

ANDREAS FLOURIS

ASSOCIATE PROFESSOR – LAB DIRECTOR

OVERVIEW

Dr Andreas Flouris is an Associate Professor with the Department of Exercise Science at the University of Thessaly, Greece, and an Adjunct Professor in Environmental Medicine with the School of Human Kinetics at the University of Ottawa, Canada.

Dr Flouris imagines a world in which the vast majority of people understand how the environment impacts their life and plan their goals and activities in harmonious accordance with the long-term well-being of humanity. His goal is to get closer to that, to stand as a beacon that points towards that, and to offer the tools he can and inspire others to help him build tools to get to that world.

He strives to help society understand and adapt to the impacts of environmental factors on human beings. Understanding and addressing the drivers of poor outcomes in health, productivity, and performance will, undoubtedly, accelerate improvements in quality of life for all people – sustainably and justly.

At the University of Thessaly, Dr Flouris is the Founder and Director of FAME Lab [(F)unctional (A)rchitecture of (M)ammals in their (E)nvironment], a research unit of 15 full-time researchers investigating the health and performance effects of environmental factors with a particular focus on the effects of heat. He is also a Coordinator or Partner in several funded projects in the EU and North America (>18M euro in the past 10 years) and he has published widely on the effects of different environmental factors on human health and performance.

In addition to his research efforts, Dr Flouris is a climate action advocate and he is working with institutions of the United Nations to advocate for climate action and a more sustainable world. He is also contributing to efforts aiming to translate scientific evidence to environmental, climate, and health policies for international organizations (including the World Health Organization and the International Labour Organization) and Ministries (e.g., Greek Ministry of Labour).

For more than a decade, Dr Flouris has been evaluating funding proposals for different international organizations in Europe and North America including the European Commission, NASA, and the European Space Agency.



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SCIENTIFIC OUTPUT

	1ST AUTHOR	LAST AUTHOR	TOTAL
POLICY & TECHNIC. REPORTS	0	1	4
BOOKS	2	0	2
BOOK CHAPTERS	9	1	14
REFEREED PAPERS	60	45	183
INVITED POLICY TALKS	18	1	25
INVITED SCIENCE TALKS	17	0	20
INVITED INDUSTRY TALKS	10	0	10
CONFERENCE PRESENTATIONS	50	134	287

METRICS

CITATION INDEX	6619
h INDEX	40
TOTAL RESEARCH FUNDING	18.2 M€
JOURNAL PAPERS EVALUATED	203

WORK CONTACT

FAME Laboratory
Department of Exercise Science
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CURRENTLY-HELD POSITIONS

- 2017-present **Associate Professor** in Human Physiology with the Department of Physical Education and Sport Science of the University of Thessaly (Greece). Position involves: teaching undergraduate courses in “Human Physiology”, “Anatomy”, graduate courses in “Respiratory Physiology”, “Statistics”, and “Environmental Physiology”, supervising students of all levels, managing FAME Lab, conducting research, as well as obtaining funding from national and international funding bodies.
- 2012-present **Adjunct Professor** in Environmental Medicine with the School of Human Kinetics, Faculty of Health Sciences at the University of Ottawa (Canada). Position involves: conducting research, obtaining funding from national and international funding bodies, and supervising University of Ottawa students of all levels.
- 2009-present **Consultant** with different government and industrial organisations including the World Health Organization, the European Commission, the International Labour Organization, the European Space Agency, NASA, and others (a complete list is provided in the section “Scholarly and Professional Academic Activities”).

PREVIOUSLY-HELD POSITIONS

- 2009-2016 **Senior Researcher** in Environmental Physiology with the Centre for Research and Technology Hellas (Greece). Position involved: managing Living Lab Thessaly, conducting research, as well as obtaining funding from national and international funding bodies.

2009-2017 **Adjunct Professor** in Human Physiology with the Department of Physical Education and Sport Science of the University of Thessaly (Greece). Position involved: teaching an undergraduate course in Human Physiology, a graduate course in Respiratory Physiology, a graduate course in Biostatistics, and supervising students of all levels.

2005-2009 **Executive Committee Member** in the Space Generation Advisory Council supported by the United Nations Programme on Space Applications. Position involved: participating in General Assembly meetings, participate in annual reports preparation, appoint Members of the Advisory Board, contribute to facilitating the continued participation of young people from all over the world, especially young people from developing countries and young women, in cooperative space-related activities.

2007-2008 **Project Manager** for the project: Nanotoxicology: effects of nanoparticles on human health. Centre of Toxicology Science and Research, School of Medicine, University of Crete, Greece.

2004-2007 **Lecturer** with the Department of Health and Human Performance within Dalhousie University (Canada). Position involved: teaching undergraduate courses in Human Anatomy and Physiology, Neuromuscular Function, and Measurement and Evaluation.

2006 **Conference Coordinator** for the Annual Meeting of the Canadian Society of Exercise Physiology, Halifax, Nova Scotia, Canada.

2004-2007 **Laboratory Manager** for the Environmental Ergonomics Laboratory, School of Health and Human Performance, Dalhousie University, Halifax, Canada.

2004 **Biostatistician**. Department of Community Health Sciences, Brock University, St. Catharines, Canada.

2003 **Conference Coordinator** for the Annual Meeting of the Canadian Society of Exercise Physiology, St. Catharines, Ontario, Canada.

2002-2004 **Research Assistant**. Department of Community Health Sciences, Brock University, St. Catharines, Canada.

2002-2004 **Teaching Associate**. Department of Physical Education and Kinesiology, Brock University, St. Catharines, Canada.

1999-2001 **Laboratory Assistant**. Human Performance Laboratory. Department of Physical Education and Sports Science. University of Thessaly, Trikala, Greece.

EDUCATION – TRAINING

2008-2009 **Post Doctoral Fellowship** at the Institute of Human Performance and Rehabilitation of the Centre for Research and Technology – Thessaly working with Dr. Yiannis Koutedakis. Research theme: immune and behavioral thermoregulatory mechanisms.

2007-2008 **Post Doctoral Fellowship** at the Medical School Laboratory of Toxicology of the University of Crete working with Dr. Aristidis Tsatsakis. Research theme: neurochemical agents involved in the regulation of thermal balance.

2004-2007 **Doctor of Philosophy** in Interdisciplinary Studies offered by Dalhousie University, Canada. Specialization: Environmental physiology. Supervising Committee: Dr. Stephen S. Cheung (thermal physiology), Dr. Timothy Noakes (thermal physiology), Dr. David A. Westwood (neuroscience), Dr. Raymond Klein

(neuroscience) and Dr. Lee Kirby (medicine). Thesis title: On the functional architecture of the human thermoregulatory system.

2005 **Diploma (Honors) in Space Life Sciences** offered by the International Space University, Strasbourg, France; Summer Session Program 2005. Overall GPA: 81%. Specialization: Space Life Sciences (GPA: 90%). Department Supervisor: Dr. Douglas Hamilton (space medicine). Team Project Supervisors: Dr. Simon P. Worden (near earth objects and space defence) and Dr. Ray Williamson (space policy and international relations). Thesis title: Cassandra: A strategy to protect our planet from Near Earth Objects.

2002-2004 **Master of Science (Distinction) in Applied Health Sciences** offered by Brock University, Canada. Specialization: Population epidemiology. GPA: 89.3%. Supervising Committee: Dr. Brent E. Faught (population epidemiology), Dr. Panagiota Klentrou (applied physiology) and Dr. John Hay (pediatric health). Thesis title: An international investigation on the validity of the CSAPPA scale in screening for Developmental Coordination Disorder.

2001-2002 **Master of Science in Applied Sports and Exercise Science** offered by the University of Wolverhampton, England. Specialization: Exercise physiology. GPA: 91%. Supervising Committee: Dr. Yiannis Koutedakis (exercise physiology) and Dr. Alan Nevill (biostatistics). Thesis title: Attaining energy equilibrium in proxies assessing human bioenergetics.

1997-2001 **Bachelor of Science (Honours) in Physical Education and Sport Science** offered by the University of Thessaly, Greece. Overall GPA: 75%. Major: Exercise Physiology (GPA 90%); Supervisor: Dr. Yiannis Koutedakis. Minor: Sports Management (GPA: 90%); Supervisor: Dr. Athanasios Kriemadis. Thesis title: A novel approach in evaluating human bioenergetics.

TEACHING RECOGNITION

2005 Academic All-Canadian Mentor, Canadian Interuniversity Sport. The award is given to signify the dedication to academic excellence of a member of Dalhousie University professorate that has touched and impacted a student excelling in academics and athletics.

TEACHING

Instructor in Graduate Courses

2015-present **Exercise physiology** at the School of Medicine and the School of Physical Education and Sport Science, University of Thessaly. Elective course in the MSc Programme “Exercise, ergospirometry, and rehabilitation”; enrollment: 16-20 students/year.

2014-2017 **Statistics** at the School of Medicine and the School of Physical Education and Sport Science, University of Thessaly. Elective course in the MSc Programme “Exercise, ergospirometry, and rehabilitation”; enrollment: 16-20 students/year.

2014-present **Exercise in extreme environments** at the School of Physical Education and Sport Science, University of Thessaly. Optional course in the MSc Programme “Military Fitness and Wellbeing”; enrollment: 16-20 students/year.

2014-present **Statistics** at the Department of Physical Education and Sport Science, University of Thessaly. Mandatory course in the MSc Programme “Exercise and Health”; enrollment: 16-20 students/year.

2009-present **Prevention of respiratory illnesses through exercise** at the Department of Physical Education and Sport Science, University of Thessaly. Elective course in the MSc Programme “Exercise and Health”; enrollment: 16-20 students/year.

2009-present **Statistics** at the Department of Physical Education and Sport Science, University of Thessaly. Mandatory course in the MSc Programme “Exercise and Health”; enrollment: 22-25 students/year.

Instructor in Undergraduate Courses

2019-present **Basic and Applied Physiology** in the Department of Physical Education and Sport Science, University of Thessaly. 2nd year mandatory course with a 2-semester duration, enrollment: 140-170 students/year.

2018-present **Exercise and Chronic Disease** in the Department of Physical Education and Sport Science, University of Thessaly. Elective course in English for International students, enrollment: 2-10 students/year.

2017-2019 **Exercise Physiology** in the Department of Physical Education and Sport Science, University of Thessaly. 3rd year mandatory course, enrollment: 140-170 students/year.

2011-2019 **Human Physiology** in the Department of Physical Education and Sport Science, University of Thessaly. 1st year mandatory course, enrollment: 140-170 students/year.

2011-2018 **Human Anatomy** in the Department of Physical Education and Sport Science, University of Thessaly. 1st year mandatory course, enrollment: 140-170 students/year.

2010 **Physiological Evaluation of Athletes** in the Department of Physical Education and Sport Science, University of Thessaly. 3rd year elective course, enrollment: 26 students.

2009 **Biochemical Evaluation of Athletes** in the Department of Physical Education and Sport Science, University of Thessaly. 3rd year elective course, enrollment: 26 students.

2005-2006 **Principles of Measurement and Evaluation** at the School of Health and Human Performance, Dalhousie University. 3rd year Kinesiology required course; enrollment: 85-96 students.

Teaching Associate in Undergraduate Courses

2004 **Anatomy**, taught by prof. Larry Holt at the School of Health and Human Performance, Dalhousie University.

2004 **Motor control and learning**, taught by prof. David Westwood at the School of Health and Human Performance, Dalhousie University.

2004 **Physical activity for persons with disabilities** taught by prof. Larry Holt at the School of Health and Human Performance, Dalhousie University.

2004 **Advanced exercise physiology**, taught by prof. Brian Roy at the Department of Physical Education and Kinesiology, Brock University.

2002-2004 **Introduction to human physiology**, taught by prof. Panagiota Klentrou at the Department of Physical Education and Kinesiology, Brock University.

2002-2004 **Human physiology**, taught by prof. Brian Roy and prof. Evaggelia Tsiani at the Department of Physical Education and Kinesiology, Brock University.

2002- **Advanced exercise physiology**, taught by prof. Panagiota Klentrou at the Department of Physical Education
2003 and Kinesiology, Brock University.

SUPERVISORY HISTORY

Post-Doctoral Level

2016- Supervisor for Dr Antonia Kaltsatou at the University of Thessaly. Project title: Effects of thermal stimuli
present on multiple sclerosis symptoms.

2016- Supervisor for Dr Petros Dinas at the University of Thessaly. Project title: Non invasive assessment of
present brown adipose tissue mass and activity.

2015- Supervisor for Dr Paraskevi Sakellariou at the University of Thessaly. Project title: Effects of thermal stimuli
2019 on brown and brown-like adipose tissue biology.

2017- Supervisor for Dr Tania Amorim at the University of Thessaly. Project title: Effects of environmental stimuli
2019 on bone tissue biology.

2016- Supervisor for Dr Konstantina Poulianiti at the University of Thessaly. Project title: Effects of
2019 environmental factors on workers' performance and health.

2010- Supervisor for Dr Andres Carrillo at the Institute of Human Performance and Rehabilitation at the Centre
2012 for Research and Technology Thessaly. Project title: Exploring the age-associated alterations in thermal
biology.

Doctoral Level

2019- Supervisor for Konstantinos Mantzios at the Department of Exercise Science, University of Thessaly. Thesis
present title: Novel biomedical engineering applications for the assessment of human-environment interaction.

2019- Supervisor for Areti Kapnia at the Department of Exercise Science, University of Thessaly. Thesis title:
present Thermoregulatory responses during rest and exercise at moderate and extreme cold.

2019- Supervisor for Davide Testa at the Department of Exercise Science, University of Thessaly. Thesis title: On
present the impacts of climate change on human health and migration.

2016- Supervisor for Eleni Nintou at the Department of Exercise Science, University of Thessaly. Thesis title:
present Studying the factors and signaling pathways involved in the browning of white adipose tissue and on the
effects of exercise on adipose tissue.

2016- Supervisor for Leonidas Ioannou at the Department of Exercise Science, University of Thessaly. Thesis title:
2020 Effects of radiation on behavioral and physiological mechanisms of human thermoregulatory system.

2016- Supervisor for Lydia Tsoutsoubi at the Department of Exercise Science, University of Thessaly. Thesis title:
present The thermoregulatory function of the human vasomotion system in healthy and clinical populations.

2016- Supervisor for Maria Vliora at the Department of Exercise Science, University of Thessaly. Thesis title:
present Factors and signaling pathways involved in the browning of white adipose tissue.

2015- Committee Member for Ioannis Kostoulas at the Department of Exercise Science, University of Thessaly.
2020 Thesis title: The effect of a specific training program on combat swimming performance and shooting
ability.

- 2015-2018 Committee Member for Dimitrios Draganidis at the Department of Exercise Science, University of Thessaly. Thesis title: Effect of inflammation on muscle protein synthesis and breakdown in the aged human skeletal muscle.
- 2014-2019 Supervisor for Argiro Krase at the Department of Exercise Science, University of Thessaly. Thesis title: Effects of therapeutic exercise in combination with adaptations in hemodialysis therapy on quality of life and health in patients at the terminal phase of renal disease.
- 2013-2016 Committee Member for Petros Dinas at the School of Sports, Performing Arts and Leisure, University of Wolverhampton. Thesis title: Function and activation of human brown adipose tissue.
- 2011-2015 Academic Advisor for Angelica Valente at the Department of Exercise Sciences, University of Thessaly. Thesis title: Investigation of the functional architecture of the human thermoregulatory system through biochemical indices.
- 2011-present Supervisor for Maria Misailidi at the Department of Exercise Sciences, University of Thessaly. Thesis title: Effects of environmental factors on elite performance.
- 2011-2014 Committee Member for Jill Stapleton at the Faculty of Health Sciences, University of Ottawa. Thesis title: Aging and heat stress: From rest to exercise.

Masters Level

- 2019-2020 Co-Supervisor for Yu Cao at KU Leuven in the Masters Programme of Bioscience Engineering (Biosystems Engineering). MSc Thesis title: Dynamic analysis of movement protocol during simulated Trojan war combat.
- 2019-2020 Co-Supervisor for Jan Goyens at KU Leuven in the Masters Programme of Bioscience Engineering (Biosystems Engineering). MSc Thesis title: Monitoring occupational heat stress and physical activity using accelerometry.
- 2017-2019 Supervisor for Konstantinos Mantzios at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Effects of environmental factors on workers' performance and health.
- 2017-2019 Supervisor for Areti Kapnia at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Skin temperature and exercise performance after passive rest in a cool environment.
- 2017-2019 Supervisor for Stavros Petmezas at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Introducing Archeophysiology. Studying the tactical athlete of the ancient world: physical performance and comfort of a Bronze age panoply wearer warrior, during different combinations of weapon fighting techniques in a stimulated combat environment of the Trojan War.
- 2017-2019 Supervisor for Konstantinos Dallas at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Effects of environmental factors on workers and athletes.
- 2016-2018 Committee Member for Efthimia Tsigarida at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Children save lives: Instruction and Education on CPR in 6th grade elementary school children.
- 2016-2018 Committee Member for Eleni Polizou at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Attitudes, knowledge, and self-subjective effectiveness regarding CPR in elementary school children.

- 2016-2019 Supervisor for Panagiotis Asimoglou at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Physiological measurement on tactical athletes – armored warriors recreating a battle protocol based on the Trojan War.
- 2017-2018 Committee Member for Davide Testa at the Department of Molecular and Translational Medicine, University of Brescia. MSc Thesis title: The global change and human migration nexus: a multidimensional analysis.
- 2016-2017 Academic Advisor for Doukas Antoniou at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Effects of environmental factors on physiology and performance of helicopter pilots.
- 2015-2017 Academic Advisor for Vaggelis Karsiotis at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Effects of environmental factors on the cognitive function of Hellenic army helicopter crew.
- 2015-2017 Academic Advisor for Thomas Niopas at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: The psychosomatic state of police officers during their work shift.
- 2014-2016 Academic Advisor for Leonidas Ioannou at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Psychophysical stress during the Marathon des Sables.
- 2014-2016 Thesis Advisor for Lydia Tsoutsoubi at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Design and implementation of novel techniques to assess hydration state.
- 2013-2015 Committee Member for Gabrielle Paul at the Faculty of Health Sciences, University of Ottawa. MSc Thesis title: The separate and combined contributions of metaboreceptors and baroreceptors to heat loss responses during recovery from dynamic exercise.
- 2013-2015 Committee Member for Ryan McGinn at the Faculty of Health Sciences, University of Ottawa. MSc Thesis title: Mechanisms underlying the postexercise attenuation of skin blood flow and sweating.
- 2013-2016 Academic Advisor for Paraskevi Gkiata at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Chronic effects of different exercise protocols on thermogenesis and metabolism.
- 2012-2014 Academic Advisor for Eleni Mitsiadou at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Perceived effects of cold exposure on upper body musculoskeletal injuries.
- 2012-2014 Academic Advisor for Theodoros Tsaras at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Short term effects of tobacco and electronic cigarette smoking on pulmonary function in patients with diagnosed chronic obstructive pulmonary disease.
- 2012-2014 Academic Advisor for Vasilis Christodoulou at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Effects of environmental temperature on archery performance.
- 2012-2014 Academic Advisor for Khelifa Bartura at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Effects of hydration status and self-talk on endurance performance in a hot environment.
- 2011-2013 Academic Advisor for Rallou Chidirioti at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Design and implementation of a physical adequacy test for populations participating in aqua rehabilitation and therapeutic swimming programs.

- 2011-2013 Academic Advisor for Eleni Tsimitrea at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: A novel model to predict intracranial temperature through non-invasive and practical indicators.
- 2011-2012 Academic Advisor for Maria Chorti at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Effects of active and passive electronic cigarette smoking on lung function and cytokine production.
- 2011-2012 Academic Advisor for Konstantina Poulianiti at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Effects of active and passive electronic cigarette smoking on immune and thyroid function and oxidative stress.
- 2011-2012 Academic Advisor for Petros Dinas at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Effects of exercise on brown adipose tissue mass and activity in humans.
- 2009-2011 Academic Advisor for Maria Misailidi at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Development of a questionnaire for the diagnosis of long-term exposure to environmental tobacco smoke.
- 2008-2010 Committee Member for Geoff Hartley at the Faculty of Applied Health Sciences, Brock University. MSc Thesis title: The effects of altered heat stress on voluntary pacing strategies during prolonged cycling.

FUNDING HISTORY

Total Funding (total: €18,199,146)

Project Coordinator (total: €3,130,896)

- 2019-2022 Assessment of new technologies for infectious disease surveillance, prevention and control; European Centre for Disease Prevention and Control (Framework Contract Number: ECDC/2019/027).
- 2019-2021 Effects of in vitro exercise on the browning of white adipose tissue. Support for Researchers with a focus on Young Investigators (Round 2); Partnership Agreement 2014-2020; Greek Ministry of Development and Investments (Contract Number: 100956 / 646).
- 2019 Field research to test and strengthen heat stress mitigation strategies. International Labour Organization; United Nations (Contract Number: 40262271 / 1).
- 2019 Desk review of research on heat stress. International Labour Organization; United Nations (Contract Number: 40255529 / 0).
- 2018-2019 ATLAS project: Implementation of a Tri-partite Center for Functional Assessment of Physical Activity. National Troodos Mountain Community Development Strategy – Center for Health, Rehabilitation and Research. Yiannaki Papadouri Foundation and Presidency of the Republic of Cyprus.
- 2014-2018 ICI-THROUGH: Intersectoral collaboration for innovation in non-invasive techniques to estimate human brown adipose tissue activity; Marie Skłodowska-Curie Research and Innovation Staff Exchange (RISE) Call: H2020-MSCA-RISE-2014 (grant no. 645710).
- 2013-2018 GI-Neu: Impact of colostrum-based neutraceuticals on functional gastrointestinal disorders. EU FP7 People; Marie Curie Industry-Academia Partnerships and Pathways (IAPP) Call: FP7-PEOPLE-2012-IAPP (grant no. 324476).

- 2013-2017 FUEGO: Global network of excellence for research on adipose tissue plasticity and human thermogenesis. EU FP7 People; Marie Curie International Research Staff Exchange Scheme (IRSES) Call: FP7-PEOPLE-2013-IRSES (grant no. 612547).
- 2013-2017 U-GENE: Multi-national network of excellence for research on genetic predisposition to cardio-metabolic disorders due to UCP1 gene polymorphisms. EU FP7 People; Marie Curie International Research Staff Exchange Scheme (IRSES) Call: FP7-PEOPLE-2012-IRSES (grant no. 319010).
- 2009-2013 THERMOMICS: Unraveling the functional architecture of the human thermoregulatory system through immunological, circadian and sensory mechanisms: focus on the mature European population. EU FP7 People; Marie Curie International Reintegration Grants (IRG) Call: FP7-PEOPLE-IRG-2008 (grant no. 239521).

Project Partner (total: €14,925,624)

- 2016-2021 HEAT-SHIELD: Integrated inter-sector framework to increase the thermal resilience of European workers in the context of global warming. EU H2020-PHC-2015-two-stage (grant no. 668786).
- 2015-2018 nanoBAT: Enhanced brown adipose tissue activity using nanotechnology approaches; Marie Skłodowska-Curie Research and Innovation Staff Exchange (RISE) Call: H2020-MSCA-RISE-2014 (grant no. 691061).
- 2015-2018 smarTHELMET: Intersectoral Network for Innovation on Smart Thermal Solutions for Bicycle Helmets; Marie Skłodowska-Curie Research and Innovation Staff Exchange (RISE) Call: H2020-MSCA-RISE-2014 (grant no. 645770).
- 2015-2018 SCAFFY: Bio-scaffold engineered device for brown adipose tissue regeneration; Marie Skłodowska-Curie Research and Innovation Staff Exchange (RISE) Call: H2020-MSCA-RISE-2014 (grant no. 645640).
- 2015-2018 Defining age-specific heat exposure limits for workers: from laboratory to field. Research Opportunities Program, Ontario Ministry of Labour.
- 2014-2018 Interindividual variation in response to consumption of plant food bioactives and determinants involved. EU Horizon 2020 COST Action FA1403, Domain Committee “Food and Agriculture”.
- 2013-2017 Novel structural skins: Improving sustainability and efficiency through new structural textile materials and designs. EU FP7 COST Action TU1303, Domain Committee “Transport and Urban Development”.
- 2013-2017 Thessaly Smart Research and Development Pole: Research, Innovation, Strategies. Competitiveness and Entrepreneurship Programme: General Secretariat for Research and Technology.
- 2013-2017 Heat stress in older adults and individuals with type 2 diabetes. Operating Grant, Canadian Institutes of Health Research.
- 2013-2017 RETOUR: Remedial and Rehabilitation Tourism in Thessaly. Cooperation Programme: General Secretariat for Research and Technology, Greek Ministry of Development.
- 2011-2015 Towards safer bicycling through optimization of bicycle helmets and usage. EU FP7 COST Action TU1101, Domain Committee “Transport and Urban Development”.
- 2012-2016 ESCAPEE: Exercise, smoking, and alcohol: investigation of mechanisms, and interventions for prevention, cessation and awareness. Talis Programme: General Secretariat for Research and Technology.

- 2011-2014 Investigation of the functional architecture of the human thermoregulatory system through biochemical indices. Iraklitos II Programme: Greek Ministry of Education, Lifelong Learning and Religious Affairs (grant no. 162).
- 2010-2014 ICARUS: International cooperation for the advancement of research on the underlying system of human thermoregulation. EU FP7 People; Marie Curie International Research Staff Exchange Scheme (IRSES) Call: FP7-PEOPLE-2009-IRSES (grant no. 247631).

Awards/Fellowships/Scholarships (total: €142,626)

- 2014 Distinguished Visiting Researcher by the Office of International Research at the University of Ottawa, Canada.
- 2007-2009 PDF Fellowship for Post-Doctoral Fellows by the Natural Science and Engineering Research Council (NSERC) of Canada.
- 2007 Exploring the fundamental mechanisms of human thermoregulation. Internal research award. Dalhousie University.

A detailed list of all remaining awards/fellowships/scholarships is provided in the Appendix.

SCHOLARLY AND PROFESSIONAL ACADEMIC ACTIVITIES

External Evaluator for Funding Proposals

- 2020 **Consultant Project External Evaluator (Rapporteur)** for the European Commission for Actions within the Horizon 2020 Call COST. European Cooperation in Science and Technology.
- 2019-2020 **Consultant Proposal Evaluator** for the Romanian Ministry of Education and Research and the Executive Agency for Higher Education, Research, Development and Innovation Funding for the Call: Experimental demonstrative project.
- 2019-2020 **Consultant Proposal Evaluator** for the Romanian Ministry of Education and Research and the Executive Agency for Higher Education, Research, Development and Innovation Funding for the Call: Postdoctoral Research Projects.
- 2019-2020 **Consultant Proposal Evaluator** for the Romanian Ministry of Education and Research and the Executive Agency for Higher Education, Research, Development and Innovation Funding for the Call: Research Projects for Stimulating Young Independent Teams.
- 2019 **Consultant Project External Evaluator (Rapporteur)** for the European Commission for Actions within the Horizon 2020 Call COST. European Cooperation in Science and Technology.
- 2019 **Consultant Proposal Evaluator** for the UK Medical Research Council.
- 2019 **Consultant Proposal Evaluator** for the Tobacco Advisory Committee Grants of Cancer Research UK, the largest charitable funder of cancer research in the world.
- 2019 **Consultant Proposal Evaluator** for the European Commission for the Horizon 2020 Call COST – oc-2018-2. European Cooperation in Science and Technology.
- 2018 **Consultant Proposal Evaluator** for the European Commission for the Horizon 2020 Call COST – oc-2018-1. European Cooperation in Science and Technology Trans-Domain Proposals.

- 2017 **Consultant Proposal Evaluator** for the European Commission for the Horizon 2020 Call COST – oc-2017-1. European Cooperation in Science and Technology Trans-Domain Proposals.
- 2016 **Consultant Proposal Evaluator** for the Polish Executive Government Agency of National Science in the funding program “Funding scheme SONATA BIS”.
- 2016 **Consultant Proposal Evaluator** for the Romanian Council for Scientific Research in the funding program “Ideas” of the Romanian National Research, Development and Innovation Plan for the Call: Experimental Demonstrative Project – PED 2016.
- 2016 **Consultant Proposal Evaluator** for the University of Nicosia for the Universitas Endowment Fund Call.
- 2016 **Consultant Proposal Evaluator** for the European Commission for the Horizon 2020 Call COST – oc-2016-1. European Cooperation in Science and Technology Trans-Domain Proposals.
- 2015 **Consultant Proposal Evaluator** for the European Commission for the Horizon 2020 Call COST – oc-2015-1. European Cooperation in Science and Technology Trans-Domain Proposals.
- 2015 **Consultant Proposal Evaluator** for the Research Foundation Flanders (Fonds Wetenschappelijk Onderzoek - Vlaanderen, FWO) for the Call “Research Projects 2015”.
- 2015 **Consultant Proposal Evaluator** for the Romanian Council for Scientific Research in the funding program “Human Resources” of the Romanian National Research, Development and Innovation Plan for the Call: Young research teams.
- 2014-2015 **Consultant Evaluator** for NASA and the European Space Agency in the program entitled “International Research Announcement for Research in Space Life Sciences at the International Space Station – ILSRA-2014”.
- 2014 **Consultant Proposal Evaluator** for the European Commission for the Horizon 2020 Call COST – oc-2014-1. European Cooperation in Science and Technology Trans-Domain Proposals.
- 2014 **Consultant Proposal Evaluator** for the Research Foundation Flanders (Fonds Wetenschappelijk Onderzoek - Vlaanderen, FWO) for the Call “Research Projects 2014”.
- 2013-2014 **Consultant Proposal Evaluator** for the Romanian Council for Research and Development in the funding program “Partnerships” of the Romanian National Research, Development and Innovation Plan for the Call: Joint Applied Research Projects - PCCA-2013.
- 2013 **Consultant Proposal Evaluator** for the European Commission for the FP7 Call COST – oc-2013-1. European Cooperation in Science and Technology Trans-Domain Proposals.
- 2012-2013 **Consultant Proposal Evaluator** for the European Commission for the Call FP7-SME-2013. Research for the benefit of small and medium enterprises.
- 2012 **Consultant Proposal Evaluator** for the Canadian Workplace Safety and Insurance Board program entitled "Bridging the Gap".
- 2011-2012 **Consultant Proposal Evaluator** for the Romanian Council for Research and Development in the funding program “Partnerships” of the Romanian National Research, Development and Innovation Plan for the Call: Joint Applied Research Projects - PCCA-2011.

- 2011 **Consultant Proposal Evaluator** for the Romanian Council for Scientific Research in the funding program “Ideas” of the Romanian National Research, Development and Innovation Plan for the Call: Exploratory Research Projects - PCE-2011.
- 2011 **Consultant Proposal Evaluator** for the Canadian Workplace Safety and Insurance Board program entitled "Solutions for Workplace Change".
- 2011 **Consultant Proposal Evaluator** for the Romanian Council for Scientific Research in the funding program “Human Resources” of the Romanian National Research, Development and Innovation Plan for the Call: Postdoctoral Research Projects - PD-2011.
- 2010 **Consultant Proposal Evaluator** for the Canadian Federal Government in the MITACS-Accelerate national internship program which connects companies and other organizations with research expertise in Canadian universities.
- 2009-2010 **Consultant Proposal Evaluator** for the European Commission for the Call FP7-SME-2010. Research for the benefit of small and medium enterprises.

Professional Affiliations & Certifications

- 2018-present **Member** of the Working Group tasked to develop prevention measures to reduce occupational heat stress for the Greek Ministry of Labour.
- 2016-2018 **Board of Directors Member** of the Greek Society for Exercise Biochemistry and Physiology.
- 2016-present **Academic Associate** of the International Institute for Compassionate Care, a not for profit organization based in Cyprus with a mission is to promote and cultivate compassionate, patient-centered care.
- 2015-present **Certified for cardiopulmonary resuscitation** with automated external defibrillation by the European Resuscitation Council.
- 2009-present **Founding Member** of the Greek Society for Exercise Biochemistry and Physiology.

Journal Editor Service

- 2014-present Section Editor (Homeostasis and concepts of thermoregulation) with Temperature, published by Taylor & Francis Group, 2&4 Park Square, Milton Park, Abingdon, OX14 4RN, UK.
- 2013-present Associate Editor (COPD and occupational lung disease) with BMC Pulmonary Medicine, published by BioMed Central Ltd, Floor 6, 236 Gray's Inn Road, London, WC1X 8HB, UK.
- 2010-2015 Associate Editor (Physiology) with BMC Research Notes, published by BioMed Central Ltd, Floor 6, 236 Gray's Inn Road, London, WC1X 8HB, UK.
- 2013 Guest Editor with Cellular and Molecular Biology. Special Issue “Bioactive compounds of milk and health”. Vol. 59, issue 1.
- 2009 Guest Editor with Inflammation & Allergy - Drug Targets. Special Issue “Acute health effects of passive smoking”. Vol. 8, issue 5.

2008- Reviewer for a large number of papers published across many scientific Journals. A detailed list is provided present in the Appendix.

Participation in International Conference Scientific Committees

- 2019 Scientific Committee Member for the 9th Conference of the Greek Society of Biochemistry and Physiology of Exercise. October 18-20 2019, Thessaloniki, Greece.
- 2018 Scientific Committee Member for the 8th Conference of the Greek Society of Biochemistry and Physiology of Exercise. October 19-21 2018, Thessaloniki, Greece.
- 2018 Scientific Committee Member for the 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia.
- 2017 Chair of the Scientific Committee for the 7th Conference of the Greek Society of Biochemistry and Physiology of Exercise. October 20-22 2017, Athens, Greece.
- 2016 Scientific Committee Member for the 6th Conference of the Greek Society of Biochemistry and Physiology of Exercise. November 4-7 2016, Athens, Greece.
- 2015 Scientific Committee Member for the 5th Conference of the Greek Society of Biochemistry and Physiology of Exercise. November 6-7 2015, Athens, Greece.
- 2014 Scientific Committee Member for the 4th Conference of the Greek Society of Biochemistry and Physiology of Exercise. October 24-26 2014, Trikala, Greece.
- 2013 Scientific Committee Member for the 3rd Conference of the Hellenic Society of Biochemistry and Physiology of Exercise. November 8-9 2013, Athens, Greece.
- 2011-2012 Scientific Committee Member for the 1st Environmental Conference of Thessaly. September 8-10, Skiathos, Greece.
- 2011 Scientific Committee Member for the 14th International Conference on Environmental Ergonomics. July 10-15 2011, Nafplio, Greece.

Organisation of Symposia, Workshops, and Round Tables

- 2017 Organisation of a Workshop entitled “Assessment of heart rate variability at rest and during exercise” during the 7th Conference of the Greek Society of Biochemistry and Physiology of Exercise held in Athens, Greece, on October 20-22, 2017.
- 2016 Organisation of a Symposium entitled “From climate prognoses and heat strain indices to practical implementations and policy impact: the HEAT-SHIELD project” during the 6th International Meeting of Physiology and Pharmacology of Temperature Regulation. December 5-9, Ljubljana, Slovenia.
- 2016 Organisation of a Workshop entitled “Writing a scientific paper” during the 6th Conference of the Greek Society of Biochemistry and Physiology of Exercise held in Athens, Greece, on November 4-7, 2016.
- 2014 Organisation of a Workshop entitled “Environmental physiology – prevention of thermal injuries” during the 4th Conference of the Greek Society of Biochemistry and Physiology of Exercise held in Trikala, Greece, on October 24-26, 2014.

- 2014 Organisation of a Round Table entitled “Exercise in extreme environments” during the 4th Conference of the Greek Society of Biochemistry and Physiology of Exercise held in Trikala, Greece, on October 24-26, 2014.
- 2014 Member of the Organising Committee for the 4th Conference of the Greek Society for Biochemistry and Physiology of Exercise, held on October 24-26, Trikala, Greece.
- 2014 Organisation of a Workshop entitled “Links between thermogenesis and cardio-metabolic disease” held on June 23rd 2014 at the Department of Exercise Science, University of Thessaly, Trikala, Greece.
- 2013 Organisation of a Workshop entitled “Function of human brown adipose tissue thermogenesis” during the International Scientific Meeting entitled “Metabolic syndrome: experiment, clinics and therapy” held in Grodno, the Republic of Belarus, on October 23-25, 2013.
- 2006 Member of the Organising Committee for the Annual Meeting of the Canadian Society of Exercise Physiology, Halifax, Nova Scotia, Canada.
- 2003 Member of the Organising Committee for the Annual Meeting of the Canadian Society of Exercise Physiology, St. Catharines, Ontario, Canada.

Participation in Selection, Ranking, and Promotion Committees

- 2019-2020 Member in the Ranking and Promotion Committees for 10 Faculty Positions across the University of Athens and the University of Thessaly.
- 2019 Member in the Committee of Academic Experts tasked to prepare a report on the feasibility and economic sustainability of a new Sports Science Department in Crete within the Hellenic Mediterranean University.
- 2018 External Member in the Ranking and Promotion Committee for the Sports Science program of the School of Sciences and Engineering at the University of Nicosia.
- 2011 Expert Reviewer for the University of Ottawa Research Chairs Program that seeks to acknowledge professors who make outstanding contributions to their fields of research while also maintaining an exceptional teaching record.
- 2010 External Reviewer for the University of Ottawa Award for Excellence in Research, a distinguished award that aims to focus attention on research at the University of Ottawa by recognizing a member of its teaching staff who has earned distinction for themselves and for the University as a result of the importance and exceptional characteristics of their research work.
- 2009 External Evaluation for the Brock University Award for Distinguished Research and Creative Activity, one of the most distinguished awards that Brock University offers to its academic staff.

INVITED TALKS IN POLICY FORUMS

1. Flouris A.D. (2020). Education and training initiatives to boost health and work productivity in a warming world. Invited talk at the Technical Expert Meeting on Adaptation titled “Education and training, public participation and youth to enhance adaptation action”. The workshop was organized as part of the Technical Examination Process on Adaptation, organized by the United Nations Framework Convention on Climate Change on July 28.

2. Flouris A.D. (2020). Evidence-based guidelines to boost health and work productivity in a warming world. Invited talk at the Dialogue Session titled "Heat in the Workplace" organized by the Global Heat Health Information Network on July 29.
3. Garcia-Leon D., Burgstall A., Casanueva A., Flouris A.D., Nybo L., Standardi G. (2020). Economic assessment of recent European heatwaves and climate change projected impacts. ENVECON 2020 – Applied Environmental Economics Conference, March 13, London, UK.
4. Garcia-Leon D., Burgstall A., Casanueva A., Flouris A.D., Nybo L., Standardi G. (2020). Heatwaves and worker productivity in Europe: Economic assessment of past events and long-term projections under climate change. 8th Annual Conference of the Italian Association of Environmental and Resource Economists, February 6-7, Brescia, Italy.
5. Flouris A.D. (2019). Climate change, work conditions, and occupational health. Invited talk during the symposium organized by the European Trade Union Confederation Project "Involving Trade Unions into adaptation policy". November 5, Athens, Greece.
6. Flouris A.D. (2019). Evaluation and adaptation to the risks of occupational heat stress and strain. Invited talk at the roundtable "Occupational heat stress and strain", organized by the Greek Meteorological Service and the Greek Ministry of Labour. October 8 2019, Athens, Greece.
7. Bosch P., Flouris A.D., Poulianiti P. (2019). Mapping loss of labour productivity resulting from climate change in Europe. European Climate Change Adaptation conference. May 28-31, Lisbon, Portugal.
8. Flouris A.D. (2019). Management of risks associated with heat stress. Keynote Speech at the Third Conference & Exhibition on Occupational Safety & Health in the State of Qatar. April 28, Doha, Qatar.
9. Flouris A.D. (2019). Exercise - Environment - Economy. Extensions of the "ATLAS project". Invited speech at the Forum titled "Wholistic action plan for the promotion of physical activity, research, rehabilitation, and sports. Organized by the Cypriot Presidency. February 28, Nicosia, Cyprus.
10. Flouris A.D. (2018). Impacts of occupational heat strain on health and productivity. Invited talk at the First Global Forum for Heat and Health organized by the Global Heat Health Information Network (GHHIN). December 17-20, Hong Kong, China.
11. Flouris A.D. (2018). Integrated inter-sector framework to increase the thermal resilience of European workers in the context of global warming. Invited talk at the World Health Organization "Meeting on updating the evidence of the WHO Heat-Health Action Plans guidance". November 21-22, Bonn, Germany.
12. Flouris A.D. (2018). The health impacts of combined air pollution and occupational heat stress. Invited talk at the World Health Organization roundtable "Breathe clean air: everywhere, for everyone. Protecting workers from air pollution outdoors and indoors", organized by the World Health Organization. October 29 2018, Geneva, Switzerland.
13. Flouris A.D. (2018). Occupational heat stress: impacts on health and productivity and proposed adaptation. Invited talk at the roundtable "Occupational heat stress in Greece and potential adaptation solutions", organized by the Greek Ministry of Labour. September 21 2018, Athens, Greece.
14. Flouris A.D. (2018). Acute and short-term impacts of occupational secondhand smoke. Invited talk at the World Health Organization roundtable "Breathe clean air: everywhere, for everyone. Protecting workers from air pollution outdoors and indoors", organized by the World Health Organization. October 29 2018, Geneva, Switzerland.
15. Flouris A.D. (2015). Heat load limitations under normal and stress conditions. Invited seminar talk during the Workshop on "A closer look at the thresholds of thermal damage" organized by the World Health Organization and the International Commission on Non-Ionizing Radiation Protection. May 26-28, Istanbul, Turkey.

16. Flouris A.D. (2015). Functional architecture of human thermoregulation. Invited seminar talk during the Workshop on “A closer look at the thresholds of thermal damage” organized by the World Health Organization and the International Commission on Non-Ionizing Radiation Protection. May 26-28, Istanbul, Turkey.
17. Flouris A.D., Mthunzi P. (2012). Results of the Young Researchers Workshop to enhance future South Africa – European Union research and innovation partnerships. Invited talk during the Bilateral Meeting between the Research Generals of South Africa and the European Union during the South Africa – European Union Agreement on Scientific and Technological Cooperation. November 6th, Cape Town, South Africa.
18. Flouris A.D. (2012). Experience in research and innovation partnerships between South Africa and the European Union. Invited presentation at the Young Researchers Workshop held during the South Africa – European Union Agreement on Scientific and Technological Cooperation. November 5-6, Cape Town, South Africa.
19. Flouris A.D. (2011). Effects of climate change on public health and society in South Europe. Keynote Speech at the 3rd International Conference on Environmental Management, Engineering, Planning and Economics (CEMEPE 2011) & SECOTOX Conference. June 19-24, Skiathos, Greece.
20. Flouris A.D. (2011). Health and societal effects of climate change. Invited Lecture at the seminar entitled “Environment, health and quality of life” organized by the Centre for Environmental Education of the Municipality of Trikala, Greece.
21. Flouris A.D. (2010). ‘Preliminary toxicological evidence for electronic nicotine delivery systems. Invited speech at the ‘World Health Organization Regulatory Consultation on the Safety of ‘e-cigarettes’’, organized by the World Health Organization. May 6-7 2010, Geneva, Switzerland.
22. MacDonald A., Alphonso M., Edmundson P., Flouris A.D., Khullar R., Nadalini R., and Solignac A. (2006). ‘The need for an International Near-Earth Object Committee’. Invited speech at the ‘43rd Session of the Scientific and Technical Subcommittee of the Committee on Peaceful Uses of Outer Space (UNCOPUOS)’ organized by the United Nations. February 20 – March 3, Vienna, Austria.

INVITED TALKS IN SCIENCE FORUMS

1. Flouris A.D. (2019). Inter-individual factors and screening criteria for exercise-induced heat strain. Invited talk in the Symposium titled “Operation Heat Shield Canada – Protecting Human Health during physical activity on a Warming Planet”, held during the Annual Meeting of the Canadian Society for Exercise Physiology. November 6-9, Kelowna, BC, Canada.
2. Flouris A.D., Ioannou L., Notley S.R., Kenny G.P., Nybo L. (2019). Inter-individual factors and screening criteria for occupational heat strain. Invited talk in the Symposium titled “Occupational heat strain in a warming world”, held during the 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands.
3. Kenny G.P., Flouris A.D., Ioannou L.G., Nybo L., Notley S.R. (2019) Managing occupational heat stress in a diverse working population. Invited talk in the Symposium titled “Occupational heat strain in a warming world”, held during the 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands.
4. Ioannou L., Notley S.R., Kenny G.P., Nybo L. Flouris A.D. (2019). How well do thermal indices quantify the magnitude of occupational heat strain? Invited talk in the Symposium titled “Occupational heat strain in a warming world”, held during the 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands.

5. Notley S.R., Flouris A.D., Ioannou L.G., Nybo L., Kenny G.P. (2019). Interactive effects of aging and other individual factors on occupational heat strain. Invited talk in the Symposium titled “Occupational heat strain in a warming world”, held during the 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands.
6. Flouris A.D. (2018). Maximizing performance in prolonged duration sports under extreme environments. Invited Talk during the Symposium entitled “Maximizing performance in prolonged duration sports” which was organized during the 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki; p: 33.
7. Nybo L., Bisljmovska J., Flouris A.D., Kjellstrom T., Kajfež Bogataj L., Mekjavic I., Gao C., Morris N., Shumake-Guillemot J., Maitre N., Saget C., Kendrovski V., Ivanov I. (2018). Thermal threats to human health and productivity – perspectives for the physiological society to provide solutions forming the basis for policies and implementable procedures. Invited Talk during the Symposium entitled “Climate change, occupational heat stress and sustainable solutions” which was organized during the 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 77.
8. Casanueva A., Kotlarski S., Spirig C., Fischer A.M., Flouris A.D., Kjellstrom T., Lemke B., Nybo L., Schwierz C., Liniger M.A. (2018). Heat stress in a changing climate: a pan-European perspective. Invited Talk during the Symposium entitled “Climate change, occupational heat stress and sustainable solutions” which was organized during the 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 78.
9. Kjellstrom T., Otto M., Lemke B., Flouris A.D., Maitre N. (2018). Individual and population level work capacity loss due to heat during climate change. Invited Talk during the Symposium entitled “Climate change, occupational heat stress and sustainable solutions” which was organized during the 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 79.
10. Flouris A.D. (2017). Impact of environmental heat stress factors on occupational health. Invited Talk during the Symposium entitled “Integrating climate information and individual physiology for improved heat warning” which was organized during the 21st International Congress of Biometeorology. September 3-7, Durham, United Kingdom.
11. Flouris A.D., (2016). Science support and preparation for athletic events in extreme environmental temperatures. Keynote Opening Talk at the 6th Conference of the Greek Society for Biochemistry and Physiology of Exercise. November 4-7, Athens, Greece.
12. Flouris A.D. and the HEAT-SHIELD Consortium. (2016). Heat, health, and productivity issues in Europe. Invited Talk during the Symposium entitled “From climate prognoses and heat strain indices to practical implementations and policy impact: the HEAT-SHIELD project” which was organized during the 6th International Meeting of Physiology and Pharmacology of Temperature Regulation. December 5-9, Ljubljana, Slovenia; p: 35.
13. Flouris A.D. (2014). Exercise in the heat: performance, adaptation, and acclimatization. Invited Talk during the Round Table entitled “Exercise in Extreme Environmental Conditions” organized during the 4th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 24-26, Trikala, Greece.
14. Flouris A.D. (2014). Behavioural adaptations during exercise in extreme ambient temperatures. Invited Plenary Talk during the 19th Annual Congress of the European College of Sport Science. July 2-5, Amsterdam, The Netherlands.
15. Flouris A.D. (2014). Behavioural thermoregulation during exercise in the heat. Invited talk during the “Training and Competing in the Heat Conference”. March 23-24, Doha, Qatar.

16. Flouris A.D. (2011). Effects of climate change on public health. Invited presentation at the 7th Scientific Symposium of General Medicine. September 22-25, Loutraki, Greece.
17. Flouris A.D. (2011). Acute health effects of passive smoking. Invited presentation at the 7th Scientific Symposium of General Medicine. September 22-25, Loutraki, Greece.
18. Flouris A.D. (2011). Cold-induced vasodilation: from theory to practical applications. Invited presentation at the Symposium “Cold-induced vasodilation: Mechanisms, Teleology and Practical Applications” taking place during the 14th International Conference on Environmental Ergonomics. July 10-15, Nafplio, Greece.
19. Flouris A.D. (2010). ‘Exercise in the heat – physiological problems in relation to performance’. Invited speech at the Round Table entitled ‘Exercise and the Environment’ during the 18th International Conference of Physical Education and Sport Science. May 21-23 2010, Komotini, Greece.
20. Flouris A.D., Cheung S.S. (2009). ‘Performance of the temperature regulation and heat regulation models during abrupt anomalies in thermal homeostasis’. Invited talk at the conference ‘Exercise in Hot Environments: From Basic Concepts to Field Applications’ organized by the Government of Qatar and FIFA. November 8-9, Doha, Qatar.
21. Flouris A.D. (2009). ‘Longitudinal preventive-screening cutoffs for obesity and metabolic syndrome in children and adolescents’. Invited speech at the ‘China International Academic Congress on Obesity’. February 24-26, Beijing, China.
22. Flouris A.D. (2005). ‘Frontiers and research opportunities in space life sciences for young scholars’. Keynote speech at the ‘4th Annual Meeting at the Crossroads’ organized by Dalhousie University. May 6-7, Halifax, Canada.
23. Flouris A.D. (2005). Acute effects of passive smoking in humans. Invited Graduate Seminar Lecture at the School of Health and Human Performance, Dalhousie University, NS, Canada.

INVITED TALKS IN INDUSTRY FORUMS

1. Flouris A.D. (2020). Relevance of climate change for combat and non-combat operations. 5th International Congress on Soldiers' Physical Performance. February 11-14, Quebec City, Canada.
2. Flouris A.D., Niopas A. (2019). The psychophysical impact of police officers during their work and the contribution of environmental factors. Invited talk during the Symposium entitled “Contributions of exercise on the operational preparedness of the police force” which was organized by Police Directorate of Trikala and the University of Thessaly Department of Exercise Science in Trikala, Greece. December 14.
3. Flouris A.D. (2019). Emergency response operations under climate change and extreme environments. First Responder Safety & Performance Symposium. November 21, Singapore.
4. Flouris A.D. (2019). Impact of environmental factors on fighters’ health and performance. Invited talk during the Symposium entitled “Military fitness and wellbeing” which was organized at the 111 Combat Wing of the Hellenic Tactical Air Force in the Nea Aghialos Air Base, Greece. November 15.
5. Flouris A.D. (2018). Impact of environmentally-induced psychophysical stress on the health and performance of army helicopter pilots. Invited Talk during the Symposium entitled “Exercise is medicine in Armed Forces” which was organized during the 27th Hellenic Armed Forces Medical Conference. October 18-20, Thessaloniki, Greece; p: 49.
6. Flouris A.D. (2018). Future trends in health research. Opportunities for young researchers and new companies. Invited Talk during the Panel entitled “The healthcare industry: international trends, opportunities for Greek businesses and career prospects” which was organized during the at the 8th Panorama of Entrepreneurship and Career Development at the Megaron Athens International Conference Centre. March 9-11, Athens, Greece.

7. [Flouris A.D.](#) (2017). Impact of environmental factors on fighters' health and performance. Invited talk during the Symposium entitled "Military fitness and wellbeing" which was organized at the III Hellenic Army Corps / NATO Rapid Deployable Corps – Greece in Thessaloniki. May 17.
8. [Flouris A.D.](#) (2016). Impact of environmental factors on fighters' health and performance. Invited talk during the Symposium entitled "Physical performance and quality of life of Officers in the Armed Forces" which was organized at the European Union Operation Headquarters in Larisa, Greece. November 24.
9. [Flouris A.D.](#) (2013). Impact of environmental factors on fighters' health and performance. Invited talk during the Symposium entitled "Exercise and health behaviour as a way of life in the Armed Forces" which was organized at the Permanent Non-Commissioned Officers School. December 17, Trikala, Greece.
10. [Flouris A.D.](#) (2009). 'Living Lab Thessaly: Quality of life meets innovation'. Invited speech at the industrial forum 'European Society of Concurrent Engineering Net Industrial Forum 2009: User Driven Open Innovation in Advanced Service-Product Development'. December 7 2009, Rome, Italy.

AREAS OF RESEARCH INTEREST

Understanding and addressing the environmental drivers of poor outcomes in human health, productivity, and performance. Generating societal changes for adaptation to the impacts of environmental factors on human beings to improve quality of life for all people – sustainably and justly.

Physiological mechanisms and neuronal pathways that regulate thermal homeostasis. Topics include: hypothalamic regulation of thermal homeostasis; peripheral vasomotor tone during cold exposures; behavioral thermoregulation; homeostatic and circadian inputs; responses to allostatic inputs (e.g., inflammatory stimuli).

Regulation and activation of brown adipose tissue. Topic include: environmental effects on uncoupling protein 1 and brown adipose tissue activation; age-associated decline in brown adipose tissue; caloric restriction and body temperature and their influence on brown adipose tissue and, in turn, longevity; effects of early life factors on brown adipose tissue activation.

Development and optimization of biomedical engineering and space life support technologies. Topics include: protective clothing, microclimate liquid conditioning garment systems and suit development for extravehicular activities in space, diving equipment optimization.

Mammalian responses in space and other extreme environments. Topics include: extravehicular activities in space, exposure to hyperbaric environments, various toxicants, smoke, and pollution.

PUBLISHED POLICY & TECHNICAL REPORTS

Testa D., [Flouris A.D.](#) (2020). Training as a tool to boost workers' adaptation to increased workplace temperatures. Published as part of the Technical Examination Process on Adaptation (TEP-A) established under the United Nations Framework Convention on Climate Change (UNFCCC) process.

Shumake-Guillemot J., Amir S., ... [Flouris A.D.](#), ... Zaitchik B. (2020). Technical Brief: Protecting health from hot weather during the Covid-19 pandemic. Published by the Global Heat Health Information Network.

Avloniti A., Gourgoulisanis K., Daniil Z., Deli C., Dipla K., Zafeiridis A., Karatzaferi C., Koutedakis Y., Koutsilieris M., Kyparos A., Mastorakos G., Metsios G., Bogdanis G., Nikolaidis M., Papageorgiou S., Papatotiriou I., Sakkas G., Jamurtas A., Fatouros I., Filippou A., [Flouris A.D.](#), Hatzinikolaou A. (2020). Information and recommendations for safe exercise and physical activity during the Covid-19 pandemic. DOI: 10.6084/m9.figshare.12826031.

Alphonso M., Appolloni L., Asturias S., Bourdon J., Bui C., Chouinard V., Colwell M., D'Udekem D., Edmundson P., [Flouris A.D.](#), Gardien D., Guest A., Hu Z., Jansen H., Khullar R., Kwong J., Lasslop A., Leonard O., Dong L., Lonchard J., MacDonald A., Misiaszek M., Nadalini R., Reilly P., Scott J., Solignac A., Solomone S., Stein M., Trur A., Zheng J.

(2005). *Cassandra - a strategy to protect our planet from near earth objects*. Illkirch-Graffenstaden (France): International Space University. Strasbourg, France.

PUBLISHED BOOKS

Flouris A.D. (2009). *On the functional architecture of the human thermoregulatory system. A guide to the biological principles and mechanisms underlying human thermoregulation*. VDM Verlag Dr. Müller Aktiengesellschaft & Co. KG. Saarbrücken, Germany. ISBN: 978-3-639-16818-1.

Flouris A.D. (2004). *An international investigation on the validity of the CSAPPA scale in screening for developmental coordination disorder*. Kinesiology Publications. International Institute for Sport and Human Performance, Oregon, USA; Catalog ID: PSY 2325.

PUBLISHED BOOK CHAPTERS

1. Kenny G.P., Notley S.R., Flouris A.D., Grundstein A. (2020) Climate change and heat exposure: impact on health in occupational and general populations. In: Adams W., Jardine J. (eds) *Exertional Heat Illness*. Springer, Cham, Chapter 12, pp 225-261.
2. Flouris A.D. (2019). Human thermoregulation. In: Périard J. and Racinais S. (eds), *Heat Stress in Sport and Exercise*. Springer Nature, UK.
3. Kenny G.P., Wilson T.E., Flouris A.D., Fujii N. (2018) Heat Exhaustion. In: Romanovsky A.A., ed., Garami A., Imeri L., Madden C.J., Steiner A.A., assoc. eds. *Thermoregulation: From Basic Neuroscience to Clinical Neurology, Part II*. Elsevier BV, Amsterdam. *Handbook of Clinical Neurology, Volume 157 (3rd Series)*: 505-529.
4. Flouris A.D., Gkiata P. (2016). Measurement - Testing - Evaluation. In: Karatzaferi C. et al. (eds), *Manual for the physical assessment of athletes: laboratory and field tests for the scientific support of competitive sports*. eBook. Athens, Greece, Chapter 2, ISBN: 978-960-603-496-1.
5. Flouris A.D., Gkiata P. (2016). Measurement - Testing - Evaluation. In: Sakkas G. et al. (eds), *Manual for the physical assessment of clinical populations: laboratory and field tests for the scientific support of exercise programmes for health*. eBook. Athens, Greece, Chapter 1, ISBN: 978-960-603-114-4.
6. Kenny G.P., Flouris A.D. (2014). Human thermoregulatory system. In: Wang F., Gao G. (eds), *Protective clothing: managing thermal stress*. Woodhead Publishing Limited, Elsevier, Sawston, Cambridge, UK, Chapter 13, pp 319-364, DOI: 10.1533/9781782420408.3.319.
7. Flouris A.D., Vogiatzis Y., Stavropoulos-Kalinoglou A. (2013). Exercise and heart disease. In: Gerodimos V. (Ed), *Exercise as a means of prevention and rehabilitation of chronic disease*. Greek Ministry of Health, Trikala, Greece, Chapter 2, pp 112-149.
8. Vogiatzis Y., Flouris A.D., Dipla K., Zafiridis A., Vrampas I. (2013). Exercise and chronic lung disease. In: Gerodimos V. (Ed), *Exercise as a means of prevention and rehabilitation of chronic disease*. Greek Ministry of Health, Trikala, Greece, Chapter 4, pp 177-225.
9. Flouris A.D., Carrillo A.E. and Metsios G.S. (2011). Mitigation Strategies of Obesity-Induced Inflammation and Metabolic Syndrome. In: Atta-Ur-Rahman, FRS and M. Iqbal Choudhary (Eds.), *Anti-Obesity Drug Discovery and Development* (pp: 251-264). Bentham Science Publishers Ltd., Bussum, The Netherlands. ISSN: 2210-2698, eISBN: 978-1-60805-163-2.
10. Flouris A.D. (2009). Motor skills and developmental coordination disorder. In: Pelligrino L.T. (Ed.), *Motor Skills: Development, Impairment, and Therapy* (pp 37-64). Nova Science Publishers Inc., Hauppauge, New York. 978-1-60741-811-5.

11. Flouris A.D. (2008). Fundamental principles governing behavioral thermoregulation. In: Cisneros A.B. and Goins B.L. (Eds.), *Body Temperature Regulation* (pp 1-23). Nova Science Publishers Inc., Hauppauge, New York. ISBN: 978-1-60741-282-3.
12. Flouris A.D. (2008). Effects of secondhand smoke on the thyroid. In: Kuehn F.S. and Lozada M.P. (Eds.), *Thyroid Hormones: Functions, Related Diseases and Uses* (pp 187-197). Nova Science Publishers Inc., Hauppauge, New York. ISBN: 978-1-60741-080-5.
13. Flouris A.D., and Cheung S.S. (2008). Reviewing the functional architecture of the human thermoregulatory system. In: Cisneros A.B. and Goins B.L. (Eds.), *Body Temperature Regulation* (pp 25-64). Nova Science Publishers Inc., New York. ISBN: 978-1-60741-282-3.
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19. Valente A., Jamurtas A.Z., Theodoropoulou E., Vakonaki E., Christakis-Hampsas M., Pantelakos S., Tzatzarakis M., Tsatsakis A., Flouris A.D. (2013). Metabolic and thermoregulatory effects of skin versus diet L-menthol treatment. *Toxicology Letters*; 221S: S179.
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47. Spiropoulos G., Sakellariou G., Flouris A.D., Koutedakis Y. (2005). Longevity is affected by the season of birth: Evidence from Greece. *Exercise and Society: Journal of Sports Science*; 39: 136.
48. Flouris A.D., Carrillo A.E., Metsios G.S., Koutedakis Y. (2003). Enhanced proxy design for the assessment of bioenergetics. *Journal of Science and Medicine in Sport*; 6(4 Suppl): 75.
49. Flouris A.D., Aird J., Inglis G., Klentrou P. (2003). Immune function in relation to psychological stress and physical activity. *British Journal of Sports Medicine*; 37(5): 468.
50. Flouris A.D., Carrillo A.E., Metsios G.S., Koutedakis Y. (2003). Probing the energy equilibrium approach for enhanced proxy design in bioenergetics. *Canadian Journal of Applied Physiology*; 28(5): S53.
51. Tsiotra G., Palmer G., Flouris A.D. (2003). Comparing physiological responses and psychological profiles during single and multi-discipline maximal testing in trained triathletes. *Canadian Journal of Applied Physiology*; 28(5): S110.
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53. Aird J., Flouris A.D., Inglis G., Klentrou P. (2003). Probing the effects of hormonal secretion, psychological stress, and physical activity on immune function. *Canadian Journal of Applied Physiology*; 28(5): S25.
54. Flouris A.D., de Ruiter W., Faught B.E. (2003). Establishing new cut-offs for obesity in Canadian children. *Canadian Journal of Applied Physiology*; 28(5): S54.
55. Flouris A.D., Metsios G.S. (2003). Elite performance in relation to specific cortical stimuli across diverse sporting disciplines. *British Journal of Sports Medicine*; 37(5): 468.
56. Flouris A.D., Faught B.E., Hay J., Vandijk A. (2003). Modeling risk factors for coronary heart disease in children with Developmental Coordination Disorder. *Annals of Epidemiology*; 13(8): 591.
57. Flouris A.D., Metsios G.S., Koutedakis Y. (2003). Attaining energy equilibrium in proxies assessing human bioenergetics. *European Heart Journal*; 24(Suppl.): 183.
58. Flouris A.D., de Ruiter W., Dobbin S., Faught B.E. (2003). Screening for youth obesity: links to premature parental coronary artery disease. *European Heart Journal*; 24(Suppl.): 234.
59. Flouris A.D., Hay J.A., vanDijk A., Tsiotra G., Faught B.E. (2003). Validity of the CSAPPA scale as a diagnostic instrument for Developmental Coordination Disorder: Examining the physical characteristics of clumsy children. *Exercise and Society Journal of Sports Science*; 34(Suppl.): 237.
60. Flouris A.D., Owusu-Ansah M., Faught B.E. (2003). Influence of spatial-temporal neural stimuli on specific performance indices of elite athletes: The Mozart Effect. *Exercise and Society Journal of Sports Science*; 34(Suppl.): 370.
61. Flouris A.D., Koutedakis Y., Tsiotra G. (2003). Design and implementation of a novel field test to predict maximal oxygen intake. *Exercise and Society Journal of Sports Science*; 34(Suppl.): 230.
62. Faught B.E., Hay J.A., Flouris A., Cairney J., Hawes R. (2002). Diagnosing Developmental Coordination Disorder using the CSAPPA Scale. *Canadian Journal of Applied Physiology*; 27: S17.
63. Tsiotra G., Tsimeas P., Flouris A., Tofas T., Theoharis V., Pashalis V., Tsiokanos A., Koutedakis Y. (2001). Physical activity and skinfold thickness as predictors of agility in school-aged children. *Exercise and Society Journal of Sports Science*; 26 (Suppl.): 234.

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65. Flouris A., Tofas T., Tsimeas P., Tsiotra G., Pashalis V., Panagiotou E., Koutedakis Y. (2000). Strength and skill in right and left hand in 12-year old Greek children. *Exercise and Society Journal of Sports Science*; 25(Suppl.): 164.
66. Tofas T., Flouris A., Tsimeas P., Tsiotra G., Panagiotou E., Pashalis V., Jamurtas A.Z, Tsiokanos A., Koutedakis Y. (2000). Aerobic and anaerobic performance differences in 12-year old Greek children. *Exercise and Society Journal of Sports Science*; 25(Suppl.): 8.
67. Valavani M., Tsimeas P., Zikou T., Tofas T., Tsiotra G., Flouris A., Panagiotou E., Koutedakis Y., Tsiokanos A. (2000). The influence of body fat in the level of dexterity in children of urban and rural areas. *Exercise and Society Journal of Sports Science*; 25(Suppl.): 80.
68. Panagiotou E., Koutedakis Y., Tsimeas P., Tsiotra G., Flouris A., Tofas T., Zikou T., Valavani M., Pashalis V., Theoharis V. (2000). The Influence of Organized extra-curriculum sport activity in specific factors of physical condition in school children in Greece. *Exercise and Society Journal of Sports Science*; 25(Suppl.): 227.

REFEREED SCIENTIFIC CONFERENCE PRESENTATIONS

A complete list can be found in the Appendix.

OTHER REFEREED PUBLICATIONS

1. Shumake-Guillemot J., Amir S., (...), Flouris A.D., (...), Zaitchik B. (2020). Technical Brief. Protecting health from hot weather during the COVID-19 pandemic. Global Heat Health Information Network.
2. Flouris A.D. (2009). Biological evidence for the acute health effects of secondhand smoke exposure. Commentary published in Pulmonology section of MDLinx on 22/9/2009 (<https://www.mdlinx.com/PulmonologyLinx/news-article.cfm/2886604>).
3. Flouris A.D. (2009). Developing longitudinal preventive screening cutoffs for metabolic syndrome in children and adolescents. Invited Commentary for the International Atherosclerosis Society. <http://www.athero.org/commentaries/comm870.asp>.

POPULARIZATION PUBLICATIONS

1. Flouris A.D. (2019). Greek scientists studied occupational heat stress in Qatar. Invited commentary published by the Athens News Agency (12/9/2019), appearing subsequently in many newspapers, magazines, and online media.
2. Flouris A.D. (2019). Guidelines for high temperatures by the European Task Force titled “HEAT-SHIELD”. Invited commentary published by the Athens News Agency (3/7/2019), appearing subsequently in many newspapers, magazines, and online media.
3. Flouris A.D. (2019). New technologies can stimulate brown adipose tissue activity to facilitate weight loss. Invited commentary for the CORDIS website of the European Commission; 29/3/2019.
4. Flouris A.D. (2018). The two facets of human fat. Invited commentary for the Sunday issue of the Greek national newspaper To Vima; 4/2/2018.
5. Flouris A.D. (2017). The impact of the Department of Exercise Science on the local economy of Trikala. Invited commentary for the Greek local newspaper Erevna; 20/9/2017.
6. Flouris A.D. (2017). Novel non-invasive techniques to assess the activity of human brown fat. Invited commentary for the Cypriot magazine “Life”; 10/6/2017.

7. Flouris A.D. (2016). The ICI-THROUGH international project aims to create new technologies for brown fat. Invited commentary for the Greek local newspaper Erevna; 2/6/2016, page 9.
8. Flouris A.D. (2016). Pili Highschool organized a seminar on the unfavourable effects of smoking. Invited commentary for the online news portal “Trikala News”; 7/4/2016.
9. Flouris A.D. (2015). Study on the human “brown fat” in Trikala. Invited commentary published by the Athens News Agency (26/10/2015), appearing subsequently in many newspapers, magazines, and online media.
10. Flouris A.D. (2015). Combining archeology and exercise science to address unanswered questions. Invited commentary for the Greek local newspaper Erevna; 24/9/2015, page 12.
11. Flouris A.D. (2015). Syncope – or orthostatic intolerance – and its risk factors. Invited commentary published by the Athens News Agency (23/9/2015), appearing subsequently in many newspapers, magazines, and online media.
12. Flouris A.D. (2014). Misconceptions about cold and its effects on the body. Invited commentary published by the Athens News Agency (3/11/2014), appearing subsequently in many newspapers, magazines, and online media.
13. Flouris A.D. (2014). The future of Greece in Space Physiology. Invited commentary published by the Athens News Agency (16/10/2014), appearing subsequently in many newspapers, magazines, and online media.
14. Flouris A.D. (2013). Effects of exercise on white and brown adipose tissue biology. Invited commentary published by the Athens News Agency (17/9/2013), appearing subsequently in many newspapers, magazines, and online media.
15. Flouris A.D. (2013). Effects of increased ambient temperature on the health of high-risk populations. Invited commentary published by the Athens News Agency (16/5/2013), appearing subsequently in many newspapers, magazines, and online media.
16. Flouris A.D. (2013). Menthol: a secret to increase your metabolic rate. Invited commentary published by the Athens News Agency (23/3/2013), appearing subsequently in many newspapers, magazines, and online media.
17. Flouris A.D. (2012). Collaboration between industry and academia for improving bicycle helmets. Invited commentary for the Greek local newspaper Erevna; 29/11/2012, page 22.
18. Flouris A.D. (2011). The effects of heat on the human body. Invited commentary published by the Athens News Agency (22/2/2011), appearing subsequently in many newspapers, magazines, and online media.
19. Flouris A.D. (2011). Some people are at high risk for fainting. Invited commentary for the Greek local newspaper Erevna; 10/6/2011, page 12.
20. Flouris A.D. (2010). Very limited research conducted in Greece on the impacts of warming. Invited commentary for the Greek local newspaper Erevna; 22/4/2010, page 17.
21. Flouris A.D. (2010). How safe are e-cigarettes. Invited commentary published by the Athens News Agency (20/1/2010), appearing subsequently in many newspapers, magazines, and online media.
22. Flouris A.D. (2010). Passive smoking reduces physical performance. Invited commentary for the Greek local newspaper Erevna; 16/9/2010, page 4. The article appeared also in several other newspapers and magazines including “Kathimerini” and “Men’s Health”.
23. Flouris A.D. (2010). Increasing doubts for electronic cigarettes. Invited commentary published in the Greek national daily newspaper Proto Thema (22/1/2010).
24. Flouris A.D. (2010). Pre-clinical toxicological tests of electronic cigarettes. Invited commentary published in the Greek national daily newspaper Express (20/1/2010).
25. Flouris A.D. (2009). The acute health effects of secondhand smoke necessitate the smoke-free law. Invited commentary published in the Greek national daily newspaper Patris (19/6/2010).

26. Flouris A.D. (2009). The consequences of passive smoking on health. Invited commentary for the Greek local newspaper Erevna; 12/6/09, page 40. The article appeared also in several other newspapers and magazines including “Kathimerini”, “Eleftherotipia”, “Men’s Health”, “Vita”, and “Forma”.
27. Flouris A.D., Koutedakis Y. (2009). One hour of passive smoking causes significant adverse health effects. Invited commentary published in the Greek national daily newspaper Express; 1/6/09.
28. Flouris A.D., Koutedakis Y. (2009). Health consequences of passive smoking. Invited commentary for the Athens News Agency. <http://www.ana-mpa.gr>. Article featured also in: www.in.gr, www.ygeiaonline.gr, www.nonsmoker.blogspot.gr, www.kalimera.gr, www.everything53.blogspot.gr, www.lamiablogs.gr.
29. Flouris A.D. (2003). The deadly addiction to nicotine. Invited commentary published in the Greek newspaper Kathimerini.

RESEARCH RECOGNITION

Invited to act as Chair in the sessions entitled "Heat waves warning system development", "Additional areas where updated evidence on heat and health is needed", and "Conclusions and next steps" at the World Health Organization "Meeting on updating the evidence of the WHO Heat-Health Action Plans guidance". November 21-22, Bonn, Germany.

My PhD student Leonidas Ioannou won the 2nd Best Poster Presentation Award at the 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise for the presentation “Ioannou L.G., Tsoutsoumbi L., Gkiata P., Mantzios K., Flouris A.D. (2018). The science of physics supports exercise physiology: a new software to protect athletes’ health and performance”.

Invited to act as Chair in the session entitled “Physiological and biochemical applications in sports training” held during the 7th Conference of the Hellenic Society of Biochemistry and Physiology of Exercise. October 20-22, 2017, Athens, Greece.

My PhD student Leonidas Ioannou won the 1st Best Oral Presentation Award at the 7th Conference of the Greek Society for Biochemistry and Physiology of Exercise and the 19th International Conference of Physical Education for the presentation “Ioannou L.G., Tsoutsoumbi L., Gkiata P., Flouris A.D. (2017). Effects of sports wear technology during submaximal exercise in a hot environment”.

My PhD student Argyro Krase won the 2nd Best Poster Presentation Award at the 7th Conference of the Greek Society for Biochemistry and Physiology of Exercise and the 19th International Conference of Physical Education for the presentation “Krasi A., Flouris A.D., Tsianas N., Founta P., Patrikalou E., Karatzaferi C.K., Stefanidis I., Sakkas G. (2017). Effects of cold dialysis on insulin resistance in patients with end-stage renal disease”.

My PhD student Lydia Tsoutsoumbi won the 3rd Best Poster Presentation Award at the 7th Conference of the Greek Society for Biochemistry and Physiology of Exercise and the 19th International Conference of Physical Education for the presentation “Tsoutsoumbi L., Ioannou L.G., Nintou E., Gkiata P., Flouris A.D. (2017). Influence of thermal homeostasis on reactive hyperemia”.

My Invited Talks entitled “Heat load limitations under normal and stress conditions” and “Functional architecture of human thermoregulation” at the Workshop on “A closer look at the thresholds of thermal damage” in Istanbul, Turkey, May 26-28 2015, were adopted by the World Health Organization and the International Commission on Non-Ionizing Radiation Protection (ICNIRP) as evidenced in the ICNIRP report entitled “A closer look at the thresholds of thermal damage: workshop report by an ICNIRP task group” [Sienkiewicz et al., Health Physics; 111(3): 300-6] which was published soon after the workshop.

My Doctoral student Mr. Petros Dinas won the 2nd Best Presentation Award at the 5th Conference of the Greek Society for Biochemistry and Physiology of Exercise for the presentation “The effects of physical activity on PGC-

- 1a and FNDC5 in muscle, circulating irisin, and UCP1 of white adipocytes in humans: a systematic review". November 6-7, 2015, Athens, Greece.
- My Doctoral student Ms. Maria Misailidi won the 3rd Best Presentation Award at the 4th Conference of the Greek Society for Biochemistry and Physiology of Exercise for the presentation "Instruments to assess secondhand smoke exposure in large cohorts of never smokers: the smoke scales". October 24-26, 2014, Trikala, Greece.
- Invited to act as Chair in the session "Nutrition and energy metabolism" during the 19th Annual Congress of the European College of Sport Science. July 2-5 2014, Amsterdam, The Netherlands.
- Invited to act as Chair in the session "Exercise, nutrition and metabolism" during the 19th Annual Congress of the European College of Sport Science. July 2-5 2014, Amsterdam, The Netherlands.
- Invited to act as Chair in the session "Chronobiology and exercise" during the 19th Annual Congress of the European College of Sport Science. July 2-5 2014, Amsterdam, The Netherlands.
- Invited to act as Chair in the session "Monitoring physiological responses" during the "Training and Competing in the Heat Conference". March 23-24 2014, Doha, Qatar.
- Invited to act as Chair in the session "Neurophysiological responses during exercise in the heat" during the "Training and Competing in the Heat Conference". March 23-24 2014, Doha, Qatar.
- My Post Doctoral student Dr. Andres Carrillo won the Young Investigator Award at the 15th International Meeting on Fat Soluble Vitamins for the presentation "Vitamin D physiology: Relevance in muscle function and inflammation". March 22-24 2012, Kalabaka, Greece.
- Invited to act as Chair at the Round Table entitled "Oxydative Stress, Exercise, and Health" held during the 3rd Conference of the Hellenic Society of Biochemistry and Physiology of Exercise. November 8-9 2013, Athens, Greece.
- Invited to act as Chair at the session "Methodological aspects of temperature regulation" during the 14th International Conference on Environmental Ergonomics. July 10-15 2011, Nafplio, Greece.
- Invited to act as Chair at the session "Integrated Resources Management I" during the 3rd International Conference on Environmental Management, Engineering, Planning and Economics (CEMEPE 2011) & SECOTOX Conference. June 19-24 2011, Skiathos, Greece.
- My Post Doctoral researcher Dr. Andres Carrillo won the 2011 Best Presentation Award at the 1st Conference of the Greek Society for Biochemistry and Physiology of Exercise and the 19th International Conference of Physical Education for the presentation "Autonomic nervous system activity during syncope in the heat stressed human" by Carrillo A.E., and Flouris A.D.
- My student Vasilios Christodoulou won the 2011 Entry Scholarship for the Graduate Program of the University of Thessaly Department of Exercise Science, ranking 1st in the applicant list.
- My student Petros Dinas won the 2011 Entry Scholarship for the Graduate Program of the University of Thessaly Department of Exercise Science, ranking 2nd in the applicant list.
- My M.Sc. student Geoff Hartley won the prestigious 2010 American College of Sports Medicine (ACSM) Graduate Student Research Award offered by ACSM's Environmental Physiology Interest Group for the presentation "The effect of a secret manipulation of ambient temperature on heat storage and voluntary exercise intensity" by Hartley G.L., Flouris A.D., McGarr G.W., Pyley M.J., and Cheung S.S.
- Invited to participate in the 'Exertional Heatstroke Consensus Conference' organized by the University of Cape Town to provide a consensus paper on the potential causes and/or contributing factors associated with development of exertional heatstroke, the appropriate management of the condition as well as future considerations. March 25-26 2010, Cape Town, South Africa.

PUBLICITY

Interviewed by “The Peninsula” and “Qatar Tribune” about the effects of workplace heat exposure on the health and productivity of workers as well as about the study in Qatar workplaces funded by the International Labour Organization. The articles entitled “Heat stress research to benefit workers and companies in Qatar” and “MADLSA study to assess impact of occupational heat stress on workers” appeared on July 25 2019.

Interviewed by Theodora Tsoli from the Greek Newspaper “To Vima” about the effects of workplace heat exposure on the health and productivity of workers as well as about the HEAT-SHIELD project. The article entitled “Jobs for...baking!” appeared on July 21st 2018.

Interviewed by Theodora Tsoli from the Greek Newspaper “To Vima” regarding the effects of brown fat on metabolism, health, and obesity as well as the results of the EU-funded ICI-THROUGH project. The article entitled “The battle between the good and bad (fat)” appeared on February 4th 2018 (pp. 15-17).

Interviewed by Mary Mpimpi from the in.gr news network on January 25th 2018 regarding the effects of thermoregulation and exercise-induced heat on multiple sclerosis patients. The video interview is available at <http://health.in.gr/news/scienceprogress/article/?aid=1500194464>.

Interviewed by Lenia Karatzia from Life magazine published in Cyprus on July 18th 2017 regarding the links between obesity, metabolic function, and brown adipose tissue as well as the results of the EU-funded ICI-THROUGH project. The article entitled “Metabolism and brown fat” appeared on July 30th 2017 (pp. 10-11).

Interviewed by Marni Hatzimmanouil from the Thessaloniki Municipality Radio Station “100.6” on March 27th 2017 regarding space research and the technologies used to sustain life in space. The interview was part of the daily show “With the school bag on our shoulders”.

Interviewed by Marni Hatzimmanouil from the Thessaloniki Municipality Radio Station “100.6” on March 20th 2017 regarding the effects of workplace heat on the health and productivity of workers. The interview was part of the daily show “With the school bag on our shoulders”.

Interviewed by Persa Siasou from the Cyprus nation-wide broadcasting TV channel “MEGA Channel” on July 15, 2016, about the effects of workplace heat exposure on the health and productivity of workers as well as about the HEAT-SHIELD project. The interview took place during the daily show “Update Now”.

Interviewed by Fey Mavragani from the Greek nation-wide broadcasting TV channel “Channel E” on October 18th 2014 regarding space medicine and physiology and the future of Greece in these fields. The interview took place during the weekend show “Now...everything that happens”.

Interviewed by Popi Tsapanidou from the Greek nation-wide broadcasting TV channel “Star Channel” on October 17th 2014 regarding space medicine and physiology and the future of Greece in these fields. The interview took place during the daily show “Live U”.

Interviewed by Lise Brix from the Danish news website Videnskab.dk, the largest popular science news site in Denmark (>400.000 unique readers/month) regarding the health effects of electronic cigarettes. The article entitled “Are e-cigarettes harmful?” appeared on January 14 2014.

Interviewed by Aspasia Daskalopoulou from the Greek Newspaper “Kathimerini” regarding the effect of cold winter temperatures on mortality and the potential involvement of brown adipose tissue. The article entitled “Cold temperatures increase the incidence of heart attacks” appeared on December 22 2013 (pp. 28).

Interviewed by Fey Mavragani from the Greek nation-wide broadcasting TV channel “Channel E” on November 29th 2013 regarding brown fat and its importance for metabolism and health. The interview took place during the daily show “Face to Face”.

Interviewed by Theodora Tsoli from the Greek Newspaper “To Vima” regarding the effect of environmental factors on health and performance. The article entitled “Excessive exercise is detrimental for health” appeared on July 1st 2012 (pp. 24-26).

Alpha TV News Story on May 5th 2011 entitled “Exercise against depression” about my review article “Effects of exercise and physical activity on depression” published in the Irish Journal of Medical Science.

Interviewed by Apostolos Zois from the Athens News Agency and the newspaper Erevna on May 1st 2011 regarding the beneficial effects of exercise in individuals suffering from depression. The article appeared on May 4th in the Athens News Agency and the Erevna newspaper.

Interviewed by Apostolos Zois from the Athens News Agency and the newspaper Erevna on February 23rd 2011 regarding the health and performance effects of exercising in hot environments as well as the activities of FAME Lab. The article appeared on February 24th in the Athens News Agency and the Erevna newspaper.

Interviewed by Ryan Taplin from CBC News regarding the effects of hypothermia on human health. The story, entitled “Hypothermia: a killing cold”, was broadcasted by the Canadian Broadcasting Corporation (CBC) News, Canada on January 18th 2011.

Interviewed by Douglas Main from the online science website Scienceline (www.scienceline.org) on November 24th 2010 regarding how the human body regulates heat and what causes differences between people, with a particular emphasis on new findings. The article was published online in December 2010.

Interviewed by Apostolos Zois from the Athens News Agency and the newspaper Erevna on September 14th 2010 regarding the effects of passive smoking on human health and performance. The article appeared on September 16th in Erevna newspaper.

Interviewed by Rachel Grice from the US magazine Men’s Health on August 4th 2010 regarding the health and exercise performance effects of secondhand smoke exposure. The article appeared on the October issue of the magazine.

Interviewed by Maria Papadodimitraki from the Greek magazine Vita on June 26th 2010 regarding the health effects of environmental heat. The article appeared in the August 2010 issue of the magazine (pp. 56-59).

Interviewed by Apostolos Zois from the Athens News Agency on January 19th 2010 regarding the health effects of electronic cigarettes and the policy currently formulated for them.

Interviewed by Michelle Roberts from BBC News on January 19th 2010 regarding the health effects of electronic cigarette use.

Interviewed by Melina Tseliou from the Greek nation-wide broadcasting TV channel “SKAI” on January 20th 2010 regarding the safety of electronic cigarettes. The interview was featured in the evening news.

Interviewed by David Tomchak from BBC News Radio Channel 4 on January 19th 2010 with regards to the health effects of electronic cigarette smoking. The interview was featured in the morning news on January 20th.

Interviewed by Elena Mpregianni from Athens 984 Radio on January 21st 2010 regarding the safety of electronic cigarettes. The interview was featured in the evening news.

Interviewed by Apostolos Zois from the Athens News Agency on January 21st 2010 regarding performing exercise in hot environments and the potential of exercise induced heat stress.

Interviewed by Andrea Six from the Swiss newspaper "NZZ am Sonntag" about the effects of passive smoking. Article title “The ailment of men” published on September 20th 2009.

Interviewed by Olga Tremi of MEGA Channel on May 28th 2009 during the Sunday evening news regarding the unfavorable acute health effects of passive smoking.

Interviewed by Constantine Argyrousis from Radio Zygos on June 16th 2009 regarding the unfavorable health effects of passive smoking.

Interviewed by Ryan Taplin from the Canadian Press on December 5th 2008. Article title: Hypothermia: more than just chilled to the bone. Interview published in Canadian Broadcasting Corporation (CBC) News, Canada on January 13th 2009.

Interviewed by Gregory Mone from the US magazine Popular Science on May 8th 2007. Article title: Can China clean up its act in time for the Olympics? Interview published in June 2007.

Interviewed by Anne-Marie Tobin from the Canadian Press on February 2nd 2007. Article title: Hypothermia : How to help someone before the ambulance arrives. The Toronto Star; Page: B02.

Interviewed by Anne-Marie Tobin from the Canadian Press on January 23rd 2007. Article title: Many myths cloud treatment of cold exposure: Researchers dunk themselves in ice water to discover secrets of hypothermia. Edmonton Journal; Page: A13.

Interviewed by Tim Bousquet of the newspaper The Coast on November 23rd 2006. Article title: The 2014 Commonwealth Games venue and atmospheric pollution. The Coast; Page: B03

PERSONAL INFORMATION

Citizenships

Greek, Canadian.

Natural Languages

Greek (native speaker), English (fluent)

Non-Academic Interests

Free diving (Greek National Apnea Team 2014, 2015), snowboarding

APPENDIX

Journal Reviewer Service (IF = impact factor during the year of invitation)

No	IF	Journal	Period	Papers reviewed
1.	59.10	Lancet	2020 – present	1
2.	10.77	Biological Reviews	2017 – present	2
3.	10.68	American Journal of Respiratory and Critical Care Medicine	2008 – present	4
4.	9.41	Proceedings of the National Academy of Sciences of the United States of America	2020 – present	1
5.	7.27	Canadian Medical Association Journal	2008 – present	3
6.	5.95	Ageing Research Reviews	2014 – present	1
7.	5.59	American Journal of Epidemiology	2007 – present	2
8.	5.39	Heart	2010 – present	1
9.	4.76	The Journal of Physiology	2010 – present	2
10.	4.69	Pediatrics	2010 – present	1
11.	4.12	Journal of Pediatrics	2010 – present	2
12.	4.01	Scientific Reports	2020 – present	1
13.	3.85	Tobacco Control	2010 – present	2
14.	3.73	Journal of Applied Physiology	2010 – present	1
15.	3.66	American Journal of Physiology: Regulatory, Integrative and Comparative Physiology	2007 – present	5
16.	3.69	Pflügers Archiv - European Journal of Physiology	2007 – present	2
17.	3.56	International Journal of Obesity	2008 – present	2
18.	3.23	Toxicology Letters	2012 – present	4
19.	3.17	Scandinavian Journal of Medicine and Science in Sports	2014 – present	1
20.	3.16	Psychophysiology	2008 – present	7
21.	3.08	Journal of Science and Medicine in Sport	2007 – present	3
22.	3.04	Environmental Research	2010 – present	1
23.	3.00	Food and Chemical Toxicology	2013 – present	3
24.	2.95	Annals of Epidemiology	2010 – present	1
25.	2.86	Medicine and Science in Sports and Exercise	2008 – present	4
26.	2.56	Physiology and Behavior	2007 – present	6

27.	2.56	Life Sciences	2010 – present	1
28.	2.53	Microcirculation	2011 – present	4
29.	2.53	Journal of Comparative Physiology B	2014 – present	1
30.	2.46	British Journal of Sports Medicine	2007 – present	2
31.	2.40	BMC Pulmonary Medicine	2016 – present	1
32.	2.34	Experimental Physiology	2008 – present	7
33.	2.24	Journal of Experimental Psychology: Applied	2011 – present	1
34.	2.10	Journal of Sports Sciences	2014 – present	2
35.	2.09	Journal of Neuroscience Methods	2010 – present	2
36.	2.03	BMC Public Health	2010 – present	1
37.	2.01	Comprehensive Physiology	2013 – present	2
38.	1.98	Journal of Strength and Conditioning Research	2016 – present	3
39.	1.93	European Journal of Applied Physiology	2009 – present	26
40.	1.87	Applied Ergonomics	2018 – present	1
41.	1.83	Journal of the International Society of Sports Nutrition	2014 – present	2
42.	1.729	American Journal of Industrial Medicine	2018 – present	2
43.	1.71	Pediatric Exercise Science	2013 – present	2
44.	1.59	Applied Physiology, Nutrition and Metabolism	2009 – present	15
45.	1.59	International Journal of Sports Medicine	2010 – present	2
46.	1.51	Journal of Thermal Biology	2016 – present	3
47.	1.48	Ergonomics	2008 – present	4
48.	1.232	Jove-Journal of Visualized Experiments	2018 – present	1
49.	1.15	European Journal of Sport Science	2013 – present	6
50.	1.0	Aviation, Space, and Environmental Medicine	2006 – present	17
51.	NA	Temperature	2014 – present	9
52.	NA	Toxicology Reports	2018 – present	5
53.	NA	BMC Research Notes	2010 – present	1
54.	NA	Recent Patents on Cardiovascular Drug Discovery	2010 – present	1
55.	NA	Indian Journal of Medical Sciences	2008 – present	2
56.	NA	International Journal of Environmental Research and Public Health	2011 – present	2
57.	NA	Journal of Physical Activity and Health	2011 – present	1
58.	NA	Environmental Science and Technology	2010 – present	2

59.	NA	European Physical Education Review	2010 – present	1
60.	NA	African Health Sciences	2011 – present	3
61.	NA	International Journal of Adolescent Medicine and Health	2014 – present	2
62.	NA	Journal of Obesity	2011 – present	1
63.	NA	Biochemistry and Physiology of Exercise	2017 – present	2
64.	NA	World Health Organisation South-East Asia Journal of Public Health	2017 – present	1
			TOTAL	203

Refereed Scientific Conference Presentations

1. Foster J., Smallcombe J., Hodder S., Jay O., Flouris A.D., Havenith G. (2019). Impact of solar radiation on physical work capacity during heat stress in humans. Extreme Environmental Physiology: Life at the Limits. 2-4 September, Portsmouth, UK; p 39.
2. Apostolou G., Kaltsatou A., Flouris A.D. (2019). Acute effects of cooling therapy on functional ability and quality of life in patients with multiple sclerosis. 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands; p. 38.
3. Kaltsatou A., Flouris A.D., Herry C., Seely A.J.E., Boulay P., Sigal R.J., Poirier M., Notley S.R., Kenny G.P. (2019). Older middle-aged men with type 2 diabetes have impaired cardiac autonomic activity during exercise in the heat. 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands; p. 39.
4. Foster J., Smallcombe J., Hodder S., Jay O., Flouris A.D., Havenith G. (2019). Electric fans and physical work capacity during heat stress: Impact of air temperature, humidity, and clothing. 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands; p. 51.
5. Ioannou L.G., Tsoutsoubi L., Mantzios K., Gkikas G., Agaliotis G., Dallas C.N., Nybo L., Flouris A.D. (2019). Thermophysiological responses and heat-induced labour loss in agriculture. 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands; p. 67.
6. Kaltsatou A., Flouris A.D., Herry C., Notley S.R., Seely A.J.E., Wright Beatty H., Kenny G.P. (2019). Age differences in cardiac autonomic modulation during intermittent exercise in the heat. 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands; p. 98.
7. Poirier M.P., Notley S.R., Friesen B.J., Malcolm J., Sigal R.J., Flouris A.D., Kenny G.P. (2019). Thermal and cardiovascular strain in middle-aged adults with and without type 2 diabetes during a brief exposure to hot-dry heat. 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands; p. 108.
8. Nybo L., Flouris A.D., Morabito M., Messeri A., Casanueva A., Kotlarski S., Spirig C., Schwierz C., Tofttum J., Daanen H., Steenhoff H., Kingma B., Gao C. (2019). Personalized heat warning - alert and advising systems for improved health. 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands; p. 146.
9. Smallcombe J., Foster J., Hodder S., Jay O., Flouris A.D., Havenith G. (2019). Quantifying physical work capacity in the heat: one hour versus full-day heat exposure. 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands; p. 149.
10. Ioannou L.G., Tsoutsoubi L., Mantzios K., Flouris A.D. (2019). A free software to predict heat strain according to the ISO 7933:2018. 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands; p. 172.

11. Dinas P.C., Krase A., Nintou E., Georgakopoulos A., Granzotto M., Metaxas M., Karachaliou E., Rossato M., Vettor R., Georgoulis P., Jamurtas A.Z., Koutsikos J., Athanasiou K., Ioannou L.G., Gkiata P., Carrillo A.E., Koutedakis Y., Metsios G.S., Sotto Mayor T., Chatziioannou S., Flouris A.D. (2019). Human white-fat thermogenic capacity evaluation via experimental and meta-analysis studies. 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands; p. 177.
12. Alves P.G., Vale J.P., Flouris A.D., Sotto Mayor T. (2019). Air conditioning needs of workers in long-haul trucks can be substantially reduced with high-reflectivity paints, enabling important fuel savings in the European transportation sector. 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands; p. 198.
13. Vale J.P., Alves P.G., Flouris A.D., Sotto Mayor T. (2019). High-reflectivity paints reduce air conditioning needs of workers in long-haul trucks during the summer. 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands; p. 200.
14. Morris N.B., Levi M., Morabito M., Messeri A., Ioannou L.G., Flouris A.D., Pogačar T., Kajfež Bogataj L., Nybo L. (2019). Health over wealth: formalised feedback concerning occupational heat stress across multiple European industries. 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands; p. 263.
15. Vliora M., Grillo E., Sakellariou E., Mitola S., Flouris A.D. (2019). Irisin reduces the metabolic rate of beige adipocytes. 9th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 18-20, Thessaloniki, Greece; p: 11.
16. Kapnia A., Tsoutsoubi L., Gkiata P., Ioannou L.G., Koutedakis Y., Gerodimos V., Flouris A.D. (2019). Skin temperature and exercise performance after passive rest in a cool environment. 9th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 18-20, Thessaloniki, Greece; p: 11.
17. Agaliotis G., Ioannou L.G., Tsoutsoubi L., Mantzios K., Gkikas G., Dallas C.N., Nybo L., Flouris A.D. (2019). Loss of productivity and thermophysiological responses in agriculture under the heat. 9th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 18-20, Thessaloniki, Greece; p: 12.
18. Dinas P.C., Krase A., Nintou E., Georgakopoulos A., Granzotto M., Metaxas M., Karachaliou E., Rossato M., Vettor R., Georgoulis P., Jamurtas A.Z., Koutsikos J., Athanasiou K., Ioannou L.G., Gkiata P., Carrillo A.E., Koutedakis Y., Metsios G.S., Sotto Mayor T., Chatziioannou S., Flouris A.D. (2019). Thermogenic capacity of human white fat: the actual picture. 9th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 18-20, Thessaloniki, Greece; p: 13.
19. Pravednikova A. E., Witkowicz A., Vliora M., Nintou E., Sakellariou P., Gkiata P., Barmpe E., Bargiota A., Bell A., Vernail V., Kerchev V. V., Schirtladze M. R., Larina S. N., Bogdanski P., Szulinska M., Ruchała M., Czepczynski R., Kowalska A., Karabon L., Shidlovskii Y. V., Flouris A. D. (2019). Potential role of UCP1 gene variants in cardiometabolic disease development. 44th Congress of the Federation of European Biochemistry Society (FEBS). 6-11 July, Krakow, Poland; p: 02-008.
20. Dinas P., Georgakopoulos A., Nintou E., Krase A., Metaxas M., Athanasiou K., Koutsikos J., Georgoulis P., Koutedakis Y., Chatziioannou S., Flouris A.D. (2018). Human white adipose tissue activity assessed via positron emission tomography/computed tomography is positively associated with habitual physical activity. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 24.
21. Krase A., Terzis G., Sakkas G., Tsianas N., Liakos D., Flouris A.D. (2018). Changes in vastus lateralis muscle architecture after 7 months of intradialytic exercise training in end stage renal disease patients. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 90.

22. Gkiata P., Friesen B.J., Herry C., Seely A.J.E., Notley S., Kenny G.P., Flouris A.D. (2018). Heart rate variability during treatment delays of 5, 20 and 40 minutes for exertional heat stress when immediate response is impossible. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 100.
23. Nintou E., Dinas P., Phychou D., Granzotto M., Rossato M., Vettor R., Jamurtas A., Koutedakis Y., Metsios G., Flouris A.D. (2018). Associations of fat mass and physical activity with natriuretic peptide receptor a in subcutaneous adipose tissue in healthy men. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 111.
24. Vliora M., Nintou E., Sakellariou P., Gkiata P., Ioannou L. Dinas P., Flouris A.D. (2018). Relationship between the A-3826G polymorphism of the UCP1 gene with physical activity in patients with cardio-metabolic disease. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 28.
25. Ioannou L.G., Tsoutsoumbi L., Gkiata P., Mantzios K., Flouris A.D. (2018). The science of physics supports exercise physiology: a new software to protect athletes' health and performance. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 47.
26. Mantzios K., Ioannou L.G., Flouris A.D. (2018). Development and reliability of a new system for the evaluation of sweat rate. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 40.
27. Tsoutsoubi L., Ioannou L.G., Vliora M., Dallas C.N., Mantzios K., Gkiata P., Nintou E., Amorim T., Sfakianakis K., Dolapsaki E., Kidonaki E., Flouris A.D. (2018). Occupational heat stress and strain in the tourism industry. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 79.
28. Dallas K., Ioannou L.G., Nintou E., Dinas P., Koutedakis Y., Flouris A.D. (2018). Impact of idleness on esophageal and muscle temperature following a standard warmup protocol. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 97.
29. Misailidi M., Papakonstantinou C., Koutedakis Y., Flouris A.D. (2018). Impact of precooling on thermoregulatory and performance indices in adolescent tennis athletes under high heat stress conditions. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 36.
30. Gkiata P., Flouris A.D., Friesen B.J., Herry C., Seely A.J.E., Notley S., Kenny G.P. (2018). Heart rate variability dynamics during treatment for exertional heat stress when immediate response is not possible. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 89.
31. Carrillo A.E., Herry C., Poirier M., Friesen B., Notley S., Flouris A.D., Seely A.J.E., Kenny G.P. (2018). Sensitivity of heart rate variability in older adults is improved following a summer in a humid continental climate. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 96.
32. Flouris A.D. (2018). Impacts of occupational heat strain on health and productivity. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 103.
33. Foster J., Smallcombe J., Hodder S., Jay O., Flouris A.D., Griggs K., Dorman L. (2018). Assessing physical work capacity and performance loss during heat stress using a cardiovascular strain limit model. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 104.
34. Morris N., Jay O., Flouris A.D., Kjellstrom T., Casanueva A., Gao C., Foster J., Havenith G., Nybo L. (2018). Sustainable solutions to mitigate environmental heat stress – occupational and global health perspectives.

- 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 108.
35. Tsoutsoubi L., Ioannou L.G., Vliora M., Dallas C.N., Mantzios K., Gkiata P., Flouris A.D. (2018). Occupational heat stress and strain in the tourism industry. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 106.
 36. Morabito M., Messeri A., Orlandini S., Kjellstrom T., Flouris A.D. (2018). HEAT-SHIELD tools for short-term warnings and long-term planning: heat-stress protection strategies to reduce the impact on different working environments and activities. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 100.
 37. Piil J.F., Lundbye-Jensen J., Christiannsen L., Ioannou L., Tsoutsoubi L., Dallas C., Mantzios K., Flouris A.D., Nybo L. (2018). High prevalence of hypohydration in occupations with heat stress – perspectives for performance in combined cognitive and motor tasks. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 109.
 38. Ioannou L.G., Tsoutsoubi L., Mantzios K., Gkikas G., Agaliotis G., Koutedakis Y., Samoutis G., Kajfez Bogataj L., Morabito M., Kenny G.K., Havenith G., Gao C., Kjellstrom T., Nybo L., Flouris A.D. (2018). Agricultural heat-induced labour loss: Methodology to quantify and interventions to mitigate the problem. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 105.
 39. Mantzios K., Ioannou L.G., Dallas C.N., Flouris A.D. (2018). Thermal strain during sports of prolonged duration. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 122.
 40. Vliora M., Nintou E., Gkiata P., Barmpa E., Bargiota A., Sakellariou P., Flouris A.D. (2018). The A-3826G polymorphism of the UCP1 gene and the likelihood of cardio-metabolic disease and obesity in Greek individuals. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 154.
 41. Nintou E., Chatziioannou S., Krase A., Georgakopoulos A., Metaxas M., Koutsikos J., Athanasiou K., Georgoulas P., Vliora M., Gkiata P., Koutedakis Y., Dinas P., Flouris A.D. (2018). Association of human brown and white adipose tissue thermogenic activity with daily environmental temperature exposure. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 158.
 42. Poirier M.P., Notley S.R., Gagnon D., McGinn R.R., Friesen B.J., Flouris A.D., Kenny G.P. (2018). Defining acceptable cold-water immersion times for the treatment of exertional hyperthermia when rectal temperature measurements are not available. Experimental Biology. 21-25 April, San Diego, California; p: 362.
 43. Kenny G.P., Flouris A.D., Brosseau L., Dervis S., and Notley S.R. (2018). Characterizing heat stress and strain in electric utility workers by means of a questionnaire. Experimental Biology. 21-25 April, San Diego, California; p: 207.
 44. Casanueva A., Kotlarski S., Spirig Ch., Fischer A.M., Flouris A.D., Kjellstrom T., Lemke B., Nybo L., Schwierz C., Liniger M.A. (2018). Heat stress in a changing climate: a pan-European perspective. 7th International Conference on the Physiology and Pharmacology of Temperature Regulation. 7-12 October, Split, Croatia.
 45. Casanueva A., Kotlarski S., Fischer A.M., Flouris A.D., Kjellstrom T., Lemke B., Nybo L., Schwierz C., Liniger M.A. (2018). Climate change projections of heat stress in Europe and impacts on labour productivity. European Conference for Applied Meteorology and Climatology. 3-7 September, Budapest, Hungary.
 46. Asimoglou P., Petmezas S., Flouris A.D. (2017). Analysis of the Trojan war combat fighting. International Congress on Soldiers' Physical Performance. 28 November - 1 December, Melbourne, Australia; p: 61.

47. Petmezas S., Asimoglou P., Koutedakis Y., Fatouros I., Giakas G., Jamurtas A.Z., Wardle K., Wardle D., Flouris A.D. (2017). International Congress on Soldiers' Physical Performance. 28 November - 1 December, Melbourne, Australia; pp: 151–152.
48. Ioannou L.G., Tsoutsoubi L., Samoutis G., Bogataj L.K., Kenny G.P., Nybo L., Kjellstrom T., Flouris A.D. (2017). Time-motion analyses as a novel approach for evaluating the impact of environmental heat exposure on labor loss in agriculture workers. 17th International Conference on Environmental Ergonomics. November 12 – 18, Kobe, Japan; p: 184.
49. Vliora M., Dinas P.C., Ioannou L.G., Nintou E., Granzotto M., Rossato M., Vettor R., Jamurtas A.Z., Koutedakis Y., Metsios G.S., Flouris A.D. (2017). Seasonal changes in environmental temperature increase UCP1 in subcutaneous white adipocytes. 17th International Conference on Environmental Ergonomics. November 12 – 18, Kobe, Japan; p: 149.
50. Ioannou L.G., Tsoutsoubi L., Giorkas V., Spiropoulos G., Nybo L., Flouris A.D. (2017). Physical demands and hydration status of grape-picking workers in Europe. 17th International Conference on Environmental Ergonomics. November 12 – 18, Kobe, Japan; p: 107.
51. Amorim T., Ioannou L.G., Samoutis G., Flouris A.D. (2017). Incidence of heat waves in Cyprus and its association with mortality. 17th International Conference on Environmental Ergonomics. November 12 – 18, Kobe, Japan; p: 104.
52. Tsoutsoubi L., Ioannou L.G., Nintou E., Gkiata P., Cheung S.S., Flouris A.D. (2017). Influence of thermal balance on reactive hyperaemia. 17th International Conference on Environmental Ergonomics. November 12 – 18, Kobe, Japan; p: 103.
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240. Hay J., Cairney J., Flouris A.D., Faught B. (2005). The effect of diagnosis on self-efficacy and physical activity among children with motor incoordination. 6th International Conference on Children with Developmental Coordination Disorder; Trieste, Italy.
241. Cairney J., Faught B., Flouris A.D., Hay J. (2005). Gender and the impact of Developmental Coordination Disorder on physical activity in children. 6th International Conference on Children with Developmental Coordination Disorder; Trieste, Italy.
242. Faught B.E., Hay J., Flouris A.D., Cairney J. (2005). Screening for Developmental Coordination Disorder in a cohort of Canadian children. 6th International Conference on Children with Developmental Coordination Disorder; Trieste, Italy.
243. Faught B.E., Hay J., Cairney J., Flouris A.D. (2004). Coronary vascular disease in children with developmental coordination disorder. 7th Annual Meeting of the North American Federation of Adapted Physical Activity; Thunder Bay, Ontario, Canada.
244. Flouris A.D., Mandilas N., Liontou D. (2004). Atmospheric pollution during the Games of the 28th Olympiad: Effects on exercise performance. Meeting of the Working Group on Epidemiology and Prevention; Elsinore, Denmark.
245. Faught B.E., MacPherson L.L., Hay J.A., Flouris A.D. (2004). Screening for Obesity in Children using Body Mass Index: ROC Curve Analysis. Meeting of the North American Society for Pediatric Medicine; New Brunswick, Canada.
246. Klentrou P., Flouris A.D., Michael Plyley. (2004). Pubertal maturation, hormonal levels, and body composition in Canadian male and female gymnasts. Pre-Olympic Congress of the International Olympic Committee; Thessaloniki, Greece. Conference Proceedings: p.531.
247. Carrillo A.E., Flouris A.D. (2004). The effect of cortical neural stimulation on elite performers. Pre-Olympic Congress of the International Olympic Committee; Thessaloniki, Greece. Conference Proceedings: p.200.
248. Carrillo A.E., Flouris A.D., Metsios G.S., Koutedakis Y. (2004). Examining the relationship between lower limb muscular strength and endurance performance. Pre-Olympic Congress of the International Olympic Committee; Thessaloniki, Greece. Conference Proceedings: pp.469-470.

249. Metsios G.S., Carrillo A.E., Flouris A.D., Koutedakis Y., Stayropoulos A. Famisis K. (2004). Assessing agreement between proxy and laboratory estimates for the determination of bioenergetics. Pre-Olympic Congress of the International Olympic Committee; Thessaloniki, Greece. Conference Proceedings: p.468.
250. Carrillo A.E., Metsios G.S., Flouris A.D., Koutedakis Y., Theodorakis Y. (2004). The effect of performance feedback on predicting maximal oxygen uptake during field testing. Pre-Olympic Congress of the International Olympic Committee; Thessaloniki, Greece. Conference Proceedings: pp. 359-360.
251. Flouris A.D. (2004). Modeling atmospheric pollution during the Games of the XXVIII Olympiad: Effects on elite performers. 9th Annual Congress of the European College of Sports Science; Clermont-Ferrand, France. Conference Proceedings: p. 227.
252. MacPherson, L.L., Faught, B.E., Hay, J., Flouris A. (2004). Screening for obesity in children using body mass index: ROC Curve Analysis. Annual Meeting of the Canadian Society for Epidemiology and Biostatistics; Ottawa, Canada.
253. Metsios G.S., Flouris A.D., Koutedakis Y., Abrazi C., Stayropoulos A. (2004). Effects of simulation of mechanical motion on the predictive efficacy of selected cardiorespiratory fitness field tests. 9th Annual Congress of the European College of Sports Science; Clermont-Ferrand, France. Conference Proceedings: p. 313.
254. Carrillo A., Flouris A.D., Metsios Giorgos S., Koutedakis Y., Klentrou P. (2004). Effects of increased muscular strength on performance during cardiorespiratory fitness tests in laboratory and field settings. 9th Annual Congress of the European College of Sports Science; Clermont-Ferrand, France. Conference Proceedings: p. 24.
255. Bouziotas C., Koutedakis Y., Flouris A.D., Panakakis Y., Christodoulos A. (2004). Activity, aerobic fitness, energy intake, and adiposity changes in a longitudinal study of adolescent children. 9th Annual Congress of the European College of Sports Science; Clermont-Ferrand, France. Conference Proceedings: p. 266.
256. Metsios G.S., Flouris A.D., Koutedakis Y., Theodorakis Y. (2004). The impact of performance feedback in predicting maximal oxygen uptake. 9th Annual Congress of the European College of Sports Science; Clermont-Ferrand, France. Conference Proceedings: p. 312.
257. Carrillo A.E., Flouris A.D., Metsios G.S., Koutedakis Y. (2004). Impact of muscular strength on endurance performance. Conference of the Sports Medicine Section of the Ontario Medical Association; Toronto, Ontario, Canada. Conference Proceedings: pp.15-16.
258. Flouris A.D., Carrillo A.E., Metsios G.S., Koutedakis Y. (2003). Probing the energy equilibrium approach for enhanced proxy design in bioenergetics. Annual Conference of the Canadian Society of Exercise Physiology; St. Catharines, Ontario, Canada.
259. Tsiotra G., Palmer G., Flouris A.D. (2003). Comparing physiological responses and psychological profiles during single and multi-discipline maximal testing in trained triathletes. Annual Conference of the Canadian Society of Exercise Physiology; St. Catharines, Ontario, Canada.
260. Aird J., Flouris A.D., Inglis G., Klentrou P. (2003). Probing the effects of hormonal secretion, psychological stress, and physical activity on immune function. Annual Conference of the Canadian Society of Exercise Physiology; St. Catharines, Ontario, Canada.
261. Flouris A.D., de Ruiter W., Faught B.E. (2003). Establishing new cut-offs for obesity in Canadian children. Annual Conference of the Canadian Society of Exercise Physiology; St. Catharines, Ontario, Canada.
262. Flouris A.D., Carrillo A.E., Metsios G.S., Koutedakis Y. (2003). Enhanced proxy design for the assessment of bioenergetics. Australian Conference of Science and Medicine in Sport; Canberra, Australia.
263. Flouris A.D., Metsios G.S. (2003). Elite performance in relation to specific cortical stimuli across diverse sporting disciplines. Joint Conference of the British Association of Sport and Exercise Sciences and the British Association of Sport and Exercise Medicine; Sheffield, UK.

264. Flouris A.D., Bouziotas C., Faught B.E., Koutedakis Y., Dobbin S. (2003). Risk factor profiles of coronary heart disease in peri-adolescent youth in Canada and Greece. Joint Conference of the British Association of Sport and Exercise Sciences and the British Association of Sport and Exercise Medicine; Sheffield, UK.
265. Flouris A.D., Aird J., Inglis G., Klentrou P. (2003). Immune function in relation to psychological stress and physical activity. Joint Conference of the British Association of Sport and Exercise Sciences and the British Association of Sport and Exercise Medicine; Sheffield, UK.
266. Flouris A.D., Faught B.E., Hay J., vanDijk A. (2003). Modeling risk factors for coronary heart disease in children with Developmental Coordination Disorder. Annual Meeting of the American College of Epidemiology; Chicago, Illinois, USA.
267. Flouris A.D., Metsios G.S., Koutedakis Y. (2003). Attaining energy equilibrium in proxies assessing human bioenergetics. 25th Annual Congress of the European Society of Cardiology; Vienna, Austria.
268. Flouris A.D., de Ruiter W., Dobbin S., Faught B.E. (2003). Screening for youth obesity: links to premature parental coronary artery disease. 25th Annual Congress of the European Society of Cardiology; Vienna, Austria.
269. Flouris A.D., Owusu-Ansah M. (2003). Cortical neural stimuli and elite performance across diverse sporting disciplines. 8th Annual Congress of the European College of Sports Science; Salzburg, Austria. Conference Proceedings: p. 474.
270. Flouris A.D., Cieslak T., Frost G., Hay J., Klentrou P. (2003). Immune function and physical activity in children. 8th Annual Congress of the European College of Sports Science; Salzburg, Austria. Conference Proceedings: pp. 99-100.
271. Flouris A.D., Metsios G.S., Koutedakis Y., Famisis K., Geladas N. (2003). Evaluation of human bioenergetics during different exercise protocols. A new approach towards designing proxies. 8th Annual Congress of the European College of Sports Science; Salzburg, Austria. Conference Proceedings: p. 177.
272. Flouris A.D., Gurd B., Klentrou P. (2003). The impact of intense training on physical and hormonal maturation of elite male athletes. 8th Annual Congress of the European College of Sports Science; Salzburg, Austria. Conference Proceedings: p. 261.
273. Aird J., Flouris A.D., Inglis G., Klentrou P. (2003). Impact of physical activity and psychological stress on resting secretory immunity. 8th Annual Congress of the European College of Sports Science; Salzburg, Austria. Conference Proceedings: p. 433.
274. Flouris A.D., Owusu-Ansah M., Faught B.E. (2003). Influence of spatial-temporal neural stimuli on specific performance indices of elite athletes: the Mozart effect. 11th International Congress on Physical Education and Sport; Komotini, Greece
275. Flouris A.D., Hay J.A., vanDijk A., Tsiotra G., Faught B.E. (2003). Validity of the CSAPPA Scale as a diagnostic instrument for Developmental Coordination Disorder: examining the physical characteristics of clumsy children. 11th International Congress on Physical Education and Sport; Komotini, Greece.
276. Flouris A.D., Koutedakis Y., Tsiotra G. (2003). Design and implementation of a novel field test to predict maximal oxygen uptake. 11th International Congress on Physical Education and Sport; Komotini, Greece.
277. Hay J.A., Cairney J., Faught B.E., Flouris A.D. (2003). The contribution of clumsiness to risk factors of coronary vascular disease in children. 22nd Pediatric Work Physiology Meeting; Porto, Portugal.
278. Flouris A.D., Owusu-Ansah M. (2003). Effects of a spatial-temporal neural stimulus on specific aspects of performance in soccer. Meeting of the European Federation of Sport Psychology; Copenhagen, Denmark. Conference Proceedings: p. 59.

279. Faught, B.E., Hay, J.A., Flouris, A., Cairney, J. and Hawes, R. (2002). Diagnosing Developmental Coordination Disorder using the CSAPPA Scale. Annual Conference of the Canadian Society of Exercise Physiology; St. John's, Newfoundland, Canada.
280. Parasiris G., Flouris A.D., Tsiotra G., Soulas D., Koutedakis Y. (2001) Variation of the 20m Shuttle Run Test; the effects in performance and the estimation of maximal oxygen uptake. 2nd International Conference for Sport during Childhood and Peri – adolescence; Thessaloniki, Greece.
281. Tsiotra G., Tsimeas P., Flouris A.D., Tofas T., Theoharis V., Pashalis V., Tsiokanos A., Koutedakis Y. (2001). The physical activity and the skinfold thickness as predictors of agility in school-aged children. 9th International Congress on Physical Education and Sport; Komotini, Greece.
282. Tofas T., Tsimeas P., Tsiotra G., Flouris A.D., Koutedakis Y. (2001). Association between breast-feeding and body mass index in 12-year old Greek children. 9th International Congress on Physical Education and Sport; Komotini, Greece.
283. Flouris A.D., Tofas T., Tsimeas P., Tsiotra G., Pashalis V., Panagiotou E., Koutedakis Y. (2000). Strength and skill in right and left hand in 12-year old Greek children. 8th International Congress on Physical Education and Sport; Komotini, Greece.
284. Tofas T., Flouris A.D., Tsimeas P., Tsiotra G., Panagiotou E., Pashalis V., Jamurtas A.Z, Tsiokanos A., Koutedakis Y. (2000). Aerobic and anaerobic performance differences in 12-year old Greek children. 8th International Congress on Physical Education and Sport; Komotini, Greece.
285. Valavani M., Tsimeas P., Zikou T., Tofas T., Tsiotra G., Flouris A.D., Panagiotou E., Koutedakis Y., Tsiokanos A. (2000). The influence of body fat in the level of dexterity in children of urban and rural areas. 8th International Congress on Physical Education and Sport; Komotini, Greece.
286. Panagiotou E., Koutedakis Y., Tsimeas P., Tsiotra G., Flouris A.D., Tofas T., Zikou T., Valavani M., Pashalis V., Theoharis V. (2000). The influence of organized extra-curriculum sport activity in specific factors of physical condition in school children in Greece. 8th International Congress on Physical Education and Sport; Komotini, Greece.
287. Zikou T., Tsimeas P., Valavani M., Tofas T., Tsiotra G., Flouris A.D., Panagiotou E., Koutedakis Y. (2000). The influence of body fat in the level of agility in children of urban and rural Areas. 8th International Congress on Physical Education and Sport; Komotini, Greece.

Awards/Fellowships/Scholarships (total: €142,626)

- 2014 Distinguished Visiting Researcher by the Office of International Research at the University of Ottawa, Canada.
- 2007-2009 PDF Fellowship for Post-Doctoral Fellows by the Natural Science and Engineering Research Council (NSERC) of Canada.
- 2007 Exploring the fundamental mechanisms of human thermoregulation. Internal research award. Dalhousie University.
- 2007 Best Graduate Student Presentation Award of the 5th Annual Conference of the Atlantic Provinces Exercise Scientists held in Antigonish, Nova Scotia, Canada, for the presentation entitled “Influence of thermal body state on acute oscillations in peripheral blood flow”.

- 2006 Best Presentation Award of the 5th Annual Meeting at the Crossroads held in Halifax, NS, Canada, for the presentation entitled "Endothermic cold-induced vasodilation is a reflex mechanism regulating body heat content".
- 2006 Graduate Scholarship offered by the School of Health and Human Performance at Dalhousie University in support of Interdisciplinary PhD students with outstanding academic achievements.
- 2006 Research Capacity Award offered by the Nova Scotia Health Research Foundation to researchers who demonstrate outstanding contributions to research for the project entitled: "Endothermic cold-induced vasodilation is a reflex mechanism regulating body heat content".
- 2005 Development Scholarship by the Canadian Space Agency to attend the 2005 Summer Session Program of the International Space University held in Vancouver, B.C., Canada.
- 2005-2008 Post Graduate Supplement Scholarship to NSERC PGS D3 scholarships for doctoral students from the Canadian Space Agency.
- 2005-2008 Post Graduate Scholarship (PGS D3) for doctoral students by the Natural Science and Engineering Research Council (NSERC) of Canada.
- 2004-2005 Dalhousie University Post Graduate Scholarship designed to encourage Dalhousie's excellent doctoral students.
- 2004-2006 Ontario Graduate Scholarship for International Students offered by the Canadian Ministry of Education to encourage excellence in 60 international graduate students in the province of Ontario at the master's and doctoral levels (Declined).
- 2004 Excellence in Research Award offered by Brock University to one graduate student who demonstrates the most significant contributions to research during the year in the entire university.
- 2004 Academic Excellence Scholarship offered by the Hellenic-Canadian Federation of Ontario to 15 graduate students in the province of Ontario who have demonstrated outstanding contribution to the community, excellent academic achievements, and significant contribution to research.
- 2003 Edgar and Irmgard Penner Scholarship offered by Brock University to the international graduate student who has demonstrated outstanding contribution to the student community, the highest academic achievements, and the most significant contribution to research during the year in the entire university.
- 2003-2004 Brock University Graduate Fellowship designed to encourage Brock's excellent M.Sc students.
- 2002-2003 Brock University Graduate Fellowship designed to encourage Brock's excellent M.Sc students.