

# ANDREAS FLOURIS

## PROFESSOR – LAB DIRECTOR

### OVERVIEW

Dr Flouris is a Professor of Physiology at the University of Thessaly Department of Exercise Science, Greece, and a Visiting Professor in the Faculty of Health Sciences at the University of Ottawa, Canada. At the University of Thessaly, he is also the Chair of the Graduate Program “Military Fitness and Wellbeing”. He also serves as an External Advisory Board Member for the Department of Biosystems at KU Leuven in Belgium.

For over 15 years, Prof. Flouris has advised governments and international organizations including the World Health Organization, the International Labour Organization, the World Meteorological Organization, and others on the effects of climate change and environmental factors on health, productivity, impact assessment, and risk communication. He has published widely on these topics and has participated in many national and international projects addressing relevant issues. He is a member of the Advisory Committee on Safety and Health at Work, advising the Council of the European Union and the European Commission on the impacts of environmental factors on safety and health at work. Also, he is a member of the Working Group tasked to develop and test prevention measures to reduce occupational heat stress for the Greek Ministry of Labour, as well as a member of the Climate Change Impacts Study Committee formed by the Bank of Greece to study the impacts of climate change in the Greek economy, and a main author of the final report.

Prof. Flouris imagines a world in which everyone understands how the environment impacts their life and plans their activities and goals in harmony 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.

In 2023, he was included in the TIME100 Next list of future global leaders, and he is currently part of the VinFuture Prize committee. He is a climate action advocate, and he is working with national and international institutions to support climate adaptation and actions for a more sustainable world. He is also contributing to efforts translating scientific evidence to environmental, climate, and health policies. He frequently comments in national and global media, including BBC, CBC, TIME magazine, Financial Times, New York Times, WIRED, El Pais, and the Thomson Reuters Foundation.



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### SCIENTIFIC OUTPUT

	1ST AUTHOR	LAST AUTHOR	TOTAL
POLICY & TECHNICAL REP.	4	1	9
BOOKS	2	0	2
BOOK CHAPTERS	9	2	15
REFEREED PAPERS	63	69	243
INVITED POLICY TALKS	30	0	34
INVITED SCIENCE TALKS	21	1	27
INVITED INDUSTRY TALKS	14	0	14
CONFERENCE PRESENTATIONS	52	137	299

### METRICS

CITATION INDEX	12214
h INDEX	58
TOTAL RESEARCH FUNDING	28.6 M€
JOURNAL PAPERS EVALUATED	232

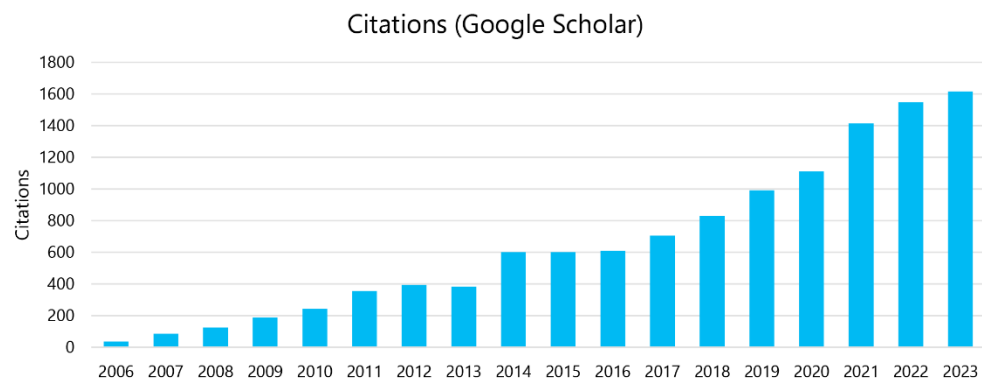
### WORK CONTACT

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Dr Flouris has mentored over 60 postgraduate researchers: 9 post doctoral researchers, 15 PhD students, and 39 MSc students. He takes pride in their successes and strives to offer them continued support throughout their careers. Early on in his career, he was named Academic All-Canadian Mentor in recognition of his positive impact on students excelling in academics and athletics. He also teaches 3 undergraduate courses as well as 9 graduate courses across 3 Departments at University of Thessaly.

His main research interests involve understanding and addressing the environmental drivers of poor outcomes in health, productivity, performance, and quality of life. In support of the scientific community engaged in environmental physiology, he is an Associate Editor in the journals Temperature and Biology.



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## CURRENTLY-HELD POSITIONS

- 2024 - present **Professor** in Physiology with the Department of Physical Education and Sport Science of the University of Thessaly (Greece). Position involves: teaching undergraduate and graduate courses, supervising students of all levels, participation in Departmental and University committees, managing FAME Lab, conducting research, as well as obtaining funding from national and international funding bodies.
- 2012 - present **Visiting Professor** in Environmental Physiology 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.
- 2018 - present **Chair of the Graduate Programme** titled "Military Fitness and Wellbeing" at the Department of Physical Education and Sport Science of the University of Thessaly (Greece).
- 2022 - present **Member** of the Graduate Studies Committee at the University of Thessaly. The Committee is the supreme advisory body for the formulation and implementation of the University's postgraduate studies. The Council is appointed by and reports directly to the University Senate.
- 2022 - present **External Advisory Board Member** for the Department of Biosystems, Faculty of Science, Engineering and Technology, at KU Leuven. The Board provides substantive advice on the Department's policy plan with a focus on the development of ambitious, high-quality research and helps the department build its long-term strategy to keep the quality and visibility of research moving in the right direction.
- 2009 - present **Consultant** with different national and international organisations including the European Council, 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

- 2022 - 2024 **Member** of the Council for Research, Innovation, and Excellence at the University of Thessaly. The Council is the supreme advisory body for the formulation and implementation of the University's policy for research, technology innovation, and excellence. The Council is appointed by and reports directly to the University Rector.
- 2017 - 2023 **Associate Professor** with the Department of Physical Education and Sport Science of the University of Thessaly (Greece). Position involves: teaching undergraduate and graduate courses, supervising students of all levels, participation in Departmental and University committees, managing FAME Lab, conducting research, as well as obtaining funding from national and international funding bodies.
- 2009-2017 **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.

2009-2014 & 2015-2017 **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.

2014-2015 **Assistant 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.

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.

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.

## 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, United Kingdom. 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.

## RECOGNITION

2023 2023 TIME100 Next. TIME Magazine's annual list of 100 individuals around the world who are shaping the future of their fields and defining the next generation of leadership.

2014 Distinguished Visiting Researcher by the Office of International Research at the University of Ottawa, Canada.

2009-2013 Marie Curie Fellowship. Project title "THERMOMICS: Unraveling the functional architecture of the human thermoregulatory system through immunological, circadian and sensory mechanisms: focus on the mature European population". Marie Curie International Reintegration Grants (FP7-PEOPLE-IRG-2008; grant no. 239521).

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.*

**FUNDING HISTORY****Total Funding (total: € 28.64 M)****Project Coordinator (total: € 5.17 M)**

- 2024-2028 ICARUS: Human heat-stress vulnerability and visions for improved health protection and policy. Interdisciplinary Synergy Programme 2023, Novo Nordisk Foundation (Project number: 0084293).
- 2023 Heat and OSH policy brief: best practices in the Arab region and beyond. International Labour Organization; United Nations (Contract Number: 40454682).
- 2023 Exposure to heat stress in the working environment and resulting health impacts: A global research and policy review. International Labour Organization; United Nations (Contract Number: 40433323).
- 2022-2023 Current and future impacts of climate change on health and productivity in Greece. LIFE-IP AdaptinGR - LIFE17 IPC/GR/000006. Bank of Greece, Greece.
- 2022-2023 Development and implementation of the International PhD program "Physical Education, Sport Science and Dietetics". Grant funded by the operational programme "Human Resources Development, Education and Life Lifelong Learning" under the European Social Fund (Contract number: MIS 5153418).
- 2021-2022 Overview of systematic reviews of the effects of exposure to heat on pain, burns, cataract and heat-related illnesses. 2021/1090712-0. World Health Organization.
- 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).
- 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 nutraceuticals 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: € 23.47 M)**

2024-2028 ISMED-CLIM: Innovative solutions across the Mediterranean for mitigation of climate change-related health risks and enhancing health system resilience. European Commission HORIZON-MISS-2023-CLIMA-01-03.

2022-2026 Evaluating pathophysiological mechanisms of acute and chronic heat stress on maternal and fetal health (UNS143256). Call: Biological vulnerability to extreme heat in maternal and child health application. Wellcome Trust, UK.

2023-2025 Investigation of different exercise methods on muscle and cardiovascular function and immune response of healthy and clinical populations (MIS 5162194). Thessaly Regional Operational Programme 2014-2020, Upgrading, supplementing and expanding public research and innovation infrastructures to serve areas of strategic interest in the Region of Thessaly.

2022-2024 ADAPTHEAT. Adaptation to heat and climate change at work. Collective bargaining and social dialogue in Europe to protect workers' health and safety, welfare and productivity against heat and heat waves. European Commission Social Fund+ SOCPL-2021-IND-REL-01.

2016-2021 HEAT-SHIELD: Integrated inter-sector framework to increase the thermal resilience of European workers in the context of global warming. European Commission 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. Thalys Programme: General Secretariat for Research and Technology.
- 2011-2014 Investigation of the functional architecture of the human thermoregulatory system through biochemical indices. Heraklitos 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).

## SCHOLARLY AND PROFESSIONAL ACADEMIC ACTIVITIES

### Working Groups / Societies / Organizations

- 2024-present **Member** of the Advisory Committee on Safety and Health at Work, set up by the Council of the European Union (Council Decision of 22 July 2003) to assist the European Commission in the preparation, implementation and evaluation of activities in the fields of safety and health at work.
- 2022-present **Member** of the Climate Change Impacts Study Committee formed by the Bank of Greece to study the impacts of climate change in the Greek society and economy.
- 2018-present **Member** of the Global Heat Health Information Network, spearheaded by the World Meteorological Organization and the World Health Organization.
- 2018-2022 **Member** of the Working Group tasked to develop and test 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.

2009-  
present **Founding Member** of the Greek Society for Exercise Biochemistry and Physiology.

### **External Evaluator for Funding Proposals**

2023 **Consultant Proposal Evaluator** for the European Research Council for the Call ERC-2023-ADG: Advanced Grants.

2023 **Consultant Proposal Evaluator** for the Innovative Health Initiative Joint Undertaking for the Call HORIZON-JU-IHI-2023-04-04 two-stage: Patient-centric blood sample collection to enable decentralised clinical trials and improve access to healthcare.

2023 **Consultant Proposal Evaluator** for the European Education and Culture Executive Agency for the Call ERASMUS-SPORT-2023: Small scale partnerships (SSCP).

2023 **Consultant Proposal Evaluator** for the Innovative Health Initiative Joint Undertaking for the Call HORIZON-JU-IHI-2022-03-01: Screening platform and biomarkers for prediction and prevention of diseases of unmet public health need.

2023 **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: Development of a program to attract highly specialised human resources from abroad in research, development and innovation activities.

2023 **Consultant Proposal Evaluator** for the Innovative Health Initiative Joint Undertaking for the Call IHI-2022-02-02: Cardiovascular diseases - Improved prediction, prevention, diagnosis and monitoring.

2022 **Consultant Proposal Evaluator** for the Innovative Health Initiative Joint Undertaking for the Call IHI-2022-02-01: Cardiovascular diseases - Improved prediction, prevention, diagnosis and monitoring.

2022 **Consultant Proposal Evaluator** for the European Commission for the Horizon Europe Call HORIZON-HLTH-2022-TOOL-11-01: Optimising effectiveness in patients of existing prescription drugs for major diseases (except cancer) with the use of biomarkers.

2022 **Consultant Proposal Evaluator** for the Canadian Foundation for Innovation for the John R. Evans Leaders Fund.

2021 **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: Exploratory Research Projects.

2021 **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.

- 2021 **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.
- 2021 **Consultant Proposal Evaluator** for the Slovenian Research Agency for the Call: Research Programmes 2021.
- 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: Exploratory Research Projects.
- 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 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: 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 Projects – 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.

### **Journal Editor Service**

- 2022-present Associate Editor with the journal Biology, published by MDPI AG, St. Alban-Anlage 66, 4052, Basel, Switzerland. This post included a Special Issue titled "Effects of Environmental Factors on Human Health and Performance" compiled during 2022-2023.
- 2014-present Associate Editor with the journal Temperature, published by Taylor & Francis Group, 2&4 Park Square, Milton Park, Abingdon, OX14 4RN, UK.
- 2013-2021 Associate Editor (COPD and occupational lung disease) with the journal 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-present Reviewer for a large number of papers published across many scientific Journals. A detailed list is provided in the Appendix.

### **Participation in International Conference Scientific Committees**

- 2023 Scientific Committee Member for the 11<sup>th</sup> Conference of the Greek Society of Biochemistry and Physiology of Exercise. October 19-22, Athens, Greece.
- 2022 Scientific Committee Member for the 10<sup>th</sup> Conference of the Greek Society of Biochemistry and Physiology of Exercise. October 21-23, Athens, Greece.

- 2021 Scientific Committee Member for the Conseil International du Sport Militaire (CISM) International Symposium. November 4-6, Ancient Olympia, Greece.
- 2019 Scientific Committee Member for the 9<sup>th</sup> Conference of the Greek Society of Biochemistry and Physiology of Exercise. October 18-20, Thessaloniki, Greece.
- 2018 Scientific Committee Member for the 8<sup>th</sup> Conference of the Greek Society of Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece.
- 2018 Scientific Committee Member for the 7<sup>th</sup> International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia.
- 2017 Chair of the Scientific Committee for the 7<sup>th</sup> Conference of the Greek Society of Biochemistry and Physiology of Exercise. October 20-22, Athens, Greece.
- 2016 Scientific Committee Member for the 6<sup>th</sup> Conference of the Greek Society of Biochemistry and Physiology of Exercise. November 4-7, Athens, Greece.
- 2015 Scientific Committee Member for the 5<sup>th</sup> Conference of the Greek Society of Biochemistry and Physiology of Exercise. November 6-7, Athens, Greece.
- 2014 Scientific Committee Member for the 4<sup>th</sup> Conference of the Greek Society of Biochemistry and Physiology of Exercise. October 24-26, Trikala, Greece.
- 2013 Scientific Committee Member for the 3<sup>rd</sup> Conference of the Hellenic Society of Biochemistry and Physiology of Exercise. November 8-9, Athens, Greece.
- 2011-2012 Scientific Committee Member for the 1<sup>st</sup> Environmental Conference of Thessaly. September 8-10, Skiathos, Greece.
- 2011 Scientific Committee Member for the 14<sup>th</sup> International Conference on Environmental Ergonomics. July 10-15, Nafplio, Greece.

### **Organisation of Symposia, Workshops, and Round Tables**

- 2023 Organization and Chairing of the Symposium entitled " Our precarious planet: climate change and OSH" during the 23<sup>rd</sup> World Congress on Safety and Health at Work. November 27-30, Sydney, Australia.
- 2021 Organisation of a Round Table entitled "Warrior fitness through the ages" held during the Conseil International du Sport Militaire (CISM) International Symposium. November 4-6, Ancient Olympia, Greece.
- 2017 Organisation of a Workshop entitled "Assessment of heart rate variability at rest and during exercise" during the 7<sup>th</sup> 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 6<sup>th</sup> 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 6<sup>th</sup> 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 4<sup>th</sup> 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 4<sup>th</sup> Conference of the Greek Society of Biochemistry and Physiology of Exercise held in Trikala, Greece, on October 24-26, 2014.
- 2014 Organisation of a Workshop entitled "Links between thermogenesis and cardio-metabolic disease" held on June 23, 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.

### **Participation in Selection, Ranking, and Promotion Committees**

- 2021-2022 Member of the Search and Evaluation Committee for a Professor position in environmental control engineering for human health, at the Department of Biosystems, Faculty of Bioscience Engineering, KU Leuven.
- 2019-present Member in the Ranking and Promotion Committees for 18 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. (2024). The role of heat stress in non-communicable diseases. Invited talk at the "Research Perspectives on the Health Impacts of Climate Change: High Level Conference" organized by the Directorate General for Research and Innovation of the European Commission (DG RTD). February 19-20, Brussels, Belgium.
2. Flouris A.D. (2024). An EU binding tool on maximum workplace heat stress levels and extreme weather events. Invited talk at the Just Transition Interim Conference of the European Federation of Food, Agriculture, and Tourism Trade Unions. February 8, Brussels, Belgium.
3. Flouris A.D. (2024). Climate change and human societies. Invited talk at the conference "Thessaly Region after the Daniel storm: a holistic approach to rebuilding Thessaly Valley" organized by the Trikala Philosophical Society. January 27-28, Trikala, Greece.
4. Flouris A.D. (2023). Impacts of climate change on occupational health and safety. Invited talk during the 23<sup>rd</sup> World Congress on Safety and Health at Work. November 27-30, Sydney, Australia.
5. Flouris A.D. (2023). Global and local policy priorities for biodiversity conservation: a human-centric approach. Invited talk during the 7<sup>th</sup> Economist Sustainability Summit for SE Europe and the Mediterranean. November 20-21, Athens, Greece.
6. Flouris A.D. (2023). Heat effects on workers in Europe. Invited talk during the ENBEL Conference "Advancing the European adaptation agenda to 2030". September 19, Brussels, Belgium.
7. Flouris A.D. (2023). Heat and Occupational Safety and Health – more than a number on the thermometer. Invited talk during the European Trade Union Institute Annual Strategic Seminar: Together for Health and Safety. September 14-15, Prague, Czech Republic.
8. Flouris A.D. (2023). Developing an integrated protection framework to address occupational heat stress. Invited talk during the session titled "Climate change and heatwaves and OSH" held during the "EU Summit for Occupational Health and Safety". May 15-16, Stockholm, Sweden.
9. Flouris A.D. (2023). Research undertaken in Qatar to gather the evidence needed to address occupational heat stress. Invited talk during the session titled "Sharing experiences from Qatar" held during the "International Conference on Occupational Heat Stress: Implementation of Practices, Sharing of Experiences". May 9-10, Doha, Qatar.
10. Flouris A.D. (2022). Climate change and labor: implications for health, productivity, mobility, and poverty. Invited talk during the session titled "Climate & Labor | Hot Times: Climate Change in Every Workplace" held during the Pulitzer Center 2022 Annual Conference themed "Interconnected: reporting the climate crisis". June 9-10, Washington, USA.
11. Flouris A.D. (2022). Impacts of global warming on working people: actions for more climate-resilient and environmentally sustainable health and labour sectors. Invited talk during the WHO Center for Environmental Health for the Eastern Mediterranean Region side event titled "Climate change, disasters, and emergencies from health system preparedness, adaptation, resilience, and environmental sustainability perspectives", held during the Middle East and North Africa Regional Climate Week (MENACW 2022) which was organized by the United Nations Framework Convention on Climate Change and the United Arab Emirates government. March 28-31, Dubai, United Arab Emirates.
12. Flouris A.D. (2020). Effects of climate change on working conditions. Invited talk at the workshop "Health and Safety at Work 2020: current issues and future challenges", organized by the Greek Ministry of Labour and Social Affairs. October 29, 2020, Athens, Greece.

13. 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.
14. 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.
15. 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.
16. 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.
17. 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.
18. 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.
19. 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.
20. 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.
21. 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.
22. 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.
23. 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.
24. 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.
25. 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.
26. 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.
  27. 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.
  28. 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.
  29. Flouris A.D., Mthunzi P. (2012). Young Researcher Initiatives 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.
  30. 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.
  31. 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.
  32. 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.
  33. 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.
  34. 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. (2022). Thermoregulation during the marathon: preparation, race strategy, responding to issues. Invited Talk during the Round Table entitled "Effects of the environment and thermoregulation on performance" organized during the 10<sup>th</sup> Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 21-23, Athens, Greece.

2. Flouris A.D. (2021). Preparing the soldier for battle in hot environments. Invited talk in the Round Table titled "Preparing the soldier for battle in adverse environmental conditions", held during the Conseil International du Sport Militaire (CISM) International Symposium. November 4-6, Ancient Olympia, Greece.
3. Flouris A.D., Petmezas S.B., Asimoglou P.I. (2021). Physiological strain of the Dendra panoply wearer during a day in the Trojan War. Invited talk in the Round Table titled "Warrior fitness through the ages", held during the Conseil International du Sport Militaire (CISM) International Symposium. November 4-6, Ancient Olympia, Greece.
4. Flouris A.D. (2021). Field study experiences: Effective mitigation strategies for occupational heat stress. Invited talk in the Symposium titled "Occupational Heat Stress: sustainable solutions and adaptation strategies provided by the HEAT-SHIELD project", held during the 12<sup>th</sup> International Occupational Hygiene Association International Scientific Conference. September 11-15, Daegu, South Korea.
5. 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.
6. 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.
7. 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.
8. 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.
9. 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.
10. 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.
11. Nybo L., Bislimovska 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.

12. 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.
13. 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.
14. 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 21<sup>st</sup> International Congress of Biometeorology. September 3-7, Durham, United Kingdom.
15. Flouris A.D., (2016). Science support and preparation for athletic events in extreme environmental temperatures. Keynote Opening Talk at the 6<sup>th</sup> Conference of the Greek Society for Biochemistry and Physiology of Exercise. November 4-7, Athens, Greece.
16. 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.
17. 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.
18. 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.
19. 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.
20. 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.
21. 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.
22. 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.
23. 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.

24. 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.
25. 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.
26. 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.
27. 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. (2023). Worker health and safety in an increasingly warmer world: research in workplaces and guidelines. Invited talk during the conference "'Occupational heat stress" Greek Institute of Occupational Health and Safety". July 3, Athens, Greece.
2. Flouris A.D. (2023). Environmental and occupational stress and their effects on health and operational readiness. Full-day seminar organized by the Greek Tactical Air Force Command. March 30, Larisa, Greece.
3. Flouris A.D. (2023). Human thermoregulation in extreme heat: impacts on planning firefighting activities. Full-day seminar organized by the Greek Academy of Cadet Firefighters. March 10, Vilia, Athens, Greece.
4. Flouris A.D. (2021). Overview of research output from the HEAT-SHIELD project. Meeting of the Dutch Occupational Hygienists Association. September 2, Amsterdam, The Netherlands.
5. Flouris A.D. (2020). Relevance of climate change for combat and non-combat operations. 5<sup>th</sup> International Congress on Soldiers' Physical Performance. February 11-14, Quebec City, Canada.
6. 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.
7. Flouris A.D. (2019). Emergency response operations under climate change and extreme environments. First Responder Safety & Performance Symposium. November 21, Singapore.
8. 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.
9. 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 27<sup>th</sup> Hellenic Armed Forces Medical Conference. October 18-20, Thessaloniki, Greece; p: 49.
10. 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 8<sup>th</sup> Panorama of Entrepreneurship and Career Development at the Megaron Athens International Conference Centre. March 9-11, Athens, Greece.

11. 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.
12. 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.
13. 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.
14. 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.

## ACADEMIC 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.

## ACADEMIC TEACHING

### Instructor in Graduate Courses

- 2023-present **Environmental Health** at the School of Medicine and the School of Physical Education and Sport Science, University of Thessaly. Mandatory course in the MSc Programme “Lifestyle Medicine”; enrollment: 10-20 students/year.
- 2022-present **Environmental Physiology and Work** at the School of Physical Education and Sport Science, University of Thessaly. Mandatory course in the MSc Programme “Ergonomics – Occupational Physiology and Health – Quality of Life”; enrollment: 30-40 students/year.
- 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: 20-30 students/year.
- 2014-present **Environmental Physiology** at the School of Physical Education and Sport Science, University of Thessaly. Mandatory course in the MSc Programme “Military Fitness and Wellbeing”; enrollment: 20-30 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 **Environmental Physiology** at the School of Physical Education and Sport Science, University of Thessaly. Elective course in the MSc Programme "Exercise and Health"; enrollment: 10-20 students/year.

2014-present **Research Methods and Statistics** at the Department of Physical Education and Sport Science, University of Thessaly. Mandatory course in the MSc Programme "Exercise and Health"; enrollment: 20-30 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 **Research Methods and Statistics** at the Department of Physical Education and Sport Science, University of Thessaly. Mandatory course in the MSc Programme "Exercise and Health"; enrollment: 20-30 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: 150-200 students/year.

2018-present **Environmental Physiology** in the Department of Physical Education and Sport Science, University of Thessaly. 3rd year elective course, enrollment: 50-60 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 (ERASMUS), 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: 150-200 students/year.

2011-2019 **Human Physiology** in the Department of Physical Education and Sport Science, University of Thessaly. 1st year mandatory course, enrollment: 150-200 students/year.

2011-2018 **Human Anatomy** in the Department of Physical Education and Sport Science, University of Thessaly. 1st year mandatory course, enrollment: 150-200 students/year.

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

2009 **Biochemical Evaluation in Sports** 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.
- 2002-2003 **Advanced exercise physiology**, taught by prof. Panagiota Klentrou at the Department of Physical Education and Kinesiology, Brock University.

## **SUPERVISORY HISTORY**

### **Post-Doctoral Level**

- 2022-present Supervisor for Dr Maria Vliora at the University of Thessaly. Project title: Signaling pathways involved in the browning of white adipose tissue.
- 2020-2022 Supervisor for Dr Leonidas Ioannou at the University of Thessaly. Project title: Effects of environmental factors on human health and productivity.
- 2016-present Supervisor for Dr Petros Dinas at the University of Thessaly. Project title: Non invasive assessment of brown adipose tissue mass and activity.
- 2019-2022 Supervisor for Dr Eleni Karligkiotou at the University of Thessaly. Project title: Factors and signaling pathways involved in the browning of white adipose tissue and on the effects of exercise on adipose tissue.
- 2016-2022 Supervisor for Dr Antonia Kaltsatou at the University of Thessaly. Project title: Effects of thermal stimuli on multiple sclerosis symptoms.
- 2015-2019 Supervisor for Dr Paraskevi Sakellariou at the University of Thessaly. Project title: Effects of thermal stimuli on brown and brown-like adipose tissue biology.
- 2017-2019 Supervisor for Dr Tania Amorim at the University of Thessaly. Project title: Effects of environmental stimuli on bone tissue biology.
- 2016-2019 Supervisor for Dr Konstantina Poulianiti at the University of Thessaly. Project title: Effects of environmental factors on workers' performance and health.
- 2010-2012 Supervisor for Dr Andres Carrillo at the Institute of Human Performance and Rehabilitation at the Centre for Research and Technology Thessaly. Project title: Exploring the age-associated alterations in thermal biology.

## **Doctoral Level**

- 2019-present Supervisor for Areti Kapnia at the Department of Exercise Science, University of Thessaly. Thesis title: Thermoregulatory responses during rest and exercise at moderate and extreme cold.
- 2019-present Supervisor for Davide Testa at the Department of Exercise Science, University of Thessaly. Thesis title: On the impacts of climate change on human health and migration.
- 2019-2023 Supervisor for Konstantinos Mantzios at the Department of Exercise Science, University of Thessaly. Thesis title: Novel biomedical engineering applications for the assessment of human-environment interaction.
- 2016-2023 Supervisor for Eleni Nintou at the Department of Exercise Science, University of Thessaly. Thesis title: Studying the factors and signaling pathways involved in the browning of white adipose tissue and on the effects of exercise on adipose tissue.
- 2016-2022 Supervisor for Lydia Tsoutsoubi at the Department of Exercise Science, University of Thessaly. Thesis title: The thermoregulatory function of the human vasomotion system in healthy and clinical populations.
- 2016-2022 Supervisor for Maria Vliora at the Department of Exercise Science, University of Thessaly. Thesis title: Factors and signaling pathways involved in the browning of white adipose tissue.
- 2016-2020 Supervisor for Leonidas Ioannou at the Department of Exercise Science, University of Thessaly. Thesis title: Effects of radiation on behavioral and physiological mechanisms of human thermoregulatory system.
- 2015-2020 Committee Member for Ioannis Kostoulas at the Department of Exercise Science, University of Thessaly. 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.
- 2015-2019 Committee Member for Athanasios Poullos at the Department of Exercise Science, University of Thessaly. Thesis title: Biochemistry and physiology of football.
- 2014-2019 Committee Member 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.



2011-2021 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**

2021-2024 Supervisor for Giorgos Gkikas at the Department of Exercise Sciences, University of Thessaly. Thesis title: Introducing machine learning in real-time tracking and analysis of strength training.

2021-2024 Supervisor for Stella Ziaka at the Department of Exercise Sciences, University of Thessaly. Thesis title: The effect of High Intensity Interval Training (HIIT) on the immune system in cold, thermo-neutral and hot environment.

2022-2023 Committee Member for Kristina-Marie Janetos at the Faculty of Health Sciences, University of Ottawa. MSc Thesis title: Short-term warm water immersion as a heat acclimation strategy to enhance heat dissipation in older adults: an exploratory study.

2021-2023 Supervisor for Michalis Stefanakis at the School of Medicine and the School of Physical Education and Sport Science, University of Thessaly. MSc Thesis title: Hydration requirements for children during endurance running in hot environments.

2021-2023 Supervisor for Nikos Athanasiadis at the School of Medicine and the School of Physical Education and Sport Science, University of Thessaly. MSc Thesis title: The effects of adverse environmental factors during endurance races.

2021-present Supervisor for Jason Dourakos at the Department of Exercise Sciences, University of Thessaly. Thesis title: Effects of fitness and body composition on obstacle course completion time.

2020-2022 Supervisor for Kristalia Koutsimani at the School of Medicine and the School of Physical Education and Sport Science, University of Thessaly. MSc Thesis title: Hydration requirements for mountain running athletes in a cold environment.

2021-2022 Supervisor for Giorgos Papaggelis at the Department of Exercise Sciences, University of Thessaly. Thesis title: Impact of wearing chemical, biological, radiological, and nuclear protection suit on the health, performance, and psychological state of the fighter during survey missions.

2019-2021 Committee Member for Melissa Côté at the Faculty of Health Sciences, University of Ottawa. MSc Thesis title: Autophagy during and following dynamic exercise in young adults: influence of exercise intensity.

2020-2021 Supervisor for Giorgos Rammos at the School of Medicine and the School of Physical Education and Sport Science, University of Thessaly. MSc Thesis title: Effects of high intensity interval training in patients with heart failure.

2019-2021 Supervisor for Giorgos Apostolou at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Acute effects of head and neck cooling on the functional capacity of patients with multiple sclerosis.

- 2019-2021 Supervisor for Dimitris Paspalas at the Department of Exercise Sciences, University of Thessaly. MSc Thesis title: Effects of an in-season periodic resistance exercise program on heart rate variability indices of basketball athletes.
- 2019-2020 Co-Supervisor for Yu Cao at KU Leuven in the MSc 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 MSc 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 6<sup>th</sup> 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.

## 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).

Development and optimization of technologies for biomonitoring, clothing, exposure, and risk assessment. Topics include: AI-driven smartphone and wearable applications, clothing, microclimate liquid conditioning garment systems, personal protective 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.

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.

## PUBLISHED POLICY & TECHNICAL REPORTS

1. [Flouris A.D.](#) (In press). Exposure to heat stress in the working environment and resulting health impacts: A global research and policy review. International Labour Organization. Geneva, Switzerland.
2. [Flouris A.D.](#), Mantzios K., Ioannou L.G. (In press). Heat and OSH policy brief: best practices in the Arab region and beyond. International Labour Organization. Geneva, Switzerland.

3. Flouris A.D., Nybo L., Kjellstrom T., Shumake-Guillemot J., Ivanov I.D., et al. (In press). Climate Change and Occupational Heat Stress: Technical Guidance by WHO and WMO. Joint publication by the World Health Organization and the World Meteorological Organization. Geneva, Switzerland.
4. Bjerglund Andersen N., Böckmann M., Bowen K., Díaz J., Flouris A., Hajat S., Karadzinska-Bislimovska J., Katsouyanni K., Keramitsoglou I., Kovats S., Laaidi K., Linares C., Minov J., Mücke H-G., Nybo L., O'Connell E., Shumake-Guillemot J., Stranberg R., Thomson R. and Vicedo-Cabrera A.M. (2021). Heat and health in the WHO European Region: updated evidence for effective prevention. Sanchezv Martinez G., de'Donato F., Kendrovski V. [Eds]. World Health Organization Regional Office for Europe, Copenhagen, Denmark.
5. 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.
6. Shumake-Guillemot J., Amir S., Anwar N., Arrighi J., Böse-O'Reilly S., Brearley M., Cross J., Daanen H., de'Donato F., Eggen B., Flouris A., Gerrett N., Hagens W., Herrmann A., Huynen M., Jones H., Keith L., Khandekar A., Lee J., Lowe R., Matthies-Wiesler F., Morelle M., Morris N., Di Napoli C., Nastiti A., Norton I., Nybo L., Oppermann E., Singh R., Quirós-Alcalá L., Roeling A., Rule A.M., Sanchez G., van Loenhout J., Van den Hazel P., Vanderplanken K., Zaitchik B. (2020). Technical Brief: Protecting health from hot weather during the Covid-19 pandemic. Published by the Global Heat Health Information Network.
7. Avloniti A., Gourgoulianis 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., Papisotiriou 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.
8. Flouris A.D., Ioannou L.G., Dinas C.D., Mantzios K., Gkiata P., Gkikas G., Vliora M., Amorim T., Tsoutsoubi L., Kapnia A., Dallas K., Nintou E., Testa D.J., Sfakianakis K., Agaliotis G. (2019). Assessment of occupational heat strain and mitigation strategies in Qatar – Key Findings. International Labour Organization. United Nations.
9. 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**

1. 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.

2. 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. Ioannou L.G., Gkikas G., Mantzios K., Tsoutsoubi L., Flouris A.D. (2021). Risk assessment for heat stress during work and leisure. In: Tsatsakis A.M. (Ed), Toxicological risk assessment and multi-system health impacts from exposure. Academic Press, Cambridge, MA, USA; p: 373-385.
2. Ioannou L.G., Gkikas G., Mantzios K., Tsoutsoubi L., Flouris A.D. (2021). Risk assessment for heat stress during work and leisure. In: Tsatsakis A.M. (Ed), Toxicological risk assessment and multi-system health impacts from exposure. Academic Press, Cambridge, MA, USA; p: 373-385.
3. 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.
4. Flouris A.D. (2019). Human thermoregulation. In: Périard J. and Racinais S. (eds), Heat Stress in Sport and Exercise. Springer Nature, UK.
5. 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.
6. 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.
7. 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.
8. 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.
9. 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.
10. 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.
11. 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.
12. 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.

13. 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.
14. 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.
15. 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.
16. Klentrou P., Flouris A.D., and Plyley M. (2006). Pubertal maturation, hormonal levels and body composition in elite gymnasts. In: Marfell-Jones M., Stewart A., and Olds T. (Eds.), *Kinanthropometry IX, Proceedings of the 9th International Conference of the International Society for the Advancement of Kinanthropometry*. Routledge, London.

## **PUBLISHED BOOK TRANSLATIONS**

1. Fox S. (2024). *Human Physiology 14<sup>th</sup> Edition*, McGraw Hill. Translation in Greek by Flouris A.D., Vliora M., Nintou E. Published by Parisianou Publishers SA. ISBN: 978-960-583-702-0.
2. Silverthorn D.U. (2019). *Human Physiology, an integrated approach*. Published by Pearson Education Inc. Translation in Greek by Koutsilieris M.N., Albani M.K., Asimakopoulos B.L., Gaitanaki A.I., Geladas N.D., Griva E.B., Zampelas A.D., Kastellaris A.A., Kokokiris L.E., Kounalakis S.N., Konstantopoulou M.S., Malli F.T., Mantzaroglou H.G., Mavragani K.P., Panoutsopoulos G.I., Papadimitriou E.D., Sidiropoulou K.N., Filippou A.P., Flouris A.D., Haniotis D.I., Haralampopoulos K.A., Hatzigeorgiou A.E., Hatzoglou H.A. Published by Broken Hill Publishers Ltd. ISBN: 9789925563470.

## **REFEREED JOURNAL PUBLICATIONS**

### **Invited Editorials**

1. Flouris A.D., Ioannou L.G., Nybo L. (2022). Working in a warming world: translating thermal physiology to policy-relevant information. *Temperature*; 9(3): 223-226.
2. Nybo L., Flouris A.D., Racinais S., Mohr M. (2021). Football facing a future with global warming – perspectives for players health and performance. *British Journal of Sports Medicine*; 55(6): 297-298.
3. Nybo L., Kjellstrom T., Kajfež-Bogataj L., Flouris A.D. (2017). Global heating: Attention is not enough; we need acute and appropriate actions. *Temperature*; 4(3): 199-201.
4. Flouris A.D. (2014). A unifying theory for the functional architecture of endothermic thermoregulation. *Temperature*; 1(3): 162-163.
5. Armand M. and Flouris A.D. (2013). Effects of milk bioactive compounds on health. *Cellular and Molecular Biology*; 59(1): 1-3.
6. Flouris A.D. (2009). Acute health effects of passive smoking. *Inflammation and Allergy Drug Targets*; 8(5): 319-320.
7. Flouris A.D., Faught B.E., Hay J, and Cairney J. (2005). Exploring the origins of developmental disorders. *Developmental Medicine and Child Neurology*; 47: 436.

**Reviews**

8. Brown H.A., Topham T.H., Clark B., Ioannou L.G., Flouris A.D., Smallcombe J.W., Telford R.D., Jay O., Périard J.D. (In Press). Quantifying exercise heat acclimatisation in athletes and military personnel: a systematic review and meta-analysis. *Sports Medicine*.
9. Vliora M., Ravelli C., Grillo E., Corsini M., Flouris A.D., Mitola S. (2023). The impact of adipokines on vascular networks in adipose tissue. *Cytokine and Growth Factor Reviews*; 69: 61-72.
10. Nintou E., Karligiotou E., Vliora M., Ioannou L.G., Flouris A.D. (2022). Characteristics of the protocols used in electrical pulse stimulation of cultured cells for mimicking in vivo exercise: a systematic review, meta-analysis, and meta-regression. *International Journal of Molecular Sciences*; 23(21): 13446.
11. Vliora M., Nintou E., Karligiotou E., Ioannou L.G., Grillo E., Mitola S., Flouris A.D. (2022). Implication of irisin in different types of cancer: a systematic review and meta-analysis. *International Journal of Molecular Sciences*; 23: 9971.
12. Brown H.A., Clark B., Topham T.H., Smallcombe J.W., Flouris A.D., Ioannou L.G., Telford R., Jay O., Périard J.D. (2022). Seasonal heat acclimatisation in healthy adults: A systematic review. *Sports Medicine*; 52(9): 2111-2128.
13. Ioannou L.G., Mantzios K., Tsoutsoubi L., Notley S.R., Dinas P.C., Brearley M., Epstein Y., Havenith G., Sawka M.N., Bröde P., Mekjavic I.B., Kenny G.P., Bernard T.E., Nybo L., Flouris A.D. (2022). Indicators to assess physiological heat stress – Part 1: Systematic review. *Temperature*; 9(3): 227-262.
14. Ioannou L.G., Foster J., Morris N.B., Piil J.F., Havenith G., Mekjavic I.B., Kenny G.P., Nybo L., Flouris A.D. (2022). Occupational heat strain in outdoor workers: a comprehensive review and meta-analysis. *Temperature*; 9(1): 67-102.
15. Vakali E., Rigopoulos D., Carrillo A.E., Flouris A.D., Dinas P.C. (2022). Effects of alpha-lipoic acid supplementation on human diabetic nephropathy: A systematic review and meta-analysis. *Current Diabetes Reviews*; 18(6): 43-50.
16. Morris N.B., Piil J. F., Morabito M., Messeri A., Levi M., Ioannou L.G., Ciuha U., Pogačar T., Kajfež Bogataj L., Kingma B., Casanueva A., Kotlarski S., Spirig C., Foster J., Havenith G., Sotto Mayor T., Flouris A.D., Nybo L. (2021). The HEAT-SHIELD project – perspectives from an inter-sectoral approach to occupational heat stress. *Journal of Science and Medicine in Sport*; 24(8):747-755.
17. Heenan K.A., Carrillo A.E., Fulton J.L., Ryan E.J., Edsall J.R., Rigopoulos D., Markofski M.M., Flouris A.D., Dinas P.C. (2020). Effects of nutrition/diet on brown adipose tissue in humans: A systematic review and meta-analysis. *Nutrients*; 12(9): 2752.
18. Morris N.B., Jay O., Flouris A.D., Casanueva A., Gao C., Foster J., Havenith G., Nybo L. (2020). Sustainable solutions to mitigate occupational heat strain – an umbrella review of physiological effects and global health perspectives. *Environmental Health*; 19(1): 95.
19. Daanen H., Bose-O'Reilly S., Brearley M., Flouris A.D., Gerrett N.M., Huynen M., Jones H.M., Lee J.K.W., Morris N., Norton I., Nybo L., Oppermann E., Shumake-Guillemot J., Van den Hazel P. (2020). COVID-19 and thermoregulation-related problems: Practical recommendations. *Temperature*; 8(1): 1-11.
20. Casanueva A., Burgstall A., Kotlarski S., Messeri A., Morabito M., Flouris A.D., Nybo L., Spirig C., Schwierz C. (2019). Overview of existing heat-health warning systems in Europe. *International Journal of Environmental Research and Public Health*; 16(15). pii: E2657.



21. Poulianiti K.P., Havenith G., Flouris A.D. (2019). Metabolic energy cost of workers in agriculture, construction, manufacturing, tourism, and transportation industries. *Industrial Health*; 57: 283-305.
22. Flouris A.D., Dinas P.C., Ioannou L.G., Nybo L., Havenith G., Kenny G.P., Kjellstrom T. (2018). Workers' health and productivity under occupational heat strain: a systematic review and meta-analysis. *The Lancet Planetary Health*; 2(12): E521-E531.
23. Kaltsatou A. and Flouris A.D. (2018). Impact of pre-cooling therapy on the physical performance and functional capacity of multiple sclerosis patients: A systematic review. *Multiple Sclerosis and Related Disorders*; 27: 419-423.
24. Notley S.R., Flouris A.D., Kenny G.P. (2018). On the use of wearable physiological monitors to assess heat strain during occupational heat stress. *Applied Physiology, Nutrition and Metabolism*; 43(9):869-881.
25. Kaltsatou A., Kenny G.P., Flouris A.D. (2018). The impact of heat waves on mortality among the elderly: A systematic review. *Journal of Geriatric Medicine and Gerontology*; 4: 053.
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### **Published Journal Abstracts**

1. Tsimitrea E., Anagnostopoulou D., Chatzi M., Fradelos E.C., Tsimitrea G., Lykas G., Flouris A.D. (2023). Prediction of intracranial temperature through invasive and noninvasive measurements on patients with severe traumatic brain injury. In: Vlamos, P. (eds) *GeNeDis 2022. GeNeDis 2022. Advances in Experimental Medicine and Biology*; 1424: 255-263. Springer, Cham.
2. Kenny G.P., Flouris A.D., Brosseau L., Dervis S., Notley S.R. (2018). Characterizing heat stress and strain in electric utility workers by means of a questionnaire. *The FASEB Journal*; 32(1): 590.21.
3. 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. *The FASEB Journal*; 32(1): 859.4.



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21. Chorti M.S., Poulianiti K.P., Jamurtas A.Z., Kostikas K., Tzatzarakis M.N., Viniadis D., Koutedakis Y., Flouris A.D., Tsatsakis A.M. (2012). Effects of active and passive electronic and tobacco cigarette smoking on lung function. *Toxicology Letters*; 211S: S64.
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27. Flouris A.D., Metsios G., Carrillo A., Jamurtas A., Terzi I., Tzatzarakis M., Tsatsakis A., Koutedakis Y. (2010). Effects of passive smoking on active and resting humans 0, 1, and 3 h following exposure. *Toxicology Letters*; 196(Suppl. 1): S87-S88.
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33. Carrillo A.E., Flouris A.D., Faught B.E., Klentrou P. (2006). Clustering cardiovascular disease risk factors and dietary habits among clinically obese Canadian children. *Medicine and Science in Sports and Exercise*; 38(5): S466.
34. Flouris A.D., Cheung S.S., Fowles J.R., Murphy R.J., Westwood D.A., and Kruisselbrink L.D. (2006). A pre-heating approach to preserve manual dexterity and neuromuscular function of the hands during cold exposures. *Habitation*; 10(3/4): 142-143.
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37. Flouris A.D., Metsios G.S., Carrillo A.E., Jamurtas A.Z., Koutedakis Y., Tzatzarakis M.N., Tsatsakis A.M. (2005). Effects of passive smoking on resting and exercising humans. *Canadian Journal of Applied Physiology*; 30 (Suppl.): S28.
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40. Klentrou P., Flouris A.D., Plyley M. (2005). Pubertal Maturation, Hormonal Levels and Body Composition in Young Gymnasts and Age-matched Controls. *Medicine and Science in Sports and Exercise*; 37(5) Supplement: S75.
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47. Sakellariou G., Spiropoulos G., Flouris A.D., Koutedakis Y. (2005). Effects of birth season on human intrauterine growth. *Exercise and Society: Journal of Sports Science*; 39: 32.
48. 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.
49. 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.
50. 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.
51. 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.
52. 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.
53. 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. *British Journal of Sports Medicine*; 37(5): 468.
54. 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.
55. 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.
56. 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.
57. 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.
58. Flouris A.D., Metsios G.S., Koutedakis Y. (2003). Attaining energy equilibrium in proxies assessing human bioenergetics. *European Heart Journal*; 24(Suppl.): 183.
59. 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.
60. 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.
61. 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.
62. 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.
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66. 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.
67. 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.
68. 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.
69. 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. (2023). Greece has important research data to be a legislative leader on the issue of protecting workers from heat stress. Invited commentary published in the Greek magazine "Occupational health and safety" of the Greek Institute for Occupational Health and Safety.
2. Koutedakis Y., Flouris A.D. (2023). Our body as a means to protect against heatwaves. Invited commentary published in the Greek newspaper Kathimerini.
3. Flouris A.D., Harmpas S., Koutedakis Y. (2022). The economic effects of physical inactivity in Greece: results from a nation-wide analysis. Invited commentary published by the Athens News Agency (6/5/2022), appearing subsequently in many newspapers, magazines, and online media.

4. Flouris A.D. (2022). How climate change affects our health and...out bottom line. Article in the newspaper "Magnesia" published on February 12, 2022.
5. Flouris A.D. (2021). Critical conclusions on climate change and the effects on workers' heat stress. Invited commentary published by the Athens News Agency (5/12/2021), appearing subsequently in many newspapers, magazines, and online media.
6. Flouris A.D. (2021). How heat during the World Football Championship in Qatar 2022 will affect athletes. Invited commentary published by the Athens News Agency (26/9/2021), appearing subsequently in many newspapers, magazines, and online media.
7. Flouris A.D. (2020). Rising heat undermines productivity. Article appearing in the English version of the Greek national newspaper "Kathimerini", on 1/8/2020.
8. Flouris A.D. (2020). FIFA announcement for World Football Championship in Qatar 2022 following research by Greek research team. Invited commentary published by the Athens News Agency (29/2/2020), appearing subsequently in many newspapers, magazines, and online media.
9. 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.
10. 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.
11. 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.
12. 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.
13. 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.
14. 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.
15. 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.
16. 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.
17. 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.
18. 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.
19. 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.
20. 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.

21. 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.
22. 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.
23. 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.
24. 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.
25. 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.
26. 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.
27. 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.
28. 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.
29. 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.
30. 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".
31. Flouris A.D. (2010). Increasing doubts for electronic cigarettes. Invited commentary published in the Greek national daily newspaper Proto Thema (22/1/2010).
32. Flouris A.D. (2010). Pre-clinical toxicological tests of electronic cigarettes. Invited commentary published in the Greek national daily newspaper Express (20/1/2010).
33. 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).
34. 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".
35. 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.
36. Flouris A.D., Koutedakis Y. (2009). Health consequences of passive smoking. Invited commentary for the Athens News Agency. <http://www.ana-mpa.gr>.
37. 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 session entitled "Operational fitness" held during the Conseil International du Sport Militaire (CISM) International Symposium. November 4-6 2021, Ancient Olympia, Greece.

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 2018, Bonn, Germany.

My PhD student Leonidas Ioannou won the 2<sup>nd</sup> Best Poster Presentation Award at the 8<sup>th</sup> 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 7<sup>th</sup> Conference of the Hellenic Society of Biochemistry and Physiology of Exercise. October 20-22, 2017, Athens, Greece.

My PhD student Leonidas Ioannou won the 1<sup>st</sup> Best Oral Presentation Award at the 7<sup>th</sup> Conference of the Greek Society for Biochemistry and Physiology of Exercise and the 19<sup>th</sup> 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 2<sup>nd</sup> Best Poster Presentation Award at the 7<sup>th</sup> Conference of the Greek Society for Biochemistry and Physiology of Exercise and the 19<sup>th</sup> International Conference of Physical Education for the presentation "Krase 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 3<sup>rd</sup> Best Poster Presentation Award at the 7<sup>th</sup> Conference of the Greek Society for Biochemistry and Physiology of Exercise and the 19<sup>th</sup> 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 2<sup>nd</sup> Best Presentation Award at the 5<sup>th</sup> Conference of the Greek Society for Biochemistry and Physiology of Exercise for the presentation "The effects of physical activity on PGC-1α 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 3<sup>rd</sup> Best Presentation Award at the 4<sup>th</sup> 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., Plyley M.J., and Cheung S.S.

## **PUBLICITY**

- Interviewed in >100 TV (e.g., ET1, ET2, ET3, SKAI, Alpha, Mega, Star, Open), radio (e.g., Athens 984, Flash Radio, Alpha 9.89, Praktorio FM 104.9, Radio One, Thessaloniki Municipality Radio 100.6) stations, newspapers (e.g., Kathimerini, To Vima, Athens News Agency, Thessalia), and magazines (e.g., K, Life, Vita, The Private Journal) in Greece about the effects of climate change and different environmental factors on health, productivity, and performance, as well as aspects related to innovation, technology development, education, and future trends.
- Interviewed by Jazmín Acuña from El Surti and El Pais in June 2023 about the impacts of heat on physiological and mental performance of workers in different industries. We moved forward with designing an entire study which was carried out by a team of journalists in Paraguay to assess the

impacts of heat stress in delivery workers. The article "Ser repartidor, un trabajo de riesgo en un planeta cada vez más caliente" (Being a delivery worker: a risky job in an increasingly hot planet) was published in Spain by El Pais and in Paraguay by El Surti on November 21<sup>st</sup>. An additional article titled "Paraguay's El Surti reveals effects of rising temperatures through experiment with delivery drivers" describing the journalists' experience of working with a scientist was published in the USA on January 29, 2024, by Katherine Pennacchio.

Interviewed by Chris Baraniuk from WIRED Magazine on August 17, 2023, about the effectiveness of cooling vests on physiological and mental performance of workers in different industries. The article "The world's workers are donning cooling vests to battle record heat waves" was published on August 21<sup>st</sup>.

Interviewed by Manuela Andreoni from The New York Times on July 5, 2023, about how heat is affecting gig/informal workers in the developing world and what kind of regulations exist or should to protect them, as well as about the studies that my research group has done on occupational heat stress. The article "How Extreme Heat Affects Workers and the Economy" was published on July 20<sup>th</sup>.

Interviewed by Kate Abnett, Julia Harte, and Charlie Devereux from the Thomson Reuters Foundation about the extreme heat being experienced in Europe and its relation to climate change, what is causing the extreme heat in southern Europe and how climate change interacts with other factors (e.g., El Nino), what are the likely consequences of a period of such intense heat in the region, and what is being done to mitigate these impacts. The article titled "From China to Death Valley, extreme weather blankets the globe" appeared on July 17, 2023.

Interviewed by Aryn Baker from Time Magazine on May 25, 2023, about workers in the USA, the effects of workplace heat exposure on the health and productivity, as well as about the studies that my research group has done to protect workers' health. The article "Extreme Heat Is Endangering America's Workers—and Its Economy", was published on August 3<sup>rd</sup>.

Interviewed by Andrew Mills from Thomson Reuters Foundation about the updates in Qatar after their new occupational heat stress legislation was enforced. The article titled " Experts say Qatar can lead Gulf on protections for workers against heat stress" appeared on May 11, 2023.

Interviewed by Jared Paolino from SciencesPo on January 16, 2023, about the effects of workplace heat exposure on the health and productivity of workers. The article was featured in the "Heat Trap Project", an investigative series on the human impact of rising global temperatures, published on April 4<sup>th</sup>, 2023 ([www.heattrapproject.com](http://www.heattrapproject.com)).

Interviewed by James Glanz and Josh Holder from The New York Times on several occasions between June and November 2022 about the effects of heat stress on workers, the general population, and specifically vulnerable groups such as children. The article "Extreme heat will change us" was published on 18/11/2022.

Interviewed by Aryn Baker from Time Magazine on September 2, 2022, about workers in Qatar, the effects of workplace heat exposure on the health and productivity, as well as about the study in Qatar workplaces funded by the International Labour Organization. The article "Thousands of Migrant Workers Died in Qatar's Extreme Heat. The World Cup Forced a Reckoning", published on November 3<sup>rd</sup>, made the cover of the Time Magazine.

Interviewed by Josh Fine from HBO on August 18, 2022, about workers in Qatar, the effects of workplace heat exposure on the health and productivity, as well as about the study in Qatar workplaces funded by the International Labour Organization.

Interviewed by Aqdas Fatima from [Karachi Urban Lab](#) on August 17, 2022, for the Episode 3 of the Podcast titled "Rethinking Heat in the City". The interview covered how people interact with their environments and the detrimental impacts rising heat can have on both human physiology and also societal interaction.

Interviewed by Josh Williams and James Glanz from the [New York Times](#) on June 24, 2022, about the impacts of heat on working people as well as the differences across countries around the world, particularly the contrast between high- and low-income countries.

Interviewed by Théo Kaissaris from [SciencesPo](#) on January 12, 2022, about the effects of workplace heat exposure on the health and productivity of workers as well as my work with the International Labour Organization in Qatar. The article was featured in the "Heat Trap Project", an investigative series on the human impact of rising global temperatures, published on April 4<sup>th</sup>, 2023 ([www.heattrapproject.com](http://www.heattrapproject.com)).

Interviewed by Pilita Clark from the [Financial Times](#) about the deadly heatwave that scorched several parts of Europe and North America that week, being a wake-up call for workers and bosses alike. The article titled "The future of work is already here and it is seriously hot" appeared on July 4, 2021.

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 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-cigaretets harmful?" appeared on January 14 2014.

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 on January 18th 2011.

Interviewed by Douglas Main from the online science website [Scienceline](#) ([www.scienceline.org](http://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.

Inteviwed 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 Michelle Roberts from [BBC News](#) on January 19th 2010 regarding the health effects of electronic cigarette use.

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 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 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).

**APPENDIX****Journal Reviewer Service**

<b>#</b>	<b>Journal</b>	<b>Papers reviewed</b>
1.	African Health Sciences	3
2.	Ageing Research Reviews	1
3.	American Journal of Epidemiology	2
4.	American Journal of Industrial Medicine	4
5.	American Journal of Physiology: Regulatory, Integrative and Comparative Physiology	5
6.	American Journal of Respiratory and Critical Care Medicine	4
7.	Annals of Epidemiology	1
8.	Applied Ergonomics	1
9.	Applied Physiology, Nutrition and Metabolism	16
10.	Aviation, Space, and Environmental Medicine	17
11.	Biochemistry and Physiology of Exercise	2
12.	Biological Reviews	2
13.	BMC Public Health	1
14.	BMC Pulmonary Medicine	1
15.	BMC Research Notes	1
16.	British Journal of Sports Medicine	2
17.	British Medical Journal	2
18.	Canadian Medical Association Journal	3
19.	Comprehensive Physiology	2
20.	Environmental Health	2
21.	Environmental Health Perspectives	1
22.	Environmental Research	1
23.	Environmental Science and Technology	2
24.	Ergonomics	4
25.	European Journal of Applied Physiology	27
26.	European Journal of Sport Science	6
27.	European Physical Education Review	1
28.	Experimental Physiology	7

29. Food and Chemical Toxicology	3
30. Heart	1
31. Indian Journal of Medical Sciences	2
32. International Journal of Adolescent Medicine and Health	2
33. International Journal of Environmental Research and Public Health	4
34. International Journal of Obesity	2
35. International Journal of Sports Medicine	2
36. Journal of Applied Physiology	4
37. Journal of Comparative Physiology B	1
38. Journal of Experimental Psychology: Applied	1
39. Journal of Neuroscience Methods	2
40. Journal of Obesity	1
41. Journal of Pediatrics	2
42. Journal of Physical Activity and Health	1
43. Journal of Science and Medicine in Sport	3
44. Journal of Sports Sciences	3
45. Journal of Strength and Conditioning Research	3
46. Journal of the International Society of Sports Nutrition	2
47. Journal of Thermal Biology	3
48. Jove-Journal of Visualized Experiments	1
49. Lancet	1
50. Life Sciences	1
51. Medicine and Science in Sports and Exercise	7
52. Microcirculation	4
53. Nature	2
54. Nature Communications	1
55. Pediatric Exercise Science	2
56. Pediatrics	1
57. Pflügers Archiv - European Journal of Physiology	2
58. Physiology and Behavior	6
59. Proceedings of the National Academy of Sciences	1
60. Psychophysiology	7

61. Recent Patents on Cardiovascular Drug Discovery	1
62. Research Quarterly for Exercise and Sport	1
63. Scandinavian Journal of Medicine and Science in Sports	1
64. Scientific Reports	1
65. Temperature	13
66. The Journal of Physiology	2
67. Tobacco Control	2
68. Toxicology Letters	4
69. Toxicology Reports	7
70. World Health Organisation South-East Asia Journal of Public Health	1
	<b>232</b>

### **Refereed Scientific Conference Presentations**

1. Tsoutsoubi L., Ioannou L.G., Ciuha U., Fisher J.T., Possnig C., Simpson L.L., Lawley J., Flouris A.D., Mekjavic I.B. (2023) Development of equation predicting stroke volume to assess cardiovascular strain. International Science Summit & Symposium Fundamental Life Science Meets Climate, Environment and Sustainability: new bridges, new partnerships, new opportunities. June 27-29, Paris, France.
2. Tsoutsoubi L., Ioannou L.G., Ciuha U., Fisher J.T., Possnig C., Simpson L.L., Lawley J., Flouris A.D., Mekjavic I.B. (2023) Development of equation predicting stroke volume to assess cardiovascular strain. Annual Congress of the European College of Sport Science. July 4-7, Paris, France.
3. Tsimitrea E., Anagnostopoulou D., Chatzi M., Fradelos E.C., Tsimitrea G., Lykas G., Flouris A.D. (2022). Prediction of intracranial temperature through invasive and noninvasive measurements on patients with severe traumatic brain injury. 5th World Congress on Geriatrics and Neurodegenerative Disease Research. 20-22 October, Zakynthos, Greece.
4. Flouris A.D., Ioannou L.G., Liang J., Tsoutsoubi L., Mantzios K., Gkikas G., Agaliotis G., Koutedakis Y., Kenny G., Havenith G., García-León D., Otto M., Kjellstrom T., Nybo L., Arkolakis C. (2022). The impact of climate change on agricultural labour productivity: implications for human mobility and poverty. 34<sup>th</sup> Annual Conference of the International Society for Environmental Epidemiology. September 18-21, Athens, Greece; p: 177.
5. Flouris A.D., Ioannou L.G., Mantzios K., Tsoutsoubi L., Vliora M., Nintou E., Piil J., Notley S., Dinas P., Gofa F., Gourzoulidis G., Brearley M., Epstein Y., Havenith G., Sawka M., Bröde P., Mekjavic I., Kenny G., Bernard T., Nybo L. (2022). Establishing heat stress indicators for work in a warming world: multi-country field evaluation and consensus recommendations. 34<sup>th</sup> Annual Conference of the International Society for Environmental Epidemiology. September 18-21, Athens, Greece; p: 540.
6. Gourzoulidis G.A., Ioannou L.G., Gkofa F., Flouris A.D. (2022). Occupational heat stress: can relevant measures be included in a comprehensive protection framework? 8<sup>th</sup> Annual Metrology Conference. July 1-2, Thessaloniki, Greece.

7. Gourzoulidis G.A., Kavoura O., Mpatris E., Flouris A.D. (2022). Air quality of indoor workspaces – initiating the process of monitoring. 8<sup>th</sup> Annual Metrology Conference. July 1-2, Thessaloniki, Greece.
8. Kenny G.P., Friesen B.J., Boulay P., Sigal R.J., Flouris A.D., Notley S.R. (2021). Are adjustments to exposure limits for prolonged work in the heat required for older workers? XXII World Congress on Safety and Health at Work. September 20-23, Vancouver, Canada. Reference number P14-05, Abstract number: 716.
9. Kenny G.P., Friesen B.J., Boulay P., Sigal R.J., Flouris A.D., Notley S.R. (2021). Heat tolerance in older men with type 2 diabetes or hypertension during prolonged work in the heat. XXII World Congress on Safety and Health at Work. September 20-23, Vancouver, Canada. Reference number P14-06, Abstract number 717.
10. Ziaka S., Amorim T., Flouris A.D., Vliora M., Gkiata P., Gkizlis V., Athanasoulas A., Koutedakis Y. (2020). Nutraceutical supplementation based on colostrum for prevention of osteoporosis. 27<sup>th</sup> Conference of the Hellenic Society for the Study of Bone Metabolism. November 6-8, Athens, Greece; p: 02.
11. Piil J. F., Morris N.B., Christiansen L., Flouris A.D., Nybo L. (2020). Prolonged facemask use in the heat worsens dyspnea without compromising motor-cognitive performance. 8th International Conference on the Physiology and Pharmacology of Temperature Regulation. October 26-29<sup>th</sup>, Vancouver, Canada.
12. Foster J., Smallcombe J.W., Hodder S., Jay O., Flouris A.D., Havenith G. (2020). The impact of solar radiation on human physical work capacity in the heat: Interactions between clothing, air temperature, and humidity. 8th International Conference on the Physiology and Pharmacology of Temperature Regulation. October 26-29<sup>th</sup>, Vancouver, Canada.
13. 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.
14. 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.
15. 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.
16. 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.
17. 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.
18. 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.
19. 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.
  20. Nybo L., Flouris A.D., Morabito M., Messeri A., Casanueva A., Kotlarski S., Spirig C., Schwierz C., Toftum 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.
  21. 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.
  22. 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.
  23. Dinas P.C., Krase A., Nintou E., Georgakopoulos A., Granzotto M., Metaxas M., Karachaliou E., Rossato M., Vettor R., Georgoulas 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.
  24. 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.
  25. 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.
  26. 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.
  27. 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.
  28. 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.
  29. 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.

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201. Dinas P.C., Oikonomou D.N., Metsios G.S., Jamurtas A.Z., Koutedakis Y., Flouris A.D. (2010). Effects of passive smoking on heart rate variability. 18th International Congress of Physical Education and Sport. May 21-23 2010, Komotini, Greece.
202. Christodoulou V.X. Dinas P.C., Balamis, N., Koutedakis Y., Flouris A.D. (2010). Fluctuations of heart rate variability during an archery competition and links with performance. 18th International Congress of Physical Education and Sport. May 21-23 2010, Komotini, Greece.
203. Dinas P.C., Oikonomou D.N., Minas M., Nikolaou E., Tagtalianidou E., Kostikas K., Gourgoulianis K.I., Jamurtas A.Z., Metsios G.S., Koutedakis Y., Flouris A.D. (2010). Acute respiratory effects of passive smoking. 18th International Congress of Physical Education and Sport. May 21-23 2010, Komotini, Greece.
204. Hartley G.L., Flouris A.D., Cheung S.S. (2010). Does a blinded A-B-A-B manipulation of inspired oxygen alter voluntary pacing strategies? Ontario Exercise Physiology Conference. January 16-17, Barrie, Ontario, Canada.
205. Minas M., Nikolaou E., Tagtalianidou E., Papaioannou A.I., Konstantikaki V., Goudouva E., Mistridou N., Flouris A.D., Metsios G.S., Koutedakis Y., Gourgoulianis K. I., Kostikas K. (2009). Acute exposure to secondhand smoke is associated with endogenous lung acidosis and obstructive pulmonary disorder. 18th Hellenic Conference on Thoracic Diseases; Thessaloniki, Greece. Conference Proceedings, p. 14.
206. Hartley, G.L., Flouris A.D., Cheung, S.S. (2009). The effect of altered heat storage on voluntary pacing strategies during cycling. Bodies of Knowledge Conference. May 23-24, Toronto, Ontario, Canada.



207. Flouris A.D., Cheung S.S. (2008). Functional architecture of human thermoregulation under increasing levels of exercise in the heat. Annual Congress of the European College of Sports Science. July 9-12, Estoril, Portugal. Conference Proceedings, pp. 267-8.
208. Flouris A.D., Cheung S.S. (2007). Performance of the temperature regulation and the heat regulation models during repetitive water immersion. 12th International Conference on Environmental Ergonomics; Portoroz, Slovenia. Conference Proceedings, p. 46.
209. Flouris A.D., Cheung S.S. (2006). Influence of thermal body state on acute oscillations in peripheral blood flow. 5th Annual Conference of the Atlantic Provinces Exercise Scientists; Antigonish, Nova Scotia, Canada. Conference Proceedings, p. 11.
210. Flouris A.D., Westwood D.A., Cheung S.S. (2006). Influence of thermal body state on vigilance during prolonged cold exposures. Annual Meeting of the Canadian Society of Exercise Physiology. November 1-4, Halifax, Nova Scotia, Canada. Conference Proceedings, p. 39.
211. Metsios G.S., Stavropoulos-Kalinoglou A., Flouris A.D., Koutedakis Y., Nevill A.M., Kitas G.D. (2006). A new resting energy expenditure prediction equation for patients with rheumatoid arthritis. Annual Meeting of the Canadian Society of Exercise Physiology. November 1-4, Halifax, Nova Scotia, Canada. Conference Proceedings, p. 26.
212. Klentrou P., Flouris A.D. (2006). The prevalence of cardiovascular disease risk factors in adolescent smokers. 2nd International Conference on Physical Education, Coaching and Health Fitness. June 29-30, Athens, Greece.
213. Sidorkewicz N., Carrillo A.E., Metsios G.S, Flouris A.D., Jamurtas A.Z., Koutedakis Y. (2006). Resting energy expenditure response following environmental tobacco smoke exposure. 53rd Annual Congress of the American College of Sports Medicine. May 31- June 3, Denver, United States.
214. Flouris A.D., Scott J.M., Bishop S. (2006). Heart rate variability during simulated space extravehicular activity. 53rd Annual Congress of the American College of Sports Medicine. May 31- June 3, Denver, United States.
215. Carrillo A.E., Flouris A.D., Faught B., Klentrou P. (2006). Clustering cardiovascular disease risk factors and dietary habits among clinically obese Canadian children. 53rd Annual Congress of the American College of Sports Medicine. May 31- June 3, Denver, United States.
216. Flouris A.D., Westwood D.A., Cheung S.S. (2006). Endothermic cold-induced vasodilation is a reflex mechanism regulating body heat content. 5th Annual Meeting at the Crossroads. May 6-7, Halifax, NS, Canada. Conference Proceedings, p. 7.
217. Flouris A.D. (2006). Exploring the fundamental mechanisms of human thermoregulation. 4th Annual Conference of the Atlantic Provinces Exercise Scientists; Halifax, Canada.
218. Carrillo A., Flouris A.D., Cheung S.S., Fowles J.R., Murphy R.J., Westwood D.A., Kruisselbrink L.D. (2006). Influence of added body heat before or during cold exposure on finger temperature and manual function. 2nd International Meeting on Physiology and Pharmacology of Temperature Regulation. March 3-6, Phoenix, AZ, USA, Conference Proceedings, p. 67.
219. Cheung S.S., Flouris A.D. (2006). Behavioral thermoregulation in cold environments is adjusted to changes in body heat content. 2nd International Meeting on Physiology and Pharmacology of Temperature Regulation. March 3-6, Phoenix, AZ, USA, Conference Proceedings, p. 68.
220. Flouris A.D., Cheung S.S. (2006). Cold-induced vasodilatation may regulate body heat content rather than protect extremity integrity. 2nd International Meeting on Physiology and Pharmacology of Temperature Regulation. March 3-6, Phoenix, AZ, USA, Conference Proceedings, p. 69.

221. Flouris A.D., Cheung S.S., Fowles J.R., Murphy R.J., Westwood D.A., Kruisselbrink L.D. (2006). A pre-heating approach to preserve manual dexterity and neuromuscular function of the hands during cold exposures. NASA Habitation 2006 Conference. February 6-8, Orlando, Florida, USA, Conference Proceedings, p. 8.
222. Klentrou P., DiGiovanni G., Slack J., Roy B., Flouris A.D. (2005). Weighted vest training and bone turnover in postmenopausal women. Annual Conference of the Canadian Society of Exercise Physiology. November 9-12, Gatineau, Quebec, Canada. Conference Proceedings, p. 86.
223. Thompson R., McGrath L., Flouris A.D., Klentrou P. (2005). Effects of two short term training protocols on VO<sub>2</sub>max in adolescent boys. Annual Conference of the Canadian Society of Exercise Physiology. November 9-12, Gatineau, Quebec, Canada. Conference Proceedings, p. 112.
224. Flouris A.D., Metsios G.S., Carrillo A.E., Jamurtas A.Z., Koutedakis Y., Tzatzarakis M.N., Tsatsakis A.M. (2005). Effects of passive smoking on resting and exercising humans. Annual Conference of the Canadian Society of Exercise Physiology. November 9-12, Gatineau, Quebec, Canada. Conference Proceedings, p. 76.
225. Flouris A.D., Cheung S.S., Fowles J.R., Murphy R.J., Westwood D.A., Kruisselbrink L.D. (2005). Effects of pre-heating on manual dexterity and neuromuscular function of the hands during cold exposure. Annual Conference of the Canadian Society of Exercise Physiology. November 9-12, Gatineau, Quebec, Canada. Conference Proceedings, p. 75.
226. Cairney, J., Hay, J.A., Faught, B.E., Corna, L., Flouris, A.D. (2005). Developmental coordination disorder age and play: A test of the divergence in activity-deficit with age hypothesis. 8th Annual Research Day, Department of Public Health Sciences - University of Toronto, Toronto, Ontario, Canada. Proceedings, p. 34.
227. Klentrou P., Marjerrison A., Flouris A.D. (2005). Bioenergetics of lower versus upper body submaximal steady state exercise in boys and girls. 23rd Pediatric Work Physiology Meeting. September 22-26, Thun, Switzerland. Conference Proceedings, p. 67.
228. Klentrou P., Flouris A.D., McGrath L. (2005). Effects of two short term training protocols on VO<sub>2</sub>max in adolescent boys. 23rd Pediatric Work Physiology Meeting. September 22-26, Thun, Switzerland. Conference Proceedings, p. 68.
229. Carrillo A.E., Christodoulos A.D., Flouris A.D., Klentrou N., Tokmakidis S.P. (2005). Obesity and physical fitness of pre-adolescent children during the academic year and the summer period: effects of organised physical activity. 48th Annual Meeting of the Canadian Federation of Biological Societies. June 21-24, Guelph, Ontario, Canada. Conference Proceedings, p. 60.
230. DiGiovanni G., Flouris A.D., Klentrou P., Sakellariou G., Spiropoulos G., Koutedakis Y. (2005). Seasons of Conception and Birth are Associated with Intrauterine Growth, Early Development and Longevity in Humans. 48th Annual Meeting of the Canadian Federation of Biological Societies. June 21-24, Guelph, Ontario, Canada. Conference Proceedings, p. 74.
231. Carrillo A., Metsios G.S., Flouris A.D., Jamurtas A., Koutedakis Y. (2005). Effects of passive smoking on resting energy expenditure. 48th Annual Meeting of the Canadian Federation of Biological Societies. June 21-24, Guelph, Ontario, Canada. Conference Proceedings, p. 110.
232. Flouris A.D., Metsios G.S., Carrillo A.E., Jamurtas A.Z., Koutedakis Y. (2005). Effects of passive smoking on active and resting humans 0, 1, and 3 hours following exposure. 48th Annual Meeting of the Canadian Federation of Biological Societies. June 21-24, Guelph, Ontario, Canada. Conference Proceedings, p. 114.

233. Flouris A.D., Sakellariou G., Spiropoulos G., Koutedakis Y. (2005). Human Intrauterine Growth and Early Development are Associated with the Seasons of Conception and Birth. 25th Annual Congress of the European Society of Cardiology. September 4-8, Stockholm, Sweden. Conference Proceedings, p. 342.
234. Flouris A.D., Metsios G.S., Carrillo A.E., Jamurtas A.Z., Koutedakis Y. (2005). Effects of passive smoking on active and resting humans 0, 1, and 3 hours following exposure. 10th Annual Congress of the European College of Sports Science. July 13-16, Belgrade, Serbia. Conference Proceedings, p. 102.
235. DiGiovanni G., Slack J., Roy B., Flouris A.D., Klentrou P. (2005). Exercise induced changes in bone biomarkers and strength in postmenopausal women. 10th Annual Congress of the European College of Sports Science. July 13-16, Belgrade, Serbia. Conference Proceedings, p. 94.
236. Carrillo A.E., Metsios G.S., Flouris A.D., Athanasios J., and Koutedakis Y. (2005). Changes in Resting Energy Expenditure Following Exposure to Passive Smoke. 4th Annual Meeting at the Crossroads. May 6-7, Halifax, NS, Canada. Conference Proceedings, p. 12.
237. Metsios G.S., Flouris A.D., Carrillo A., Athanasios J., Koutedakis Y. (2005). Effects of passive smoking on resting energy expenditure. 10th Annual Congress of the European College of Sports Science. July 13-16, Belgrade, Serbia. Conference Proceedings, p. 104.
238. Klentrou P., DiGiovanni G., Nishio M.L., Flouris A.D., Plyley M. (2005). Exercise Responses and Ventilatory Breakpoints in Boys and Men of Similar Cardiorespiratory Fitness. 10th Annual Congress of the European College of Sports Science. July 13-16, Belgrade, Serbia. Conference Proceedings, p. 124.
239. Polykratis M., Christodoulos A., Flouris A.D., Bouziotas C., Tokmakidis S. (2005). Fitness and obesity in primary school Greek children during the academic year and the summer period: effects of organised physical activity. 10th Annual Congress of the European College of Sports Science. July 13-16, Belgrade, Serbia. Conference Proceedings, p. 78.
240. Tsiotra G.D., Flouris A.D., Nevill A.M., Lane A.M., Koutedakis Y. (2005). Motor deficits in relation to selected fitness parameters in Greek children. 10th Annual Congress of the European College of Sports Science. July 13-16, Belgrade, Serbia. Conference Proceedings, p. 128.
241. Metsios G.S., Flouris A.D. (2005). Design and implementation of an automated multi-loop liquid conditioning garment system for industrial use. (2005). 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, p. 251.
242. Metsios G.S., Klentrou P., Flouris A.D., Inglis J.G., Plyley M. (2005). Effects of dri-water® suits on humans exercising in hot environments. 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, p. 244.
243. Klentrou P., Metsios G.S., Slack J., Roy B., DiGiovanni G., Flouris A.D. (2005). Effects of a weight-vest exercise program on strength and bone biomarkers in postmenopausal women. 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, p. 134.
244. Mavroidea P., Metsios G.S., Flouris A.D., Koutedakis Y., Tzamourtas T. (2005). Effects of carbon monoxide exposure on resting energy expenditure. 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, p. 135.
245. Abrazi C.S., Metsios G.S., Flouris A.D., Koutedakis Y., Stayropoulos-Kalinoglou A., Famis K. (2005). Assessing agreement between proxy and laboratory estimates for the determination of

- bioenergetics. 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, p. 298.
246. Abrazi C., Metsios G.S., Flouris A.D., Koutedakis Y., Stavropoulos-Kalinoglou A., Nevill A. (2005). Criterion-related validity and test-retest reliability of the 20m Square Shuttle Test. 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, p. 296.
247. Sakellariou G., Spiropoulos G., Flouris A.D., Koutedakis Y. (2005). Effects of birth season on human intrauterine growth. 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, p. 32.
248. Spiropoulos G., Sakellariou G., Flouris A.D., Koutedakis Y. (2005). Longevity is affected by the season of birth: Evidence from Greece. 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, p. 136.
249. Klentrou P., Flouris A.D., Plyley M. (2005). Pubertal maturation, hormonal levels and body composition in young gymnasts and age-matched controls. Annual Congress of the American College of Sports Medicine. June 1-4, Nashville, TN, United States.
250. Carrillo A.E., Flouris A.D., Cheung S.S. (2005). Acute and chronic vitamin C supplementation effects on cortisol secretion and immune system functioning during hyperthermia. Annual Conference of the Atlantic Provinces Exercise Scientists; New Brunswick, Canada.
251. Flouris A.D., Carrillo A.E., Cheung S.S. (2005). Preserving hand function during extravehicular activities in space. Annual Conference of the Atlantic Provinces Exercise Scientists; New Brunswick, Canada.
252. 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.
253. 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.
254. 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.
255. 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.
256. Flouris A.D., Mandilas N., Lontou 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.
257. 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.
258. 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.

259. 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.
260. 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.
261. 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.
262. 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.
263. 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.
264. 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.
265. 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.
266. 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.
267. 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.
268. 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.
269. 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.
270. 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.
271. 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.

272. 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.
273. 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.
274. 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.
275. 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.
276. 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.
277. 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.
278. 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.
279. 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.
280. 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.
281. 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.
282. 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.
283. 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.
284. 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.
285. 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.

286. 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
287. 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.
288. 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.
289. 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.
290. 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.
291. 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.
292. 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.
293. 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.
294. 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.
295. 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.
296. 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.
297. 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.
298. 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.

299.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.
- 2009- Marie Curie Fellowship. Project title "THERMOMICS: Unraveling the functional architecture of the human thermoregulatory system through immunological, circadian and sensory mechanisms: focus on the mature European population". Marie Curie International Reintegration Grants (FP7-PEOPLE-IRG-2008; grant no. 239521).
- 2013
- 2007- PDF Fellowship for Post-Doctoral Fellows by the Natural Science and Engineering Research Council (NSERC) of Canada.
- 2009
- 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- Post Graduate Supplement Scholarship to NSERC PGS D3 scholarships for doctoral students from the Canadian Space Agency.
- 2008
- 2005- Post Graduate Scholarship (PGS D3) for doctoral students by the Natural Science and Engineering Research Council (NSERC) of Canada.
- 2008
- 2004- Dalhousie University Post Graduate Scholarship designed to encourage Dalhousie's excellent doctoral students.
- 2005
- 2004- 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).
- 2006



- 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.
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