosting of the 2034 World Cup.

This conference brings together individuals who share a vision of promoting physical activity and well-being across all segments of society. It is an opportunity exchange knowledge, build collaborations, and support the national goals outlined in Saudi Vision 2030.

We look forward to meaningful discussions, innovative ideas, and lasting partnerships that will help shape a healthier and more active future for our communities.



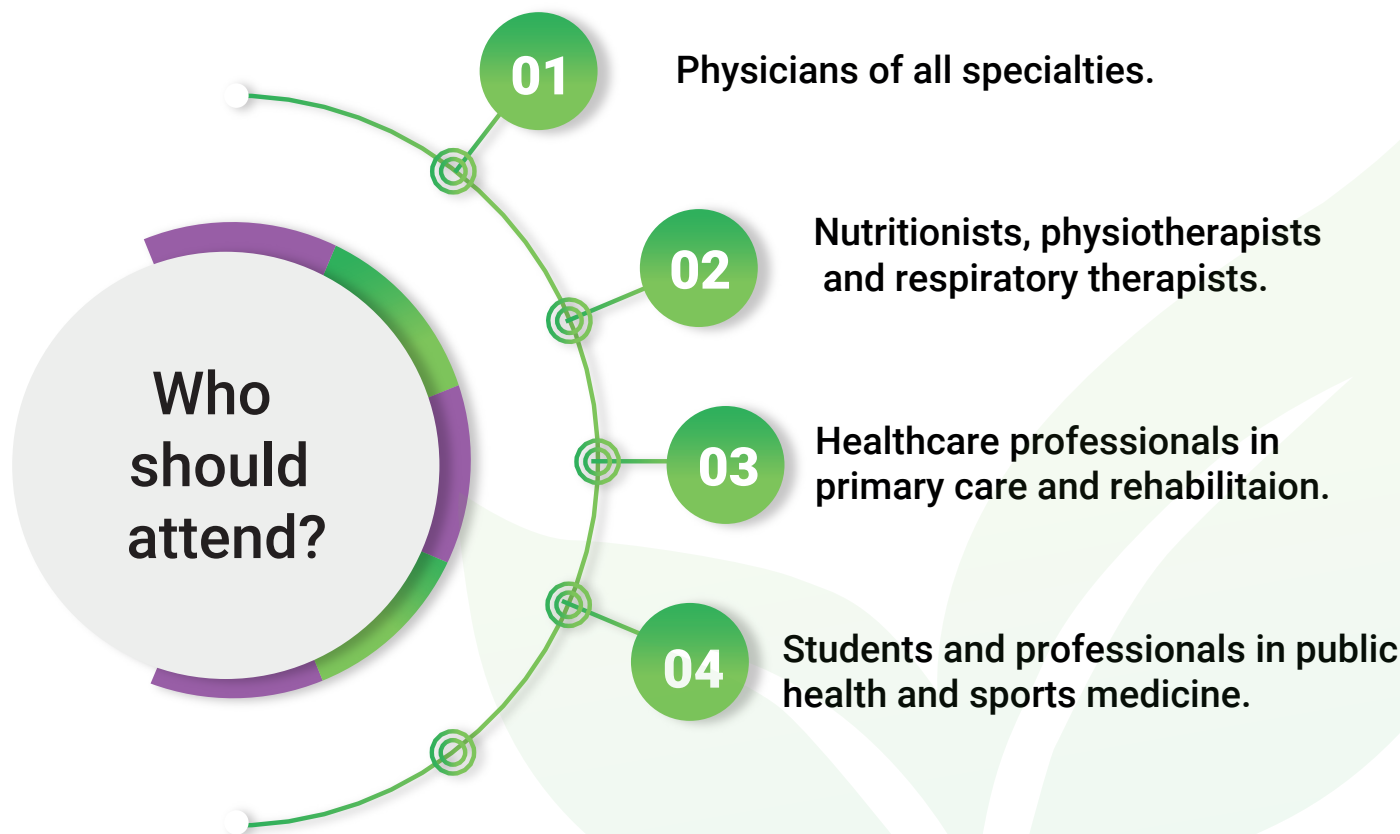
» About the Association :

- The Al-Ahsa Walking and Running Association is the first specialized non-profit sports association licensed by the National Center for the Non-Profit Sector, operating under the supervision of the Ministry of Sports in Al-Ahsa Governorate. The association works to support the priorities and objectives of Saudi Vision 2030, specifically within the framework of the National Transformation Program.
- Our mission is to promote community sports and increase levels of physical activity across society. We serve as an official umbrella for amateur athletes and provide a nurturing environment for discovering and developing sports talents, all within a regulated framework supervised by the appropriate government authorities.
- In addition, we are committed to empowering volunteers by equipping them with the necessary skills to contribute effectively to community service. The association also serves as a valuable partner to national sports institutions by offering diverse programs and initiatives that benefit the wider community.



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Chairperson Of Longevity for 2034 and Beyond



Dr. Maher Mubarak AlQuaimi

Assistant professor, respiratory care department,
college of applied medical sciences - **KSA**



Scientific Committee



Chairwoman

Dr. Suzan Hussin M. Tami

Assistant Professor in Nutritional Sciences
Consultant in Food and Nutrition - **KSA**



Dr. Maher Mubarak AlQuaimi

Assistant professor, respiratory care
department, college of applied medical
sciences - **KSA**



Dr. Gamal Khaled El Gamal

Family Medicine Consultant at King Abdulaziz
Hospital in Al-Ahsa. He holds a Bachelor's degree
in Physical Therapy from King Faisal University in
Dammam and a Bachelor's degree in Medicine and
Surgery from King Abdulaziz bin Saud University
for Health Sciences in Riyadh - **KSA**



Dr. Abdulrahman Abdullatif Alarfaj

Family Medicine Consultant, King Abdulaziz
National Guards Hospital. University Health
Center, King Saud bin Abdulaziz University
for Health Sciences, Ministry of National
Guard, Al-Ahsa, Saudi Arabia - **KSA**



Ms. Amani Ahmad Alomair

Nutritionist, Director of the Medical Support
Department at King Faisal Hospital in Al-Ahsa,
active in the sports field,
founder of the first women's walking team in
the Kingdom 2016 - **KSA**



Organizing Committee



Ms. Amani Ahmad Alomair

Nutritionist, Director of the Medical Support Department at King Faisal Hospital in Al-Ahsa, active in the sports field, founder of the first women's walking team in the Kingdom 2016 - **KSA**

Chairwoman



Tp. Ashwag adel aljuhar

A licensed pharmacy technician with a diploma in pharmaceutical technology, currently working at King Abdulaziz Hospital. She actively participated in the voluntary health program during the Hajj season and is passionate about contributing to community health initiatives - **KSA**



Ms. Hessa Abdullah Al-Hamdan

Diploma in Human Resources Management Education Academy - **KSA**



Mr. Abdullah bin Ahmed Al-Thuwaiqib

Math Teacher
Teaching elementary mathematics
Developing educational plans tailored to students - **KSA**



Speakers



Dr. Abdulelah Mohammed ALMuqaytif

Senior Registrar-Family Medicine - **KSA**



Dr. Sultan Mohammed A. Alshehri

Senior Registrar-Family Medicine - **KSA**



Dr. Solyman Abdullah Abdullah

Status: Senior registrar at MOH Jeddah 1st cluster Kilo 14 P.H.C. - **KSA**



Ms. Daniyah Abdullah AlKhawtani

Senior Specialist-Clinical Nutrition - **KSA**



Dr. Saleh bin Saad Al-Ansari

Family and community medicine - **KSA**



Dr. Turki Saeed Abualait

Doctor of Philosophy, Cognitive Neuroscience - **KSA**



Dr. Sundus Sameer M Malaikah

Assistant Professor & Senior Specialist Clinical Sports Nutrition & Exercise Physiology - **KSA**



Dr. Reem Jaber Suhluli

Family Medicine Senior Registrar - **KSA**



Dr. Suzan Hussin M. Tami

Assistant Professor in Nutritional Sciences
Consultant in Food and Nutrition - **KSA**



Ms. Mona Ali Al Mukhaytah

Laboratory Specialist - **KSA**



Speakers



Dr. Sarah Abdulaziz Alsubaie

Consultant-Family Medicine - **KSA**



Dr. Hamad Abdulaziz AlSubaie

Senior Registrar-Family Medicine - **KSA**



Ms. Maryam Saud Alsharif

Medical Laboratory Specialist & Healthcare Professional - **KSA**



Mr. Abdullah Adel Bu Zaid

Specialist-Respiratory Therapy - **KSA**



Dr. Sheikh Saqr Al Khalifa

Advisor to the Ministry of Education in the Kingdom of Bahrain Professor at the American University of Bahrain Founder and President of three sports federations in the Kingdom of Bahrain (Triathlon, Universities, Schools) - **BHR**



Dr. Abdullah Alnagmoosh

Consultant of musculoskeletal physiotherapy and assistant professor at physiotherapy department, college of applied medical sciences, IAU - **KSA**



Dr. NISREEN MAHAYA

Baldrige Evaluator, KAQA Assessor, Organizational Excellence and Accreditation Expert **KSA**



Dr. Mohammed Issa Alsaeed

head of Biomechanics and Motor Behavior Department. Furthermore, he is an Associate Professor in the College of Sports Science and Physical Activity at King Saud University in Riyadh, KSA. - **KSA**



Moderators



Dr. Maram Al-Subaie

Consultant in Family Medicine - **KSA**



Dr. Maher Mubarak AlQuaimi

Assistant professor, respiratory care department, college of applied medical sciences - **KSA**



Dr. Yousif Mohammed Y Alsarawi

Qualified Physical Therapist of 10 years, committed to improving physical and mental wellbeing through expert treatment programmes

KSA



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Nutritionist, Director of the Medical Support Department at King Faisal Hospital in Al-Ahsa, active in the sports field, founder of the first women's walking team in the Kingdom 2016 - **KSA**



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Family Medicine Consultant at King Abdulaziz Hospital in Al-Ahsa. He holds a Bachelor's degree in Physical Therapy from King Faisal University in Dammam and a Bachelor's degree in Medicine and Surgery from King Abdulaziz bin Saud University for Health Sciences in Riyadh - **KSA**



Dr. Abdulhadi Al-Abdulhadi

Consultant in Family Medicine - **KSA**



Dr. Reem Al-Khaldi

Consultant in Family Medicine - **KSA**



Dr. Abdulrahman Abdullatif Alarfaj

Family Medicine Consultant, King Abdulaziz National Guards Hospital. University Health Center, King Saud bin Abdulaziz University for Health Sciences, Ministry of National Guard, Al-Ahsa, Saudi Arabia - **KSA**



Longevity for 2034 and Beyond

Day 1 – 12 September 2025

Times	Topics	Speakers
08:15 – 08:30 AM	REGISTRATION	
SESSION I: Physical Activity as Medicine Chair: Dr. Maram Al-Subaie		
08:30 – 09:15 AM	The Link Between Physical Activity and Cardiovascular Health	Dr. Solyman Abdullah
09:15 – 10:00 AM	Exercise in the Prevention of Chronic Diseases: Diabetes, Obesity, and Osteoporosis	Dr. Abdulelah Almuqaytif
10:00 – 10:15 AM	Panel Discussion & Q&A	
10:15 – 02:00 PM	BREAK	
SESSION II: Respiratory Therapy and Physical Activity Chair: Dr. Maher Al-Qaemi		
02:00 – 02:45 PM	The Effect of Aerobic Exercise on Pulmonary and Respiratory Function	Mr. Abdullah AbuZaid
02:45 – 03:30 PM	Respiratory Protocols Accompanying Exercise in Asthma and COPD Patients	Dr. Reem Jaber Suhluli
03:30 – 03:40 PM	Panel Discussion & Q&A	
03:40 – 04:00 PM	BREAK & PRAYER	
SESSION III: Motor Rehabilitation and Physical Therapy Chair: Mr. Youssef Al-Sarrawi		
04:00 – 04:45 PM	Preventive Physiotherapy Programs for Athletes and the Elderly	Dr. Abdullah Al Nagmash
04:45 – 05:30 PM	Physiotherapy in Sports Rehabilitation and Post-Surgical Recovery	Mr. Hamad Al Subaie
05:30 – 05:40 PM	Panel Discussion & Q&A	



Longevity for 2034 and Beyond

Day 1 – 12 September 2025

SESSION IV: Mental Health and Movement

Chair: Ms. Amani Al-Omair

05:40 – 06:30 PM	Exercise as a Cognitive and Neurological Enhancer: Prevention of Alzheimer's and Depression	Dr. Turki Abualait
06:30 – 07:00 PM	BREAK	
07:00 – 07:40 PM	Exercise in Treating Mental Disorders – Challenges and Opportunities	Dr. Sheikh Khalifah Al-Saqr
07:40 – 08:00 PM	Panel Discussion & Q&A	



Longevity for 2034 and Beyond

Day 2 – 13 September 2025

Times	Topics	Speakers
08:00 – 08:15 AM	REGISTRATION	
SESSION V: Balanced Nutrition and Sports Support Chair: Dr. Suzan Tami		
08:15 – 09:00 AM	Essentials of Sports Nutrition for Athletes and Non-Athletes	Ms. Dania Al-Khutani
09:00 – 09:45 AM	Role of Proteins and Supplements in Enhancing Performance and Muscle Recovery	Dr. Sundus Malaeka
09:45 – 10:00 AM	Panel Discussion & Q&A	
10:00 – 10:15 AM	BREAK	
SESSION VI: Longevity and Personalized Medicine Chair: Dr. Jamal Al-Jamal		
10:15 – 11:00 AM	Biomarkers of Aging and Their Clinical Applications	Dr. Sarah Al-Subaie
11:00 – 11:45 AM	The Role of Sleep in Overall Health	Dr. Sultan AlShehri
11:45 – 12:00 PM	Panel Discussion & Q&A	
12:00 – 12:30 PM	BREAK & PRAYER	
SESSION VII: Exercise for Patients with Chronic Illnesses Chair: Dr. Abdulhadi Al-Abdulhadi		
12:30 – 01:15 PM	The Role of Physical Activity in Reducing Inflammation and Boosting Immunity	Ms. Maream Alshareef
01:15 – 02:00 PM	Designing Tailored Exercise Programs for Chronic Disease Patients	Ms. Mona AlMakaaitah
02:00 – 02:15 PM	Panel Discussion & Q&A	
02:15 – 02:30 PM	BREAK	



Longevity for 2034 and Beyond

Day 2 – 13 September 2025

SESSION VIII: Environmental and Community Health

Chair: Dr. Reem Al-Khaldi

02:30 – 03:15 PM	Built Environments for Healthy Living and Active Cities	Nisreen Mahaya PH.D
03:15 – 04:00 PM	Community-Based Programs and Policy Interventions for Healthy Aging	Dr. Mohammed AlSaeed
04:00 – 04:15 PM	Panel Discussion & Q&A	

SESSION VIII: Musculoskeletal Health and Longevity

Chair: Dr. Abdurhaman Alarfaj

04:15 – 05:00 PM	Strategies to Enhance Musculoskeletal Health in Older Adults	Dr.Saleh Al-Ansari
05:00 – 05:45 PM	Physical Activity and Longevity Extending Healthspan Not Just Lifespan	Dr.Suzan Tami
05:45 – 06:00 PM	Panel Discussion & Q&A	





الفؤاد لتنظيم المعارض والمؤتمرات

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