

# ANDREAS FLOURIS

## PROFESSOR – LAB DIRECTOR

### OVERVIEW

Dr Flouris is a Greek-Canadian Professor of Physiology at the University of Thessaly Department of Exercise Science. He is the Founder and Director of the FAME Laboratory and the Chair of the Graduate Program "Military Fitness and Wellbeing". Also, he 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 policy makers including the Greek and the Qatari Ministries of Labour, the World Health Organization, and the International Labour Organization on the effects of climate change and environmental factors on health, productivity, and wellbeing, and on impact assessment and risk communication. He has published widely on these topics and has contributed to many national and international projects addressing these issues. He is also contributing to translating scientific evidence to environmental, climate, and health policies. He has been a member of the Advisory Committee on Safety and Health at Work, advising the EU Council on the impacts of environmental factors on occupational safety and health. Also, he is a member of the Greek Ministry of Labour Working Group which develops measures to address occupational heat stress.

Prof Flouris is a climate action advocate and is working with different stakeholders to support climate adaptation and actions for a more sustainable world. He 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 wellbeing of humanity. He has been recognized for his advocacy in the TIME100 Next list of future global leaders and serves in the VinFuture Prize committee. Also, he is working with the Asian Development Bank and the Bank of Greece to assess the economic and social impacts of climate change at regional and country level. Moreover, he often comments in national and global media, including BBC, CBC, TIME magazine, Financial Times, New York Times, WIRED, El Pais, and the Thomson Reuters Foundation.

Dr Flouris has mentored over 65 postgraduate researchers: 11 post doctoral researchers, 14 PhD students, and 43 MSc students. He takes pride in their successes and strives to offer them continued support throughout their careers. Early in his career, he was named Academic All-Canadian Mentor in recognition of his positive impact on students excelling in academics and athletics.



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### SCIENTIFIC OUTPUT

	1ST AUTHOR	LAST AUTHOR	TOTAL
POLICY & TECHNICAL REP.	3	1	10
BOOKS	2	0	2
BOOK CHAPTERS	9	2	15
REFEREED PAPERS	64	81	275
INVITED POLICY TALKS	39	0	43
INVITED SCIENCE TALKS	25	1	31
INVITED INDUSTRY TALKS	24	0	24
CONFERENCE PRESENTATIONS	52	137	299

### METRICS

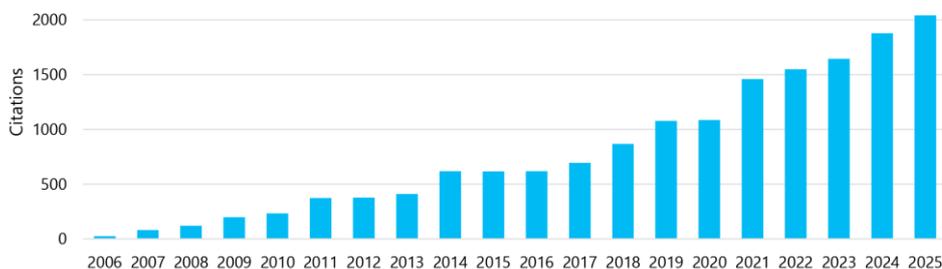
CITATION INDEX	16,343
h INDEX	67
TOTAL RESEARCH FUNDING	40.7 M€
JOURNAL PAPERS EVALUATED	234

### WORK CONTACT

FAME Laboratory  
Department of Exercise Science  
University of Thessaly

Karies, Trikala  
42100, Greece

Citations per year (Google Scholar)



ORCID ID:  
0000-0002-9823-3915

Scopus Author ID:  
8446310300

Researcher ID:  
GXG-4893-2022

Google Scholar profile:  
<https://bit.ly/3eCdfHF>

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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.

2024 - present **Member** of the Development Planning Committee at the Faculty of Exercise Science and Dietetics of the University of Thessaly (Greece).

2018 - **Chair of the Graduate Programme** titled "Military Fitness and Wellbeing" at the present Department of Physical Education and Sport Science of the University of Thessaly (Greece).

**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.

2018 - **Member** of the Graduate Studies Committee at the University of Thessaly Department of present Exercise Science. The Committee is the advisory body for the formulation and implementation of the Department's postgraduate studies. The Committee is appointed by and reports directly to the Faculty General Assembly.

2009 - **Consultant** with different national and international organisations including the European present 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 (20 year-window)

2012 - **Visiting Professor** in Environmental Physiology with the School of Human Kinetics, Faculty of Health Sciences at the University of Ottawa (Canada). Position involves: conducting 2025 research, obtaining funding from national and international funding bodies, and supervising University of Ottawa students of all levels.

2022 - **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 2024 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.

2022 - **Member** of the Council for Research, Innovation, and Excellence at the University of Thessaly. 2024 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 - **Associate Professor** with the Department of Physical Education and Sport Science of the 2023 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- **Senior Researcher** in Environmental Physiology with the Centre for Research and 2017 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 UN Programme on Space Applications. Position involved: participating in General Assembly meetings and annual report preparation, 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 **Sessional 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.

## 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 (Honours) 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

2024 Alumni Brilliance Award from Brock University, in recognition of alumni with remarkable achievements and dedication to excellence, leadership, and innovation.

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 Dalhousie University PhD Research Award: Exploring the fundamental mechanisms of human thermoregulation.

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

## FUNDING HISTORY

**Total Funding (total project funding: € 40.8 M; allocated to Flouris' group: € 6.6 M)**

**Project Coordinator (total project funding: € 5.8 M; allocated to Flouris' group: € 2.4 M)**

- 2025-2026 Technical assistance to WHO Beat the Heat flagship initiative against extreme heat and health risks in mass gatherings and major sporting events. Project no. 2025/1610761-0. World Health Organization.
- 2024-2025 Strengthening Women's Resilience to Heat Stress in Asia and the Pacific. Asian Development Bank (TA-10127 REG; Contract No. S199315).
- 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).
- 2023-2024 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).
- 2022-2024 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).
- 2021-2024 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 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 project funding: € 35.0 M; allocated to Flouris' group: € 3.9 M)**

- 2026-2029 Heat matters; mechanisms impacting maternal and offspring mental health. Wellcome Trust - Climate & Mental Health: Uncovering mechanisms between heat & mental health. Application ref: 324277/Z/25/Z.
- 2025-2028 SONOCRAFT: High-throughput ultrasound-based volumetric 3D printing for tissue engineering. European Commission Horizon Europe – European Innovation Council Pathfinder Open (HORIZON-EIC-2024-PATHFINDEROPEN-01; grant no. 101187842).
- 2024-2025 Mobility, Heat Stress and Undernutrition (MoHSUn): examining the emergence and management of complex health and wellbeing risks for IDP Women. Novo Nordisk Foundation. Call: Transdisciplinary approaches to mobility and global health.
- 2024-2028 ISMED-CLIM: Innovative solutions across the Mediterranean for mitigation of climate change-related health risks and enhancing health system resilience. Horizon Europe. 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.

- 2022-2026 EVA: Magnetolectric 3D printing technology - the revolution of actuatable composites. European Commission Horizon Europe – European Innovation Council Pathfinder Open (HORIZON-EIC-2021-PATHFINDEROPEN-01; grant no. 101047081).
- 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. Horizon Europe. European Commission Social Fund+ SOCPL-2021-IND-REL-01.
- 2021-2025 ANGIE: Magnetically steerable wireless Nanodevices for the targeted delivery of therapeutic agents in any vascular region of the body. European Commission Horizon 2020 – Future Emerging Technologies (H2020-EIC-FETPROACT-2019; grant no. 952152).
- 2016-2021 HEAT-SHIELD: Integrated inter-sector framework to increase the thermal resilience of European workers in the context of global warming. Horizon 2020. European Commission H2020-PHC-2015-two-stage (grant no. 668786).
- 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 Defining age-specific heat exposure limits for workers: from laboratory to field. Research Opportunities Program, Ontario Ministry of Labour.
- 2014-2018 Interindividual variation in response to consumption of plant food bioactives and determinants involved. EU Horizon 2020 COST Action FA1403, Domain Committee "Food and Agriculture".
- 2013-2017 Novel structural skins: Improving sustainability and efficiency through new structural textile materials and designs. EU FP7 COST Action TU1303, Domain Committee "Transport and Urban Development".
- 2013-2017 Thessaly Smart Research and Development Pole: Research, Innovation, Strategies. Competitiveness and Entrepreneurship Programme: General Secretariat for Research and Technology.
- 2013-2017 Heat stress in older adults and individuals with type 2 diabetes. Operating Grant, Canadian Institutes of Health Research.
- 2013-2017 RETOUR: Remedial and Rehabilitation Tourism in Thessaly. Cooperation Programme: General Secretariat for Research and Technology, Greek Ministry of Development.
- 2011-2015 Towards safer bicycling through optimization of bicycle helmets and usage. EU FP7 COST Action TU1101, Domain Committee "Transport and Urban Development".

- 2012-2016 ESCAPEE: Exercise, smoking, and alcohol: investigation of mechanisms, and interventions for prevention, cessation and awareness. Talis Programme: General Secretariat for Research and Technology.
- 2011-2014 Investigation of the functional architecture of the human thermoregulatory system through biochemical indices. 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

- 2024-2025 **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.
- 2009-present **Founding Member** of the Greek Society for Exercise Biochemistry and Physiology.
- 2024 **Member** of the Working Group to develop the 2021-2027 Smart Specialization Strategy for the Thessaly Region.
- 2024-2025 **Member** of the Greek Society for Physiology.
- 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 and Social Affairs.
- 2016-2018 **Board of Directors Member** of the Greek Society for Exercise Biochemistry and Physiology.

### External Evaluator for Funding Proposals

Evaluator of funding proposals for national and international bodies, including the European Research Council, NASA, the European Space Agency, Horizon Europe, Horizon 2020, the EU Innovative Health Initiative, the European Education and Culture Executive Agency, the Canadian Foundation for Innovation, the Austrian Academy of Sciences, the Romanian Ministry of Education and Research, the Slovenian Research Agency, and the UK Medical Research Council. A detailed list is provided in the Appendix.

### **Journal Editor Service**

- 2014- Associate Editor with the journal *Temperature*, published by Taylor & Francis Group, 2&4  
2025 Park Square, Milton Park, Abingdon, OX14 4RN, UK.
- 2022- Associate Editor with the journal *Biology*, published by MDPI AG, St. Alban-Anlage 66, 4052,  
2025 Basel, Switzerland. This post included a Special Issue titled "Effects of Environmental Factors on Human Health and Performance" compiled during 2022-2023.
- 2013- Associate Editor (COPD and occupational lung disease) with the journal *BMC Pulmonary  
2021 Medicine*, published by BioMed Central Ltd, Floor 6, 236 Gray's Inn Road, London, WC1X 8HB, UK.
- 2010- Associate Editor (Physiology) with *BMC Research Notes*, published by BioMed Central Ltd,  
2015 Floor 6, 236 Gray's Inn Road, London, WC1X 8HB, UK.
- 2013 Guest Editor with *Cellular and Molecular Biology*. Special Issue "Bioactive compounds of milk  
and health". Vol. 59, issue 1.
- 2009 Guest Editor with *Inflammation & Allergy - Drug Targets*. Special Issue "Acute health effects  
of passive smoking". Vol. 8, issue 5.
- 2008- Reviewer for a number of papers published across many scientific Journals. A detailed list is  
present provided in the Appendix.

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

- 2025 Scientific Committee Member for the 13<sup>th</sup> Conference of the Greek Society of Biochemistry  
and Physiology of Exercise. October 17-19, Nicosia, Cyprus.
- 2024 Scientific Committee Member for the 4<sup>th</sup> Hellenic Conference on Occupational Health and  
Safety "In a changing environment". November 28-29, Athens, Greece.
- 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**

- 2025 Organization of the Workshop entitled "How to implement a Heat Action Plan based on ILO and WHO guidelines from A to Z at workplace and country level" during the 7<sup>th</sup> Global Occupational Safety & Health Conference. May, 3-6, Riyadh, Saudi Arabia.
- 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**

- 2025 External Member for a Ranking and Promotion Committee for the School of Health Sciences at the University of Southampton.
- 2024 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.
- 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 >20 Faculty Positions across universities in Greece.
- 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.](#) (2025). How hot is too hot. Invited talk during the "Heat Conference" organized by the Lakshmi Mittal and Family South Asia Institute and the Salata Institute for Climate and Sustainability at Harvard University. March 19-22, New Delhi, India.
2. [Flouris A.D.](#) (2025). Gender and Heat in Asia and the Pacific. Invited talk during the Congress titled "Rising Heat, Rising Action: Solutions for Women in a Warming World" organized by the Asian Development Bank. June 2-4, Bangkok, Thailand.
3. [Flouris A.D.](#) (2025). Climate change and human societies. Invited talk during the "Youth for Earth" conference organized by CNN Greece. June 12, Athens, Greece.
4. [Flouris A.D.](#) (2025). Heat stress and women's resilience – creating safe workplaces for all women. Invited talk during the event "Heat Stress and Women: Management Strategies" organized by the Hellenic Institute for Occupational Health and Safety. July 10, Athens, Greece.
5. [Flouris A.D.](#) (2025). Climate change and workplace heat stress: WHO-WMO report findings. Invited talk during the 9th Asia-Pacific Climate Change Adaptation Forum, organized by the UN Economic and Social Commission for Asia and the Pacific, the Asian Development Bank, and the Asia-Pacific Network for Global Change Research. September 29 - October 3, Bangkok, Thailand.
6. [Flouris A.D.](#) (2025). Protecting working people from heat stress. Invited talk during the event "Climate change, heat, and health and the interconnections with disaster and civil protection" organized by the German Agency for Ecology and Communication. October 22-24, Zugspitze, Germany.
7. [Flouris A.D.](#) (2025). Climate change and occupational health state of the art – challenges – opportunities. Invited talk during the workshop titled "The way forward for climate and health research in the shifting EU policy landscape" organized by the European Commission Directorate-General Research and Innovation. December 4-5, Brussels, Belgium.
8. [Flouris A.D.](#) (2024). General principles for the protection of workers against heat: what can be regulated at EU level? Invited talk during the European Trade Union Institute Annual Strategic Seminar: Together for Health and Safety. September 17-18, Lisbon, Portugal.
9. [Flouris A.D.](#) (2024). Health and productivity in extreme heat. Invited talk during the Symposium "Rising Above the Heat: Forging Gender-Responsive Strategies to Extreme Heat" organized during the Asian Development Bank 57<sup>th</sup> Annual Meeting. May 2-5, Tbilisi, Georgia.
10. [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.
11. [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.

12. 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.
13. 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.
14. 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.
15. 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.
16. 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.
17. 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.
18. 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.
19. 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.
20. 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.
21. 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.
22. 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.

23. 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.
24. 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.
25. 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.
26. 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.
27. 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.
28. 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.
29. 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.
30. 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.
31. 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.
32. 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.
33. 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.
34. 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.
35. 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.
36. 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.
  37. 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.
  38. 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.
  39. 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.
  40. 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.
  41. 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.
  42. 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.
  43. 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. (2025). Pathophysiology of thermoregulation. Invited talk during the Congress titled "Environmental challenges – New trends in Spasticity" organized by the Hellenic Spinal Cord Section of the Hellenic Society of Physical and Rehabilitation Medicine. February, 21-22, Athens, Greece.
2. Flouris A.D. (2024). Evidence base for the provisions of workplace level measures to address occupational heat stress in legislations across the world. Invited Talk during the Workshop titled

- "Protecting Workers in the Face of Climate Change at the Policy & Research Nexus". November 10-15, Aspen, USA.
3. Flouris A.D. (2024). Effects of climate change on workers – instructions from the International Labour Organization. Invited Talk during the 10<sup>th</sup> Greek Forum of Public Health and Social Medicine. November 1-3, Thessaloniki, Greece.
  4. Flouris A.D. (2024). Environmental conditions and adaptations during aerobic exercise. Invited Talk during the Round Table entitled "Exercise physiology" organized during the 12<sup>th</sup> Conference of "Medicine in the 21<sup>st</sup> Century". April 12-14, Thessaloniki, Greece.
  5. 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.
  6. 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.
  7. 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.
  8. 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.
  9. 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.
  10. 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.
  11. 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.
  12. 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.

13. 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.
14. 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.
15. 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.
16. 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.
17. 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.
18. 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.
19. 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.
20. 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.
21. 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.

22. 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.
23. 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.
24. 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.
25. 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.
26. 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.
27. 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.
28. 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.
29. 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.
30. 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.
31. 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. (2025). Heat resilience in Saudi Arabia: protecting workers, powering Vision 2030. Invited talk during the 7th Global Occupational Safety & Health Conference. May, 3-6, Riyadh, Saudi Arabia.
2. Flouris A.D. (2025). Prevention of compound risks from psychosocial factors and climate change. Invited talk during the European Trade Union Confederation Seminar on Psychosocial Risks. October 30, Copenhagen, Denmark.
3. Flouris A.D. (2025). Implementing a Heat Action Plan based on ILO and WHO Guidelines from A to Z at Workplace and National Level. Invited talk during the 14th Qatar Energy Occupational Health and Wellness Forum. November 14, Doha, Qatar.

4. Flouris A.D. (2024). Effects of occupational heat stress on the health of workers and the economy of Greece. Invited talk during the 4<sup>th</sup> Greek Occupational Safety and Health Congress, organized by the Greek Institute of Occupational Health and Safety. November 28-29, Athens, Greece.
5. Flouris A.D. (2024). Climate change and occupational health. Invited talk during the Spanish National Congress on Safety and Health at Work. November 6-7, Coruña, Spain.
6. Flouris A.D. (2024). Heat stress and strain: assessment, adaptation and international experience. Invited talk during the seminar titled "Heat strain of workers: research data and recommendations" organized by the Greek Institute of Occupational Health and Safety". July 27, Athens, Greece.
7. Flouris A.D. (2024). Heat stress indicators – Adaptation measures – International experience. Invited talk during the Seminar titled "Effects of climate change on occupational health and safety" organized by the Greek Federation of Employees of Local Government Organizations. May 29, Athens, Greece.
8. Flouris A.D., Ioannou L.G., Nybo L. (2024). From research to public policy: How the Heat-Shield project has influenced policy in the European Union. Invited talk during the Special Session titled "Combating Occupational Heat Stress: Moving Towards A Global Approach" of the International Congress on Occupational Health (ICOH2024). April 28 - May 3, Marrakesh, Morocco.
9. Flouris A.D. (2024). Heat and Occupational Safety and Health – more than a number on the thermometer. Invited talk during the Balkan Health and Safety at Work Congress. March 4, Thessaloniki, Greece.
10. Flouris A.D. (2024). Supporting athletes during long-distance exercise. Invited online talk at the Greek Cycling Federation. March 13.
11. 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" organized by the Greek Institute of Occupational Health and Safety. July 3, Athens, Greece.
12. 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.
13. 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.
14. 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.
15. 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.
16. 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.
17. Flouris A.D. (2019). Emergency response operations under climate change and extreme environments. First Responder Safety & Performance Symposium. November 21, Singapore.

18. 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.
19. Flouris A.D. (2018). Impact of environmentally-induced psychophysical stress on the health and performance of army helicopter pilots. Invited Talk during the Symposium entitled "Exercise is medicine in Armed Forces" which was organized during the 27th Hellenic Armed Forces Medical Conference. October 18-20, Thessaloniki, Greece; p: 49.
20. 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.
21. 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.
22. 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.
23. 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.
24. 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, Rome, Italy.

## INVITED PARTICIPATION IN CULTURAL EVENTS AND FORUMS

1. Flouris A.D. (2024). Environmental justice as a basis for democracy and social cohesion. Invited talk/intervention during the event titled "What We Owe Democracy" coordinated by Nikos Diamantis, Art Director of the Municipal Theater of Piraeus, during the 2024 Athens Art Festival. July 5-7, Athens, Greece.
2. Flouris A.D., Nintou E., Dallas K., Gkiata P., Vliora M., Amorim T., Tsoutsoubi L., Kapnia A. (2017). A photo of your temperature. Invited activity organized within MEDinART, which was a part of the Athens Science Festival. March 29 - April 4, Athens, Greece.

## 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

### Volunteer Teaching

2012-present **Volunteer Teaching** in >150 Elementary Schools and High-Schools across Greece on issues related to climate change, environmental health, space, exercise, nutrition, and smoking.

### 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.

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-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 "Military Fitness and Wellbeing"; enrollment: 20-30 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.

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.

2009-2024 **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.

2015-2024 **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.

2022-2024 **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.

### 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

- 2025-present Supervisor for Dr Konstantinos Mantzios at the University of Thessaly. Project title: Enhancing human-computer interaction, big data, and machine learning approaches for heat stress management and well-being.
- 2025-present Supervisor for Dr Lydia Tsoutsoumbi at the University of Thessaly. Project title: Signaling pathways involved in the browning of white adipose tissue.
- 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-present Supervisor for Dr Leonidas Ioannou at the University of Thessaly. Project title: Effects of environmental factors on human health and productivity.
- 2016-2022 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**

- 2025-present Supervisor for Giorgos Gkikas at the Department of Exercise Science, University of Thessaly. Thesis title: Technological applications in Environmental Physiology and Health.
- 2023-present Supervisor for Paraskevi Gkiata at the Department of Exercise Science, University of Thessaly. Thesis title: Thermoregulatory function of individuals with chronic disease during rest and physical work.
- 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.
- 2019-2025 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.

- 2019-2023 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.
- 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.

### **Doctoral Level External Examiner**

- 2024 Jasper Gielen at the KU Leuven, Belgium. Thesis title: Time-series analyses of cardiorespiratory responses in relation to physical activity for advancing athlete monitoring and technology integration.
- 2024 Sarah Taggart at the University of Western Australia, Australia. Thesis title: Surviving the sizzle: the effects of living and working under heat stress in the mining industry.
- 2020 Ioannis Kostoulas at the University of Thessaly, Greece. Thesis title: The effect of a specific training program on combat swimming performance and shooting ability.

- 2019 Athanasios Poullos at the University of Thessaly, Greece. Thesis title: Biochemistry and physiology of football.
- 2018 Dimitrios Draganidis at the University of Thessaly, Greece. Thesis title: Effect of inflammation on muscle protein synthesis and breakdown in the aged human skeletal muscle.

### **Masters Level**

- 2022-2024 Supervisor for Apostolos Mavrogiannis at the Department of Exercise Sciences, University of Thessaly. Thesis title: Physiological adaptations while wearing Chemical, Biological, Radiological, and Nuclear (CBRN) personal protective equipment
- 2021-2024 Supervisor for Nikos Alivertis at the School of Medicine and the School of Physical Education and Sport Science, University of Thessaly. MSc Thesis title: Effect of a specialized intervention, exercise, and counseling program on selected indicators of health and functional capacity of financial sector employees.
- 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. Kawano M., Song Y.S., Ivanov I., Wang N., ... [Flouris A.D.](#), Massey A., Thornton J.S., Yothasamutr K. (2025). Heat, air pollution and solar ultraviolet radiation: mass gathering-specific considerations and research gaps. World Health Organization; Geneva, Switzerland.
2. [Flouris A.D.](#), Nybo L., Kjellstrom T., Shumake-Guillemot J., Ivanov I. (eds), 2025. Climate change and workplace heat stress: technical report and guidance. Geneva: World Health Organization and World Meteorological Organization.
3. [Flouris A.D.](#), Azzi, M., Graczyk, H., Nafradi, B., and Scott, N. (eds), 2024. Heat at Work: Implications for Safety and Health. A Global Review of the Science, Policy and Practice. International Labour Organization. Geneva, Switzerland.
4. Azzi M., Scott N., Graczyk H., Papandrea D., Nafradi B., Groening L., Hoibl A., Alzaanin W., [Flouris A.D.](#), Hiddinga-Schipper A., Venugopal V. (2024). Ensuring safety and health at work in a changing climate. International Labour Organization; Geneva, Switzerland.
5. Bjerglund Andersen N., Böckmann M., Bowen K., Díaz J., [Flouris A.](#), Hajat S., Karadzinska-Bislumovska 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.
6. 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.
7. 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.
8. Avloniti A., Gourgoulialis K., Daniil Z., Deli C., Dipla K., Zafeiridis A., Karatzaferi C., Koutedakis Y., Koutsilieris M., Kyparos A., Mastorakos G., Metsios G., Bogdanis G., Nikolaidis M., Papageorgiou S., Papatotiriou I., Sakkas G., Jamurtas A., Fatouros I., Filippou A., [Flouris A.D.](#), Hatzinikolaou A. (2020). Information and recommendations for safe exercise and physical activity during the Covid-19 pandemic. DOI: 10.6084/m9.figshare.12826031.
9. [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.

10. 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. Nybo L., [Flouris A.D.](#) (2024). Temperature: A frontier journal in cross-scientific approaches to combat climate change. *Temperature*; 11(4): 299-301.
2. Alahmad B., [Flouris A.D.](#), Schlader Z.J., Berry J., Amorim F., Venugopal V., Lucas R.A.I., Prince H.J., Wegman D.H., Glaser J. (2024). Roadmap to effective and attainable workplace heat standards in the USA and beyond. *Occupational and Environmental Medicine*; 81(11): 543-544.
3. [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.
4. 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.
5. 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.
6. [Flouris A.D.](#) (2014). A unifying theory for the functional architecture of endothermic thermoregulation. *Temperature*; 1(3): 162-163.
7. Armand M. and [Flouris A.D.](#) (2013). Effects of milk bioactive compounds on health. *Cellular and Molecular Biology*; 59(1): 1-3.
8. [Flouris A.D.](#) (2009). Acute health effects of passive smoking. *Inflammation and Allergy Drug Targets*; 8(5): 319-320.
9. [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**

10. Gkiata P., Vliora M., Bargiota A., [Flouris A.D.](#) (2025). The effect of increased core body temperature on the vasomotor and sudomotor responses of patients with type 2 diabetes: protocol of a systematic literature review and meta-analysis. *Systematic Reviews*; 14(1): 247.
11. Van der Horst L., Bouaddi O., Williams S., Jago M., Lau K., Furber B., Zaini A.Z., El-Ghitany E.M., Loganathan T., [Flouris A.D.](#), Testa D.J., Zimmerman C., Hargreaves S., Consortium for Migrant Worker Health (2025). International migrant workers, heat exposure, and climate change: a systematic review of health risks and protective interventions. *BMC Global Public Health*; 3(1): 107.
12. Carrillo A.E., Dinas P.C., Krase A., Nintou E., Georgakopoulos A., Metaxas M., Ryan E.J., Vliora M., Georgoulis P., Chatziioannou S., [Flouris A.D.](#) (2024). Dietary intake is similar among adult men with different levels of cold-induced brown adipose tissue activation. *Nutrients*; 16(21): 3697.
13. Bonell A., Ioannou L.G., Hirst J.E., [Flouris A.D.](#) (2024). Understanding the physiological and biological response to ambient heat exposure in pregnancy: protocol for a systematic review and meta-analysis. *BMJ Open*; 14(7): e085314.
14. Plakias S., Tsatalas T., Mina M.A., Kokkotis C., [Flouris A.D.](#), Giakas G. (2024). The impact of heat exposure on the health and performance of soccer players: a narrative review and bibliometric analysis. *Sports (Basel)*; 12(9): 249.

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### **Published Journal Abstracts**

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42. Metsios G.S., Flouris A.D. (2005). Design and implementation of an automated multi-loop liquid conditioning garment system for industrial use. *Exercise and Society: Journal of Sports Science*; 39: 251.
43. 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. *Exercise and Society: Journal of Sports Science*; 39: 244.
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47. 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. *Exercise and Society: Journal of Sports Science*; 39: 296.
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49. 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.
50. 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.
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52. 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.
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56. Flouris A.D., de Ruyter W., Faught B.E. (2003). Establishing new cut-offs for obesity in Canadian children. *Canadian Journal of Applied Physiology*; 28(5): S54.
57. 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.
58. 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.
59. Flouris A.D., Metsios G.S., Koutedakis Y. (2003). Attaining energy equilibrium in proxies assessing human bioenergetics. *European Heart Journal*; 24(Suppl.): 183.
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61. 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.
62. 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.
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  67. 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.
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  69. 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.
  70. 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. Laabbas-el-Guennouni M., Flouris A.D., Salas S., Schneider S., Schooneveldt M., Ivanov I., Theodori D. (2026). Will the European Union protect workers from deadly heat? Commentary published in *Social Europe* on 30/1/2026 (<https://www.socialeurope.eu/will-the-european-union-protect-workers-from-deadly-heat>).
2. Flouris A.D. (2025). Teaching in the age of climate change: health risks in Europe's energy-inefficient schools. Article published in *HesaMag*, the magazine of the European Trade Union

Institute, on 20/11/2025 (<https://www.etui.org/news/teaching-age-climate-change-health-risks-europes-energy-inefficient-schools>).

3. 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>).
4. 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.

## **PUBLICITY**

Interviews in >150 TV (e.g., ET1, ET2, ET3, SKAI, Alpha, Mega, Star, Open) and radio (e.g., ERA1, ERA2, Skai Radio, 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, Ta Nea, 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.

Interviews in >50 TV (BBC News, CBC News) and radio stations (e.g., BBC radio) as well as newspaper (e.g., El Pais, New York Times, Financial Times, Canadian Press, The Peninsula, NZZ am Sonntag, The Coast) and media outlets (e.g., Time, National Geographic, WIRED, Thomson Reuters Foundation, SciencesPo, HBO, Videnskab.dk, Scienceline, Men's Health, Popular Science) 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.

## **PERSONAL INFORMATION**

Date of Birth: August 26, 1979

Citizenships: Greek, Canadian.

Natural Languages: Greek (native speaker), English (fluent)

Non-Academic Interests: Sailing; Free diving (Greek National Apnea Team 2014, 2015); Sustainable / organic farming.

## APPENDIX

### External Evaluator for Funding Proposals

- 2025 **Consultant Proposal Evaluator** for the Austrian Academy of Sciences for the Doctoral Fellowship Programme.
- 2025 **Consultant Proposal Evaluator** for the Innovative Health Initiative Joint Undertaking for the Call HORIZON-JU-IHI-2025-09-single-stage: Boosting innovation for a better understanding of the determinants of health.
- 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 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 Climate Change	1
55. Nature Communications	1
56. Nature Microgravity	1
57. Pediatric Exercise Science	2
58. Pediatrics	1
59. Pflügers Archiv - European Journal of Physiology	2
60. Physiology and Behavior	6
61. Proceedings of the National Academy of Sciences	1
62. Psychophysiology	7
63. Recent Patents on Cardiovascular Drug Discovery	1
64. Research Quarterly for Exercise and Sport	1
65. Scandinavian Journal of Medicine and Science in Sports	1
66. Scientific Reports	1
67. Temperature	13
68. The Journal of Physiology	2
69. Tobacco Control	2
70. Toxicology Letters	4
71. Toxicology Reports	7
72. World Health Organisation South-East Asia Journal of Public Health	1
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### **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., Georgoulis P., Jamurtas A.Z., Koutsikos J., Athanasiou K., Ioannou L.G., Gkiata P., Carrillo A.E., Koutedakis Y., Metsios G.S., Sotto Mayor T., Chatziioannou S., Flouris A.D. (2019). Human white-fat thermogenic capacity evaluation via experimental and meta-analysis studies. 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands; p. 177.
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.
30. Dinas P.C., Krase A., Nintou E., Georgakopoulos A., Granzotto M., Metaxas M., Karachaliou E., Rossato M., Vettor R., Georgoulis P., Jamurtas A.Z., Koutsikos J., Athanasiou K., Ioannou L.G., Gkiata P., Carrillo A.E., Koutedakis Y., Metsios G.S., Sotto Mayor T., Chatziioannou S., Flouris A.D. (2019). Thermogenic capacity of human white fat: the actual picture. 9th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 18-20, Thessaloniki, Greece; p: 13.
31. Pravednikova A. E., Witkowicz A., Vliora M., Nintou E., Sakellariou P., Gkiata P., Barmpla E., Bargiota A., Bell A., Vernail V., Kerchev V. V., Schirtladze M. R., Larina S. N., Bogdanski P., Szulinska M., Ruchała M., Czepczynski R., Kowalska A., Karabon L., Shidlovskii Y. V., Flouris A. D. (2019). Potential role of UCP1 gene variants in cardiometabolic disease development. 44th Congress of the Federation of European Biochemistry Society (FEBS). 6-11 July, Krakow, Poland; p: 02-008.
32. Dinas P., Georgakopoulos A., Nintou E., Krase A., Metaxas M., Athanasiou K., Koutsikos J., Georgoulis P., Koutedakis Y., Chatziioannou S., Flouris A.D. (2018). Human white adipose tissue activity assessed via positron emission tomography/computed tomography is positively

- associated with habitual physical activity. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 24.
33. Krase A., Terzis G., Sakkas G., Tsianas N., Liakos D., Flouris A.D. (2018). Changes in vastus lateralis muscle architecture after 7 months of intradialytic exercise training in end stage renal disease patients. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 90.
  34. Gkiata P., Friesen B.J., Herry C., Seely A.J.E., Notley S., Kenny G.P., Flouris A.D. (2018). Heart rate variability during treatment delays of 5, 20 and 40 minutes for exertional heat stress when immediate response is impossible. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 100.
  35. Nintou E., Dinas P., Phychou D., Granzotto M., Rossato M., Vettor R., Jamurtas A., Koutedakis Y., Metsios G., Flouris A.D. (2018). Associations of fat mass and physical activity with natriuretic peptide receptor a in subcutaneous adipose tissue in healthy men. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 111.
  36. Vliora M., Nintou E., Sakellariou P., Gkiata P., Ioannou L. Dinas P., Flouris A.D. (2018). Relationship between the A-3826G polymorphism of the UCP1 gene with physical activity in patients with cardio-metabolic disease. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 28.
  37. Ioannou L.G., Tsoutsoumbi L., Gkiata P., Mantzios K., Flouris A.D. (2018). The science of physics supports exercise physiology: a new software to protect athletes' health and performance. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 47.
  38. Mantzios K., Ioannou L.G., Flouris A.D. (2018). Development and reliability of a new system for the evaluation of sweat rate. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 40.
  39. Tsoutsoubi L., Ioannou L.G., Vliora M., Dallas C.N., Mantzios K., Gkiata P., Nintou E., Amorim T., Sfakianakis K., Dolapsaki E., Kidonaki E., Flouris A.D. (2018). Occupational heat stress and strain in the tourism industry. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 79.
  40. Dallas K., Ioannou L.G., Nintou E., Dinas P., Koutedakis Y., Flouris A.D. (2018). Impact of idleness on esophageal and muscle temperature following a standard warmup protocol. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 97.
  41. Misailidi M., Papakonstantinou C., Koutedakis Y., Flouris A.D. (2018). Impact of precooling on thermoregulatory and performance indices in adolescent tennis athletes under high heat stress conditions. 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki, Greece; p: 36.
  42. Gkiata P., Flouris A.D., Friesen B.J., Herry C., Seely A.J.E., Notley S., Kenny G.P. (2018). Heart rate variability dynamics during treatment for exertional heat stress when immediate response is not possible. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 89.

43. Carrillo A.E., Herry C., Poirier M., Friesen B., Notley S., Flouris A.D., Seely A.J.E., Kenny G.P. (2018). Sensitivity of heart rate variability in older adults is improved following a summer in a humid continental climate. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 96.
44. Flouris A.D. (2018). Impacts of occupational heat strain on health and productivity. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 103.
45. Foster J., Smallcombe J., Hodder S., Jay O., Flouris A.D., Griggs K., Dorman L. (2018). Assessing physical work capacity and performance loss during heat stress using a cardiovascular strain limit model. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 104.
46. Morris N., Jay O., Flouris A.D., Kjellstrom T., Casanueva A., Gao C., Foster J., Havenith G., Nybo L. (2018). Sustainable solutions to mitigate environmental heat stress – occupational and global health perspectives. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 108.
47. Tsoutsoubi L., Ioannou L.G., Vliora M., Dallas C.N., Mantzios K., Gkiata P., Flouris A.D. (2018). Occupational heat stress and strain in the tourism industry. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 106.
48. Morabito M., Messeri A., Orlandini S., Kjellstrom T., Flouris A.D. (2018). HEAT-SHIELD tools for short-term warnings and long-term planning: heat-stress protection strategies to reduce the impact on different working environments and activities. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 100.
49. Piil J.F., Lundbye-Jensen J., Christiannsen L., Ioannou L., Tsoutsoubi L., Dallas C., Mantzios K., Flouris A.D., Nybo L. (2018). High prevalence of hypohydration in occupations with heat stress – perspectives for performance in combined cognitive and motor tasks. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 109.
50. Ioannou L.G., Tsoutsoubi L., Mantzios K., Gkikas G., Agaliotis G., Koutedakis Y., Samoutis G., Kajfez Bogataj L., Morabito M., Kenny G.K., Havenith G., Gao C., Kjellstrom T., Nybo L., Flouris A.D. (2018). Agricultural heat-induced labour loss: Methodology to quantify and interventions to mitigate the problem. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 105.
51. Mantzios K., Ioannou L.G., Dallas C.N., Flouris A.D. (2018). Thermal strain during sports of prolonged duration. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 122.
52. Vliora M., Nintou E., Gkiata P., Barmpa E., Bargiota A., Sakellariou P., Flouris A.D. (2018). The A-3826G polymorphism of the UCP1 gene and the likelihood of cardio-metabolic disease and obesity in Greek individuals. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 154.
53. Nintou E., Chatziioannou S., Krase A., Georgakopoulos A., Metaxas M., Koutsikos J., Athanasiou K., Georgoulis P., Vliora M., Gkiata P., Koutedakis Y., Dinas P., Flouris A.D. (2018). Association of human brown and white adipose tissue thermogenic activity with daily environmental

- temperature exposure. 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 158.
54. Poirier M.P., Notley S.R., Gagnon D., McGinn R.R., Friesen B.J., Flouris A.D., Kenny G.P. (2018). Defining acceptable cold-water immersion times for the treatment of exertional hyperthermia when rectal temperature measurements are not available. Experimental Biology. 21-25 April, San Diego, California; p: 362.
  55. Kenny G.P., Flouris A.D., Brosseau L., Dervis S., and Notley S.R. (2018). Characterizing heat stress and strain in electric utility workers by means of a questionnaire. Experimental Biology. 21-25 April, San Diego, California; p: 207.
  56. Casanueva A., Kotlarski S., Spirig Ch., Fischer A.M., Flouris A.D., Kjellstrom T., Lemke B., Nybo L., Schwierz C., Liniger M.A. (2018). Heat stress in a changing climate: a pan-European perspective. 7th International Conference on the Physiology and Pharmacology of Temperature Regulation. 7-12 October, Split, Croatia.
  57. Casanueva A., Kotlarski S., Fischer A.M., Flouris A.D., Kjellstrom T., Lemke B., Nybo L., Schwierz C., Liniger M.A. (2018). Climate change projections of heat stress in Europe and impacts on labour productivity. European Conference for Applied Meteorology and Climatology. 3-7 September, Budapest, Hungary.
  58. Asimoglou P., Petmezas S., Flouris A.D. (2017). Analysis of the Trojan war combat fighting. International Congress on Soldiers' Physical Performance. 28 November - 1 December, Melbourne, Australia; p: 61.
  59. Petmezas S., Asimoglou P., Koutedakis Y., Fatouros I., Giakas G., Jamurtas A.Z., Wardle K., Wardle D., Flouris A.D. (2017). International Congress on Soldiers' Physical Performance. 28 November - 1 December, Melbourne, Australia; pp: 151–152.
  60. Ioannou L.G., Tsoutsoubi L., Samoutis G., Bogataj L.K., Kenny G.P., Nybo L., Kjellstrom T., Flouris A.D. (2017). Time-motion analyses as a novel approach for evaluating the impact of environmental heat exposure on labor loss in agriculture workers. 17th International Conference on Environmental Ergonomics. November 12 – 18, Kobe, Japan; p: 184.
  61. Vliora M., Dinas P.C., Ioannou L.G., Nintou E., Granzotto M., Rossato M., Vettor R., Jamurtas A.Z., Koutedakis Y., Metsios G.S., Flouris A.D. (2017). Seasonal changes in environmental temperature increase UCP1 in subcutaneous white adipocytes. 17th International Conference on Environmental Ergonomics. November 12 – 18, Kobe, Japan; p: 149.
  62. Ioannou L.G., Tsoutsoubi L., Giorkas V., Spiropoulos G., Nybo L., Flouris A.D. (2017). Physical demands and hydration status of grape-picking workers in Europe. 17th International Conference on Environmental Ergonomics. November 12 – 18, Kobe, Japan; p: 107.
  63. Amorim T., Ioannou L.G., Samoutis G., Flouris A.D. (2017). Incidence of heat waves in Cyprus and its association with mortality. 17th International Conference on Environmental Ergonomics. November 12 – 18, Kobe, Japan; p: 104.
  64. Tsoutsoubi L., Ioannou L.G., Nintou E., Gkiata P., Cheung S.S., Flouris A.D. (2017). Influence of thermal balance on reactive hyperaemia. 17th International Conference on Environmental Ergonomics. November 12 – 18, Kobe, Japan; p: 103.
  65. Ciuha U., Gliha M., Pogačar T., Bogataj L.K., Nybo L., Flouris A.D., Kjellstrom T., Mekjavic I. (2017). Heat shield project: The effect of a summer heat wave on the productivity in an automobile-parts

- manufacturing plant. 17th International Conference on Environmental Ergonomics. November 12 – 18, Kobe, Japan; p: 26.
66. Gkiata P., Cheung S.S., Flouris A.D. (2017). Effects of cryotherapy on diabetic peripheral neuropathy symptoms: a case study. 17th International Conference on Environmental Ergonomics. November 12 – 18, Kobe, Japan; p: 19.
  67. Nintou E., Krase A., Metaxas M., Pianou N., Georgakopoulos A., Chatziioannou S., Georgoulas P., Koutsikos J., Athanasiou K., Amorim T., Vliora M., Moldovan O., Stasinopoulos Y., Koutedakis Y., Dinas P., Flouris A.D. (2017). Brown adipose tissue activity is associated with the environmental temperature of the last week independently of physical activity levels in healthy men: preliminary evidence. 7th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 20-22, Athens, Greece; p: 80.
  68. Amorim T., Ioannou L.G., Samoutis G., Flouris A.D. (2017). Association between heat waves and mortality in Cyprus. 7th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 20-22, Athens, Greece; p: 24.
  69. Tsoutsoubi L., Ioannou L.G., Nintou E., Gkiata P. Flouris A.D. (2017). Influence of thermal homeostasis on reactive hyperemia. 7th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 20-22, Athens, Greece; p: 25.
  70. Gkiata P.,<sup>1</sup> Cheung S.S.,<sup>2</sup> Flouris A.D. (2017). Diabetic peripheral neuropathy and cryotherapy: a case study. 7th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 20-22, Athens, Greece; p: 26.
  71. Carrillo A.E., Krase A., Nintou E., Georgakopoulos A., Pianou N., Metaxas M., Chatziioannou S., Georgoulas P., Athanasiou K., Koutsikos J., Amorim T., Moldovan O., Stasinopoulos Y., Koutedakis Y., Dinas P., Flouris A.D. (2017). Sympathetic nervous system activation during cold exposure is related to body mass index. 7th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 20-22, Athens, Greece; p: 27.
  72. Carrillo A.E., Herry C.L., Poirier M.P., Friesen B.J., Seely A.J.E., Flouris A.D., Wright Beatty H.E., Kenny G.P. (2017). A comparison of heart rate variability between young and older individuals during dry or humid heat stress. 7th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 20-22, Athens, Greece; p: 30.
  73. 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. 7th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 20-22, Athens, Greece; p: 23.
  74. Ioannou L.G., Tsoutsoumbi L., Gkiata P., Flouris A.D. (2017). Effects of sports wear technology during submaximal exercise in a hot environment. 7th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 20-22, Athens, Greece; p: 44.
  75. Mantzios K., Ioannou L.G., Flouris A.D. (2017). Heat stress during the major athletic events of the last 20 years. Climate Change: local government actions to address a global challenge. June 9-10, Karditsa, Greece; p: 34.
  76. Flouris A.D. (2017). Thermal stress in the workplace and its effects on health and productivity. Climate Change: local government actions to address a global challenge. June 9-10, Karditsa, Greece; p: 23.

77. Mantzios K., Koutedakis R., Vliora M., Gkiata P., Amorim T., Flouris A.D. (2017). Detection of urban heat island in the city of Trikala during a heat wave. Climate Change: local government actions to address a global challenge. June 9-10, Karditsa, Greece; p: 27.
78. Mantzios K., Ioannou L.G., Flouris A.D. (2017). Environmental heat stress during the major athletic events of the last 20 years: effects of climate change. Climate Change: local government actions to address a global challenge. June 9-10, Karditsa, Greece; p: 33.
79. Poirier M.P., Dervis S., Flouris A.D., Kenny G.P. (2016). Whole-body heat loss is enhanced in older adults following a summer in a humid continental climate. Experimental Biology. 2-6 April, San Diego, California; p: 160.
80. Meade R.D., Poirier M.P., Flouris A.D., Hardcastle S., Kenny G.P. (2016). Discrepancies in the change in body heat content and core temperature responses during exercise performed under the threshold limit values exposure guidelines. Experimental Biology. 2-6 April, San Diego, California; p: 440.
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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  
2013 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.
- 2007 Best Graduate Student Presentation Award of the 5th Annual Conference of the Atlantic Provinces Exercise Scientists held in Antigonish, Nova Scotia, Canada, for the presentation entitled "Influence of thermal body state on acute oscillations in peripheral blood flow".
- 2006 Best Presentation Award of the 5th Annual Meeting at the Crossroads held in Halifax, NS, Canada, for the presentation entitled "Endothermic cold-induced vasodilation is a reflex mechanism regulating body heat content".
- 2006 Graduate Scholarship offered by the School of Health and Human Performance at Dalhousie University in support of Interdisciplinary PhD students with outstanding academic achievements.
- 2006 Research Capacity Award offered by the Nova Scotia Health Research Foundation to researchers who demonstrate outstanding contributions to research for the project entitled: "Endothermic cold-induced vasodilation is a reflex mechanism regulating body heat content".
- 2005 Development Scholarship by the Canadian Space Agency to attend the 2005 Summer Session Program of the International Space University held in Vancouver, B.C., Canada.
- 2005-2008 Post Graduate Supplement Scholarship to NSERC PGS D3 scholarships for doctoral students from the Canadian Space Agency.
- 2005-2008 Post Graduate Scholarship (PGS D3) for doctoral students by the Natural Science and Engineering Research Council (NSERC) of Canada.
- 2004-2005 Dalhousie University Post Graduate Scholarship designed to encourage Dalhousie's excellent doctoral students.
- 2004-2006 Ontario Graduate Scholarship for International Students offered by the Canadian Ministry of Education to encourage excellence in 60 international graduate students in the province of Ontario at the master's and doctoral levels (Declined).
- 2004 Excellence in Research Award offered by Brock University to one graduate student who demonstrates the most significant contributions to research during the year in the entire university.
- 2004 Academic Excellence Scholarship offered by the Hellenic-Canadian Federation of Ontario to 15 graduate students in the province of Ontario who have demonstrated outstanding contribution to the community, excellent academic achievements, and significant contribution to research.
- 2003 Edgar and Irmgard Penner Scholarship offered by Brock University to the international graduate student who has demonstrated outstanding contribution to the student community, the highest

academic achievements, and the most significant contribution to research during the year in the entire university.

2003-  
2004 Brock University Graduate Fellowship designed to encourage Brock's excellent M.Sc students.

2002-  
2003 Brock University Graduate Fellowship designed to encourage Brock's excellent M.Sc students.