



The International Society of Exercise and Immunology

Tentative Schedule



WASEDA University

The 17th ISEI Symposium (ISEI 2026 Tokyo)

Exercise Immunology: From Scientific Basis to Practical Application

27th – 30th August 2026

Waseda University International Conference Center (Masaru Ibuka Auditorium)
1-20-14 Nishi Waseda, Shinjuku-ku, Tokyo, 169-0051, Japan

Thursday 27 Aug. 2026		Friday 28 Aug. 2026	Saturday 29 Aug. 2026	Sunday 30 Aug. 2026
08:30-10:00		Session 1 Exercise, nutrition and immune cells	Session 5 Exercise, nutrition and infection	Session 9 Exercise, nutrition and inflammatory diseases
10:00-10:30		Coffee break	Coffee break	Coffee break
10:30-12:00		Session 2 Exercise, nutrition and cytokines	Session 6 Exercise, nutrition and aging	Session 10 Exercise, nutrition, conditioning and treatment
12:00-13:30	Registration	Lunch Board meeting	Lunch	Closing & Awards
13:30-15:00		Session 3 Exercise, nutrition and humoral factors	Session 7 Exercise, nutrition and lifestyle-related diseases	
15:00-15:30		Coffee break	Coffee break	
15:30-17:00	Opening & Keynote	Session 4 Exercise, nutrition and microbiota	Session 8 Exercise, nutrition and cancer	
17:00-18:30	Welcome reception	Poster session	Poster session	
18:30-20:00				
20:00-21:30				