



Michael Sagner, MD is a medical doctor specializing in sports medicine and preventive medicine. He is also a certified fitness trainer and certified sports nutritionist and has worked with a number of elite athletes. Dr. Sagner was the founding head of a university medical center section for preventive medicine and lifestyle medicine where he oversaw an interdisciplinary team of medical doctors, nurses, exercise physiology specialists, physiotherapists and nutritionists. Dr. Sagner was one of the first pioneers of lifestyle medicine in Europe and has established the 'cell to community' approach in lifestyle medicine, which aims at connecting basic research, clinical medicine and public health to address chronic diseases. His research interests are the underlying mechanisms and causes of chronic diseases and interdisciplinary approaches in clinical treatment. His focus is also to draw on systems biology, public health and clinical medicine, and considers complex interactions within the human body in light of a patient's lifestyle, genomics and environment. As an international keynote speaker he presents on chronic disease prevention around the globe. He is the current president of the European Society of Lifestyle Medicine (and Preventive Medicine), a member of the European Union Platform for Action on Diet, Physical Activity and Health. Michael Sagner will be the editor in chief of the soon to be released peer-reviewed journal Lifestyle Medicine – Research, Prevention and Treatment of Lifestyle-related Diseases. He is working on several books on lifestyle-related disease prevention and treatment and has co-authored the book 'Sports Therapy in Medicine – Evidence-based Prevention and Therapy'.