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E-blast

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Thank you for AUT for Sponsoring ISBNPA2025

ISBNPA is grateful to AUT for being the platinum sponsor and host of the 2025 ISBNPA Conference.

Auckland University of Technology (AUT), New Zealand's leading sports science university, is proud to host this prestigious event in the vibrant city of Auckland. Our research is focused on real-world impact, and our discoveries are widely used, both locally and globally. Collaboration is an important part of our work, and we are connected to an extraordinary range of organisations worldwide; sharing expertise and resources to support industry, business, governments and society as a whole. We are honoured to contribute to the global conversation on health and wellness.

[Discover more about AUT](#)

ISBNPA2025

Two weeks from the opening ceremony, ISBNPA2025 is looking great. So it's time to give you some information to make the most of the conference. You can just read ahead to learn more.

Opening ceremony details

The [annual meeting committee](#) has prepared a traditional Maori welcome--**Pōwhiri**-- for the opening ceremony, June 11, 1pm, at the Aotea – Te Pokapū | Aotea Centre.

The **Pōwhiri** (ceremonial welcome) process is a central component of Māori culture. It is a ceremony of welcome which signifies the coming together of two groups; **haukāinga** (local people) also referred to as Tangata whenua (people born of the land) and **manuhiri** (visitors), by engaging in an exchange process, finishing with the manuhiri becoming one with the haukāinga.

A pōwhiri involves a number of processes; karanga (welcome call), karakia (prayer), whaikōrero (formal speeches), waiata tautoko (support song), koha (donation), hongi (pressing noses and foreheads), harirū (shaking hands), and kai (food). Each process has selected role players. Pōwhiri is a spiritual journey that acknowledges gods, heaven and earth, remembers ancestors, and reinforces kinship ties. Pōwhiri is also the space where intentions become known.

Dress code

To honour the tikanga (customs) of the pōwhiri, we kindly ask all attendees to dress respectfully. Wearing attire that is tidy and appropriate for a formal cultural welcome. The dress code for pōwhiri includes:

- Men: Smart dress pants
- Women: Skirt to the knee
- Non-binary or gender diverse: wear clothing according to the gender you identify with
- All: Avoiding shorts, or revealing clothing.

Note: You are welcome to change once the pōwhiri is complete.

One-to-Watch Keynotes

In this newsletter, we are thrilled to feature the final two One-to-Watch presenters. These sessions will highlight six early to mid-career researchers who have demonstrated exceptional accomplishments in the fields of behavioral nutrition and physical activity science. These one-to-watch presentations will take place on Thursday, June 12, in the mid-afternoon. For more information about each presenter, please visit our [Program Page](#).

Walkable for whom? Understanding and addressing discriminations in the car-centric city

Dr. Tamara Bozovic, Principal - Research & Evaluation, Stellar Projects Ltd / Auckland University of Technology (picture above)

Supporting children's healthy development and movement behaviours through inclusive, nature-based early learning

Dr. Maeghan James, Postdoctoral Fellow, Children's Hospital of Eastern Ontario Research Institute (picture below)

ISBNPA2025 App and Abstract Book

Both the conference app and an initial version of the abstract book are scheduled to be available to ISBNPA2025 attendees by early June. These tools will help you organize your schedule, with the app enabling you to pre-select sessions you wish to attend. Additionally, the PDF version of the abstract book will allow you to browse all abstracts, which are also accessible via the app.

Please keep an eye on your email for forthcoming instructions from the conference secretariat on how to install the app.

(Not)Offsetting the CO2 emissions...

We would love to say that the CO2 emissions offset program, which are commonly offered as we engage in travel, are effective.

But a [recent study](#) from Probst et al (2024) show that only 16% (of 2346 mitigation projects) constitute real emission reductions. The table below summarizes the results.

- Sector -> Real Emissions Reductions (% of claimed credits)
- Forestry -> 25% (some studies find 6% or less)
- Clean Cookstoves -> 0.4–11%
- Industrial Processes -> 27.5%
- Renewable Energy -> 0%

This is why ISBNPA does not recommend any offsetting or mitigation efforts. The evidence informed us that way.

So what can we do

If flights are unavoidable, make informed choices:

- **Book Economy Class:** Economy seats have a much lower carbon footprint per passenger than business or first class, which can emit up to four times more CO₂ per person on long-haul flights.
- **Select Direct, Non-Stop Flights:** Non-stop flights are more fuel-efficient and emit less CO₂ than flights with layovers or connecting legs.
- **Choose Fuel-Efficient Aircraft:** Avoid flights on very small regional jets or large four-engine aircraft, which are less efficient than modern single-aisle or twin-aisle aircraft.
- **Pack Light:** Reducing luggage weight decreases fuel consumption and CO₂ emissions. Lighter packing by all passengers can have a significant cumulative effect.

Mentoring @ISBNPA2025

Register now: “Meet the Mentors” lunch during the annual meeting

Calling students & ECRs! Are you ready to maximize your experience at the upcoming ISBNPA 2025 annual meeting in Auckland? We're excited to announce a special event: the "Meet the Mentors" Lunch!

Scheduled for June 12th, this exclusive session offers a unique chance to connect with seasoned mentors in an intimate setting. This is your opportunity to kickstart a mentorship journey.

Spaces for this mentoring lunch are limited, so be sure to secure your spot now by registering at [<https://tinyurl.com/5cft2k8z>] (first 30 registrations will be accepted only).

Webinars

Visit the [ISBNPA YouTube page](#) to access free recordings of all our webinars.

This week, we hosted the final ISBNPA webinar before the conference and experimented with a new format. First, we released the presentation recordings, followed by a dedicated hour-long Q&A session on the topic. Although registration numbers were typical for a webinar and over 50 people viewed the recordings, only seven individuals participated in the Q&A session.

The goal of this format was to facilitate extended interaction between presenters and attendees, and in that regard, it was quite successful. However, as with any innovation, there are inherent risks; therefore, we need to conduct a deeper evaluation of these low attendance numbers.

We welcome your feedback on how we can enhance the impact of our initiatives. Please feel free to contact [Antônio Palmeira](#) at to share your thoughts.

The video recordings (presentations and Q&A) are available at this page

Have You Explored All the Opportunities Available?

[Log in to the registration system](#) and secure your spot today!

Exploring Indigenous Perspectives of Physical Activity and Nutrition: An immersive experience to connect with self, others, and place.

****This hui (gathering) will take place on June 10, 2025.****

Other workshops are still available.

[\[Pre-Conference Meetings and Workshops – ISBNPA 2025\]](#)

Planting trees at ISBNPA2025?

****This event will take place on June 10, 2025.****

Book your place here [\[ISBNPA2025 Kaipatiki Project\]](#)

Satellite Meetings

[World Congress on Active Aging](#): Join us for this ISBNPA Satellite Meeting, June 10 in Auckland.

[Scaling Up & Sustaining Health Innovations](#): Engage with our Special Interest Group in Implementation and Scalability at this ISBNPA Satellite Meeting on June 4-5, 2025.

[IPA Asia Pacific Play Conference](#): Participate in this partner meeting in Melbourne, Australia, on June 24-27 in Melbourne

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