

Greetings

Chair of the 17th ISEI Symposium

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We are delighted to host [the 17th International Society of Exercise and Immunology \(ISEI\) Symposium](#), bringing together experts from around 20 countries to discuss advances in sports science, health science, and medicine, with a particular focus on exercise, immunity, and inflammation. I would like to express my sincere appreciation to everyone who has contributed to the preparation of this event.

The theme of this symposium is “[Exercise Immunology: From Scientific Basis to Practical Applications](#).” The program features a broad range of academic sessions covering not only fundamental research into immunity, inflammation, their underlying mechanisms, and regulatory pathways, but also cutting-edge analytical techniques, nutrition, growth and development, ageing, lifestyle-related and metabolic diseases, cancer, stress, hot environments and heat-related illness prevention, as well as a variety of clinical issues. We are confident that participants will gain valuable insights from the latest research presented throughout the symposium. Sessions include invited lectures by internationally recognised experts, alongside presentations from emerging researchers and graduate students showcasing the latest developments in exercise immunology. The luncheon seminar will feature presentations from sponsoring companies on immune proteins (1), representing advances in functional food research, and oxidative stress markers (2), highlighting developments in diagnostic testing. We believe these presentations will provide valuable perspectives on the practical applications of these evolving fields.

Although the COVID-19 pandemic has raised public awareness of the importance of the immune system, the importance of exercise in boosting immune function is gradually being scientifically validated (3). In addition, while heatstroke has become increasingly common due to recent global warming, there will be presentations on the mechanisms underlying systemic inflammation and organ damage associated with heatstroke, as well as measures to prevent it (4). Also, it is becoming clear that incorporating exercise into cancer treatment reduces some side-effects and improves treatment outcomes and that exercise is effective in preventing cancer recurrence, through the anti-inflammatory effects of exercise (5) and myokine involvement (6). Presentations will also include the latest findings regarding tumor immunity.

A quarter of a century ago, as the field of exercise immunology began to flourish, increasing attention was given to the clinical importance of exercise and nutrition. Since then, exercise and nutrition have become widely recognised as effective

adjuncts in disease prevention and clinical practice (7), while our understanding of the underlying immunological mechanisms has continued to expand (8). We look forward to welcoming you to the symposium as we share the latest scientific discoveries and foster future advances in research, clinical translation, and the broader implementation of exercise immunology for the benefit of society.

- (1) Ma S, et al. [Effects of an 8-week protein supplementation regimen with hyperimmunized cow milk on exercise-induced organ damage and inflammation in male runners: a randomized, placebo controlled, cross-over study](#). *Biomedicines*, 2020; 8: 51.
- (2) Kobori H, et al. [The utility of a small animal grip strength measurement device as a model for studying exercise-induced muscle damage](#). *Antioxidants*, 2026; 15: 23.
- (3) Suzuki K, Hayashida H. [Effect of exercise intensity on cell-mediated immunity](#). *Sports*. 2021; 9: 8.
- (4) Suzuki K, et al. [Characterization and modulation of systemic inflammatory response to exhaustive exercise in relation to oxidative stress](#). *Antioxidants*, 2020; 9: 401.
- (5) Khalafi M, et al. [Comparative efficacy of exercise modes on inflammatory cytokines in patients with breast cancer: a systematic review with pairwise and network meta-analyse](#). *Scientific Reports*, 2026.
- (6) Ahmadi Hekmatikar A, et al. [Muscle–tumor crosstalk in exercise oncology: Exercise-induced myokines and cancer cachexia](#). *Cancers*, 2026; 18: 2343.
- (7) Suzuki K, et al. [Application of exercise/training models to evaluate food functionality with special focus on preventing inflammation and oxidative stress and enhancing exercise performance](#). *Foods*, 2025; 14: 4025.
- (8) Suzuki K. [Chronic inflammation as an immunological abnormality and effectiveness of exercise](#). *Biomolecules*, 2019, 9: 6.

The 17th ISEI Symposium
ISEI 2026 Tokyo
The International Society of Exercise and Immunology
Exercise Immunology:
From Scientific Basis to
Practical Applications
August 27-30, 2026
Waseda University
International Conference Center
Tokyo, Japan

SCHEDULE				
Day 1	Opening & Keynote		Welcome reception	
Day 2	Session 1 Immune mechanisms & regulation	Session 2 Host defence, infection & vaccination	Session 3 Inflammation & resolution	Session 4 Methods, omics & systems approaches
Day 3	Session 5 Nutrition, metabolism & immunometabolism	Session 6 Ageing, growth & development	Session 7 Lifestyle & metabolic disease	Session 8 Cancer & tumour immunology
Day 4	Session 9 Environmental & physiological stress	Session 10 Clinical issues	Closing & Awards	Poster Session

Registration is now open (参加登録受付中)	Early Bird Deadline: May 31, 2026 (早割料金適用 2026 年 5 月 31 日まで)
Abstract Submission Period (演題登録期間)	Deadline: May 31, 2026 (2026 年 5 月 31 日締切)

Chair: Katsuhiko SUZUKI
Waseda University Faculty of Sports Sciences

ISEI 2026 Tokyo (B4) ISEI 2026 Tokyo (.JP) Registration Site (BN/.JP)

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