



CEP-UK Conference
Southampton **13** May **2026**

CEP-UK Conference 2026



13th May 2026

**St Mary's Stadium,
Southampton**

**Transforming health through
Clinical Exercise Physiology**

CEP-UK  **CEP-UK Conference**
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THEME

Navigating the future: Transforming health through Clinical Exercise Physiology

THE PROGRAMME AT A GLANCE

Who's in the room? CEP-UK Speed Networking

Gaps to Gains: Exercise Physiology Strengthening Cardiac Rehabilitation and Supporting Women's Heart Health

International Keynote Speaker: Professor Jennifer Reed, University of Ottawa Heart Institute

Prehabilitation as Standard Care: the value of Clinical Exercise Physiology

Speakers: *Professor Sandy Jack and speakers from across the CPET perioperative service, prehabilitation teams at University Hospital Southampton, University of Southampton Jubilee Sports Centre and patient representation*

To GLP-1 or Not to GLP-1? Exercise, Muscle, and the New Weight Loss Era

Speaker: *Dr Kasha Dickie, Chichester University*

Clinical Exercise Physiology in Primary Care: Expanding Prevention, Access, and Impact

Speaker: *Craig Lister, Health and Wellness Ltd & Bedfordshire, Luton & Milton Keynes (BLMK) Integrated Care Board & Dr Gemma Miller, LJMU*

Hosted Panel Discussion - Getting CEP Services Off the Ground in practice

Speaker: *Helen Alexander, Genesis Care UK; Emily Curtis, The Exercise Clinic & Andy Haigh, University of Southampton Jubilee Sports Centre*

Networking, Poster and Exhibitor Opportunities

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Session | Poster Presentations: Showcasing CEP Practice Across the UK

We invite poster abstracts that reflect real-world CEP work, including case studies, service evaluations, quality improvement initiatives, and research findings. Abstracts may relate to clinical, community, or research settings, and previously presented posters are welcome.

- Abstract submission deadline: 3rd April 2026
- Posters should be A1 size (portrait), and abstracts should be no more than 200 words.
- Submission email: UKCEPicardio@ljmu.ac.uk

Exhibitor Opportunities

We welcome exhibitors from across industry, digital health, clinical and exercise equipment, commissioning, service delivery, and higher education. Universities offering MSc programmes may take advantage of a dedicated exhibitor package, which includes:

- Registration for 10 MSc students
- A complementary exhibitor stand
- Total cost: £1,000

To enquire about exhibitor spaces, university packages, or sponsorship opportunities, please contact: UKCEPicardio@ljmu.ac.uk

SCAN ME



TICKETS: WWW.CLINICALEXERCISEPHYSIOLOGY.ORG.UK