



GREX
Global Renal EXercise

GREX OC TOWN HALL MEETING

10th and 11th April 2025

Welcome and please mute our microphones
This meeting is being recorded

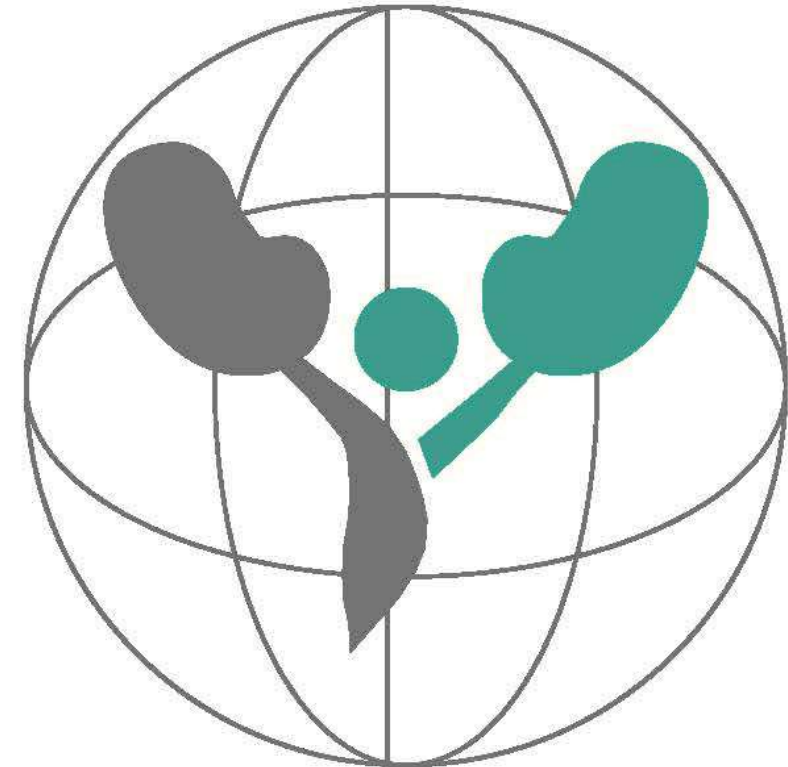


Agenda

- GREX Update – Ken Wilund and Paul Bennett
- Membership update – Paul Bennett
- GREX training course – Ken Wilund
- Internship Program - Ken/Joao Viana
- Next GREX Webinar – Organ Stunning and Exercise in CKD
- TICKERS Study – Clara Bohm
- GREX Young and Mapping Systematic Review – Brett Tarca
- Standardized Physical Function Tests – Ken Wilund
- Meetings/Conferences
 - 2025 ERA Vienna 2025 – Heitor Ribeiro
 - 2025 UK Kidney Week 2025 – Tom Wilkinson
 - 2025 EDTNA Meeting Porto 2025 Joao/Ken
 - 2025 ASN Houston 2025 – Ken
 - 2026 ISRNM Berlin – Ken
 - 2026 ISN Yokohama - Paul
- **GREX Town Hall Question Time**



GREX
Global Renal EXercise





GREX Mission and Vision

The GREX Mission

To foster collaborative research & innovation across multiple disciplines to develop effective and feasible strategies to increase physical activity and exercise participation in order to optimize health outcomes in people with kidney disease.

The GREX Vision

- Facilitate the completion of rigorous, international, multidisciplinary, exercise and physical activity research.
- Support the development and implementation of multidisciplinary, collaborative models and strategies to promote behavioral and lifestyle change, both locally and globally.
- Increase awareness of the therapeutic benefits of physical activity in people with all stages of kidney disease, among patients, their caregivers, and healthcare providers.

*Leave
the ego
at the door*

GREX - A Community



GREX
Global Renal EXercise

Coordinating Committee

- Ken Wilund (US), Joao Viana (Portugal), Clara Bohm (Can), Stephanie Thompson (Can), Jen MacRae (Can), Stefan Mustata (Can), Giorgos Sakkas (Greece), Tom Wilkinson (UK), Heitor Ribeiro (Bra), Brandon Kistler (US), Paul Bennett (Australia)

Professional Officers

- Oksana Harasimew, Emilie Ford, Paul Bennett

Patient Partners/Consumer Partners

- Nancy Verdin, Kevin Fowler, Maddy Warren

GREX Young Chairs

- Heitor Ribeiro, Brett Tarca


SATELLITE
HEALTHCARE

GREX History - Ken

2025 – GREX CKD Exercise Course Modules Launch
 2025 – GREX Internship Program Launch
 2025 – Joint GREX/EURORECKD Webinar
 2025 – CJASN GREX Exercise Publications
 2024 – ASN San Diego designated exercise concurrents and posters
 2024 – WCN Buenos Aires Exercise Symposium
 2024 – GREX Presentations to African Health Network, EDTNA, ISPD, Japanese Renal Rehabilitation, ASN

2021 – GREX Global Policy Exercise Barriers and Enablers Consensus
 2021 – GREX Young
 2021 – Joint ISRNM/GREX Webinars
 2021 – Trainee Webinars
 2021 - World Kidney Day/GREX Presentations
 2021 – GREX WCN Montreal Virtual Covid Symposium



2019 - GREX Website
 2019 – GREX Organising Committee
 2019 – MOU International Society of Nutrition and Metabolism
 2018 - Informal Corridor Meeting, San Diego ASN
 2018 – Satellite Healthcare Sponsorship
 2017 – Porto Symposium

2025 – GREX at ERA, EDTNA, ASN, UK Kidney Week
 2026 – GREX at WCN, ASN, ISRNM and more
 Continue Webinars, CKD Course, Intern Program
 Publications, Recommendations, TICKERS



GREX
 Global Renal EXercise

2024-25

CKD Exercise Course

2023 – WCN Thailand Exercise Symposium
 2023 – Chicago Kidney Week GREX Symposium
 2023 – GREX Global PD Clinician Survey
 2023 – GREX/ISPD PD Exercise Recommendations and Webinars
 2022/3 – GREX Young Podcast series
 2022 – GREX Young World Kidney Day Webinar
 2022 – GREX Transplant Presentations

Surveys/Ex Guides

2022-23

2020-21

Virtual, GREX Young

2020 – 3 x Patient Partners added to Coordinating Committee
 2020 – Brazilian Webinars
 2019- Seminars in Dialysis Special Issue: Exercise + Physical Activity
 2019 – GREX Exercise Symposium Melbourne WCN
 2019 – GREX Poster Washington ASN

Calgary GREX Meeting

Dec-2019

2016 Chicago ASN Kidney Week



Sample of GREX Publications



GREX
Global Renal EXercise

<p>Short Report</p> <p>Clinicians' prior programming peritoneal dialysis analysis from</p> <p>Oksana Harasemiw¹ Ruth Getachew^{1,2} Paul N. Bennett^{3,4}</p>	<p>Trabajo Original</p> <p>Correlation of physical activity and computed tomography Estudio de correlación con tomografía computarizada</p> <p>Geovana Martín-Alzamán^{1,2} Bárbara Miquel Ángel Riera^{1,2}</p> <p>Department of Nephrology, Hospital General de la Salud, Universidad Nacional, Chicago, Illinois, Illinois, USA Hospital General de la Salud, Universidad Nacional, Chicago, Illinois, Illinois, USA</p>	<p>Original Article</p> <p>Exercise participation of people receiving peritoneal dialysis: An international study</p> <p>Jennifer M MacRae¹ Oksana Harasemiw¹ Nancy Verdin² Madeleine Warren³</p>	<p>KIREPORTS KIReports.org</p> <p>Exploring the impact of physical activity on peritoneal dialysis</p> <p>Nikhil Sharma¹ Talengsara²</p>	<p>REVIEW ARTICLE</p> <p>Advancing Health in Chronic Kidney Disease</p> <p>Clara Böhm, MSc Ken Wilund, PhD Keiichi Sumida, PhD Navdeep Tangra, PhD Stephanie Thompson, PhD</p>	<p>KIREPORTS KIReports.org</p> <p>An International Dialysis Study</p> <p>Paul N. Bennett¹ Ana Elizabeth² Dev Jegatheesan³ Nicole Schoor⁴ Madeleine V⁵ Emilie Ford⁶</p>	<p>ORIGINAL ARTICLE</p> <p>Nurses' and medical professionals' views for people with chronic kidney disease</p> <p>Stig Molsted PhD^{1,2} Karina Bruun MHM³ Lisbet Brandi DMSc⁴</p>	<p>ORIGINAL RESEARCH</p> <p>Global Policy Barriers and Enablers to Exercise and Physical Activity in Kidney Care</p> <p>Paul N. Bennett, MHS, PhD^{1,2}; Manish Kishore, MD, PhD³; Clara Böhm, MD, MPH, FRCP⁴; Babak Roshanravan, MD, MS, MSPH, FASN⁵; Stephan J. L. Bakken, MD, PhD⁶; João L. Viana, PhD⁷; Jonathan M. MacRae, MS, MD⁸; Thomas J. Wilkins, PhD⁹; Kenneth R. Wilund, PhD¹⁰; Anurag H. Tan Chuanneck, MD, PhD¹¹; Gangui K. Sakka, PhD¹²; Sogun Mutsaers, MD¹³; Kristi Fowles, BS¹⁴; Jamie McDonald, PhD¹⁵; Geovana Martin Alzamán, PhD¹⁶; Kirsten Anding, MD¹⁷; Keith G. Avon, PhD, DPT¹⁸; Gabriela Leal Escobar, SCN¹⁹; Ivana Gabrys, MSc²⁰; Jill Gosh, MSc²¹; Myriam Isnard, MD, MS²²; Minshu Banah, MD, MPH²³; Jui Chul Kim, MD, PhD²⁴; John Wing Li, MBBCh, MRCGP, FRCR²⁵; Courtney J. Lightfoot, PhD²⁶; Marc McAdams-DeMunn, PhD²⁷; Fabio Manfredini, MD, PhD²⁸; Anthony Meade, BSc, MEd²⁹; Sig Molstad, PhD³⁰; Kirsten Peden, MSc³¹; Eva Segura-Curi, PhD³²; Alice C. Smith, PhD³³; Nancy Lindis, BS, OT³⁴; Ben Zhou, PhD³⁵; Dirk Zimmerman, MD, PhD³⁶</p>
<p>kidney</p> <p>Review</p> <p>Patient Self-Management</p> <p>Courtney J. Lightfoot¹ Madeleine Warren²</p>	<p>nutrients</p> <p>Article</p> <p>Effect of physical activity on kidney function</p> <p>Geovana Martín-Alzamán¹ Irma Gómez-Guerra² Angeles Espinosa³ and Rafael Valdez⁴</p>	<p>BMC</p> <p>Traduction de pratiques Titre original</p>	<p>PLOS ONE</p> <p>Meta-analyses Association kidney disease</p> <p>Heitor S. Ribeiro^{1,2,3} João L. Viana⁴</p>	<p>ELSEVIER</p> <p>Meta-analyses Association kidney disease</p> <p>Heitor S. Ribeiro^{1,2,3} João L. Viana⁴</p>	<p>REVIEW ARTICLE</p> <p>Combining exercise and dialysis: Can athletes?</p> <p>Anthony Meade¹</p>	<p>REVIEW</p> <p>Post-COVID-19 rehabilitation: a special look at chronic kidney disease patients</p> <p>Heitor S. Ribeiro^{1,2,3}, Amanda E. Rodrigues^{4,5}, Jennifer Cantuária⁵, Antônio Inda-Filho³ and Paul N. Bennett⁶</p>	
<p>KIREPORTS KIReports.org</p> <p>Reasons for Hemodialysis</p> <p>Kristen Parker¹ and Jennifer²</p>	<p>CLINICAL</p> <p>Depression With Chronic Kidney Disease</p> <p>Brandon¹ Paul Bennett²</p>	<p>REVIEW</p> <p>Current Opinion</p> <p>Advancing kidney and</p>	<p>GUEST EDITOR</p> <p>A Global Activity International Metabolism</p>	<p>GUEST EDITOR'S</p> <p>An introduction Patients: Pre-dysfunction</p>	<p>EXERCISE IN DIALYSIS</p> <p>Exercise and physical activity for people receiving peritoneal dialysis: Why not?</p> <p>Myriam Isnard-Rouchon¹ Mike West² Paul N. Bennett^{3,4}</p>	<p>WILEY <i>Seminars in Dialysis</i></p> <p>EXERCISE AND PHYSICAL ACTIVITY IN DIALYSIS PATIENTS</p> <p>Guest Editors: Paul Bennett, Kenneth R. Wilund and Stephanie Thompson</p>	

More GREX Publications



GREX
Global Renal EXercise

<p>EXERCISE AND P</p> <p>Exercise and kidney dis</p> <p>Nadia M. Chu, M</p>	<p>EXERCISE AND</p> <p>Are dia</p> <p>Connie J. W</p>	<p>EXERCISE AND</p> <p>Address</p> <p>Kenneth R. V</p>	<p>EXERCISE AN</p> <p>Sustain</p> <p>character</p> <p>Mexico</p> <p>João L. Viana</p> <p>Stefan Dege</p>	<p>EXERCISE AN</p> <p>The eff</p> <p>A syste</p> <p>Danielle L. K</p>	<p>EXERCISE AND P</p> <p>The role of</p> <p>individual</p> <p>Clara Bohm</p>	<p>EXERCISE AND</p> <p>Assessm</p> <p>patient v</p> <p>Baback Roshan</p>	<p>EXERCISE AN</p> <p>Intradi</p> <p>activity</p> <p>Eva Segura</p>	<p>EXERC</p> <p>Care</p> <p>pati</p> <p>Matth</p>	<p>Seminars in Dialysis</p> <p>EXERCISE AND PHYSICAL ACTIVITY IN DIALYSIS PATIENTS</p> <p>Exercising to offset muscle mass loss in hemodialysis patients: The disconnect between intention and intervention</p> <p>Colleen F. McKenna, Amadeo F. Salvador, Floris K. Hendriks, Alana P. Y. Harris, Luc J. C. van Loon, Nicholas A. Burd</p>
--	--	---	---	--	---	---	--	--	---

<p>Current Opin</p> <p>Organ Tra</p> <p>Articles & Issues</p> <p>#</p> <p>Cite</p> <p><</p> <p>Share</p> <p>★</p>	<p>Exe</p>	<p>Martins et al. BMC Nephrol</p> <p>https://doi.org/10.1186/s12917-024-04116-6</p> <p>RESEARCH</p> <p>Associat</p> <p>mortality</p> <p>systema</p> <p>Pedro Martins^{1,2}, E</p>	<p>Phys</p> <p>Wilund K</p>	<p>RE</p> <p>Virtual</p> <p>Hemod</p> <p>by Brett T.</p> <p>Kenneth R</p>	<p>RESEARCH</p> <p>The eff</p> <p>on calc</p> <p>hormo</p> <p>Mohammad Ali</p> <p>Zahra Roshanae</p>	<p>Ex</p> <p>Ti</p> <p>Ashli</p> <p>^aDepa</p> <p>^bRese</p> <p>Portug</p>	<p>Journal of Cachexia, Sarcopenia and Muscle</p> <p>Influence Series</p> <p>Review Open Access </p> <p>Prevalence of sarcopenia in patients with chronic kidney disease: a global systematic review and meta-analysis</p> <p>Marvery P. Duarte, Lucas S. Almeida, Silvia G.R. Neri, Juliana S. Oliveira, Thomas J. Wilkinson, Heitor S. Ribeiro, Ricardo M. Lima</p>	<p>Advertisement</p>
---	-------------------	--	------------------------------------	---	--	--	--	----------------------

<p>CLINICAL RES</p> <p>Identif</p> <p>A Delph</p> <p>Alexiuk, Jami</p> <p>Ribeiro, Heito</p> <p>Jesudason, S</p> <p>Dasgupta, In</p>	<p>ORIGINAL RES</p> <p>A System</p> <p>Measure</p> <p>Epidemic</p> <p>Toward a</p> <p>Thomas J. Wilkin</p> <p>Kelly Lambert, Ph</p> <p>Jared Palmer, BSc,</p> <p>Alice C. Smith, P</p>	<p>NCP Nut</p> <p>CLINICAL RESE</p> <p>Sarcopen</p> <p>Agreeme</p> <p>Clara Suemi Co</p> <p>Giorgos K. Sakl</p>	<p>ORIGINAL</p> <p>Measu</p> <p>measu</p> <p>kidney</p> <p>system</p> <p>Jennifer N</p> <p>Stephanie</p> <p>Clara Boh</p>	<p>KIREP</p> <p>KIRereports</p> <p>A F</p> <p>of</p> <p>on</p> <p>Krista</p> <p>Victo</p> <p>Paul</p> <p>Clara</p>	<p>Pediatric Nephrology (2025) 40:595</p> <p>https://doi.org/10.1007/s00467-024-06525-z</p> <p>LETTER TO THE EDITORS</p> <p>Diagnosing sarcopenia in pediatrics is not “vexatious” but appropriate</p> <p>Heitor S. Ribeiro¹ · Ana Carolina C. Barbosa¹ · Thomas J. Wilkinson² · Marvery P. Duarte¹</p>
--	--	--	--	--	--

LIFESTYLE MEDICINE AND KIDNEY HEALTH

Prescribing Physical Activity and Exercise for People with Chronic Kidney Disease: A Practical Guide by the Global Renal Exercise Network

Wilkinson, Thomas J.^{1,2,a}; Tarca, Brett³; Lightfoot, Courtney J.^{1,4}; Viana, João L⁵; Wilund, Kenneth R.⁶; Ribeiro, Heitor S.⁷; Greenwood, Sharlene^{8,9}; Sakkas, Giorgos K.¹⁰; Kistler, Brandon M.¹¹

[Author Information](#) ✓

Clinical Journal of the American Society of Nephrology ():10.2215/CJN.00000000708, March 14, 2025. | DOI: 10.2215/CJN.00000000708

BUY

PAP

 Metrics



Cite



Share



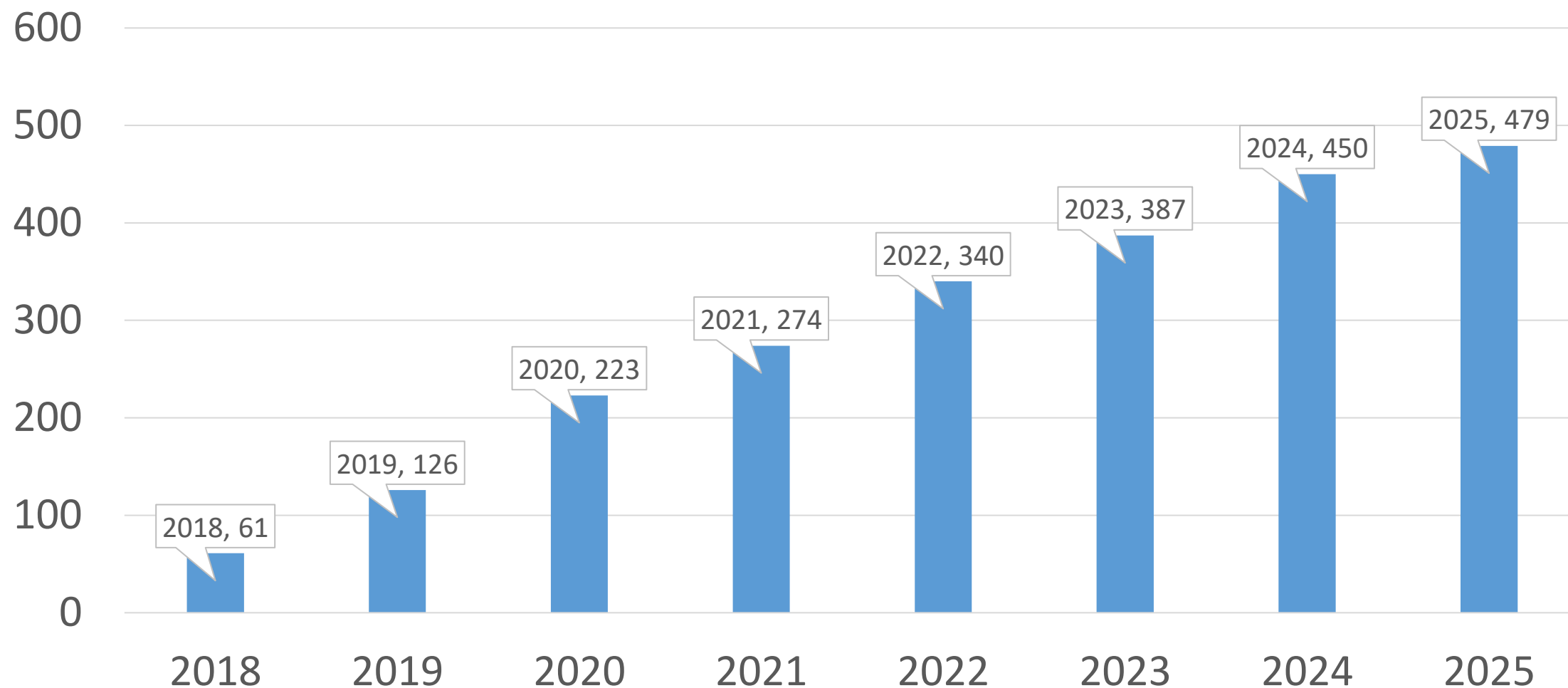
Favorites



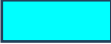



Permissions



479 Members from 54 Countries

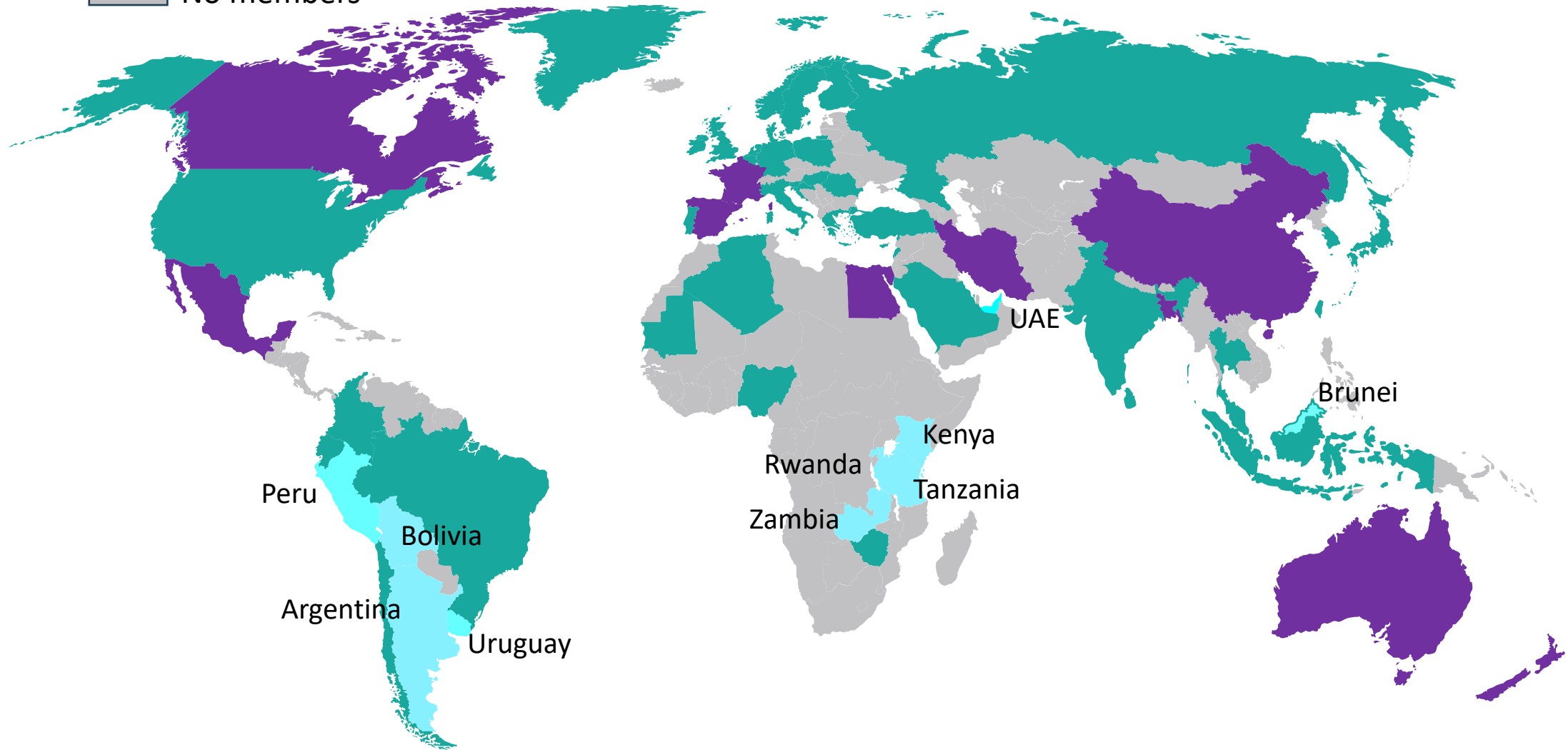


Membership Activity in 2025

-  New member countries not previously represented
-  New member countries that previously had members
-  Other current member countries with no new members
-  No members



GREX
Global Renal EXercise



Welcome Members Joining in 2025



GREX
Global Renal EXercise

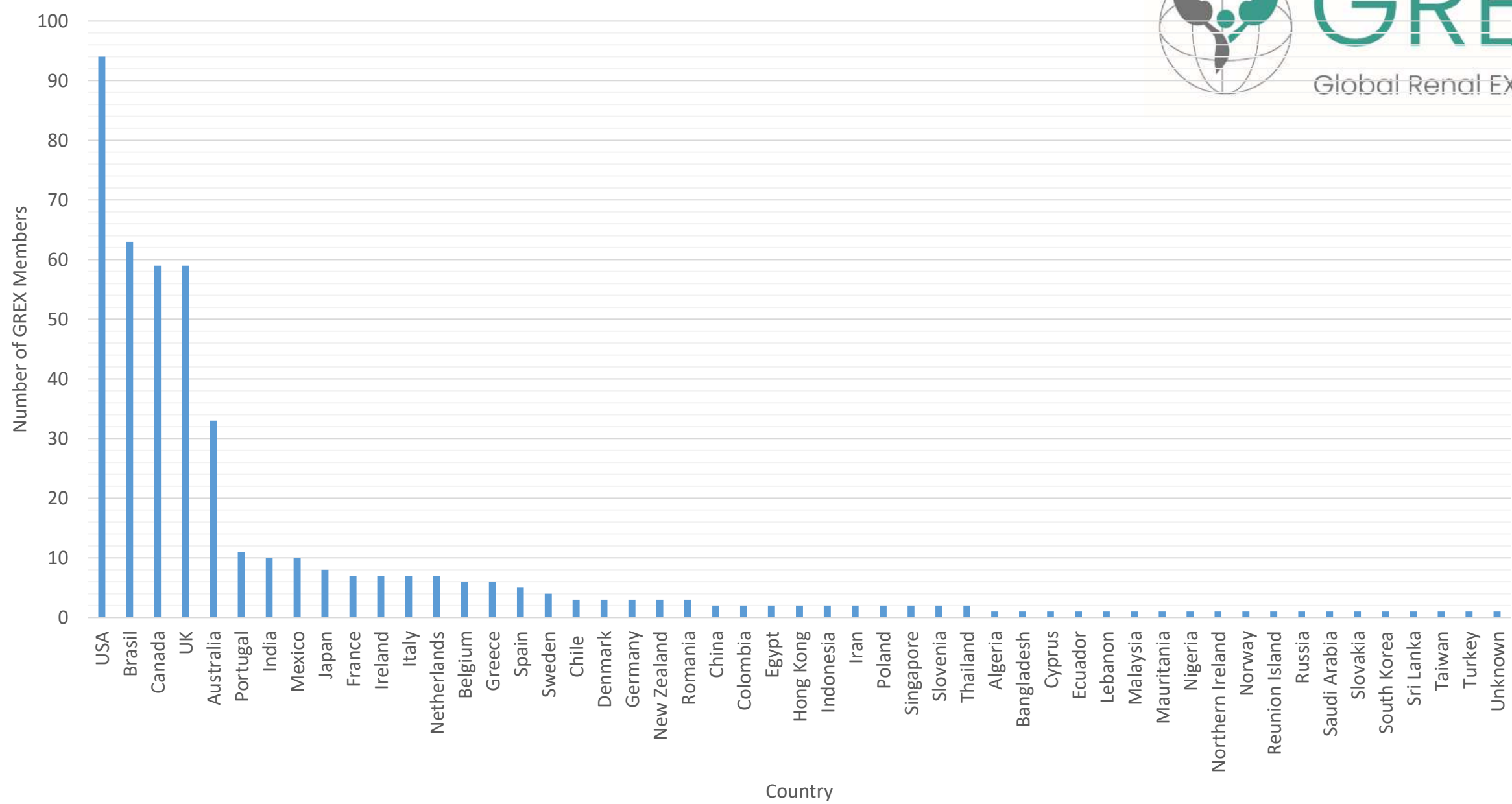
Bernie	Buisman	Health New Zealand Te Tai Tokerau Northern Region	New Zealand
Antoine	Chatrenet	APCoSS, UCO, Angers, France	France
Stefan	Degenhardt	ReNi e.V.	Germany
Kelly	Forrest	CQHHS Renal Service Rockhampton, Qld, Australia	Australia
Vesna	Furic Cunko	UHC Zagreb	Croatia
Luciana	Gonzalez Paganti	Central Military Hospital	Argentina
Tasnuva Sarah	Kashem	Kidney Foundation Hospital and Research Institute	Bangladesh
Chiao Yuen	Lim	RIPAS Hospital	Brunei Darussalam
Laura	Lunardi	Universidad de Buenos Aires	Australia
Dan	MacLean	BC Kidney Foundation	Canada
Claire	Maufrais	Avignon University	France
Majid	Mohabbat	Faculty of sport science and exercise physiology, Guilan University	Iran
Jeremy	Morlock	Kidney Foundation of Western New York	United States
Julio	Pascual	Hospital Universitario 12 de Octubre	Spain
Daniel	Rivera Soriano	Dyalix International	México
Ahmed	Sedik	Faculty of Physical therapy Cairo university	Egypt
Karthik	Tennankore	Dalhousie University/Nova Scotia Health	Canada
Lloyd	Vincent	Africa Healthcare Network(AHN)	Rwanda, Tanzania, Kenya, Zambia
Cheng	Xue	Shanghai Changzheng Hospital	China

Welcome Members Joining in 2025



GREX
Global Renal EXercise

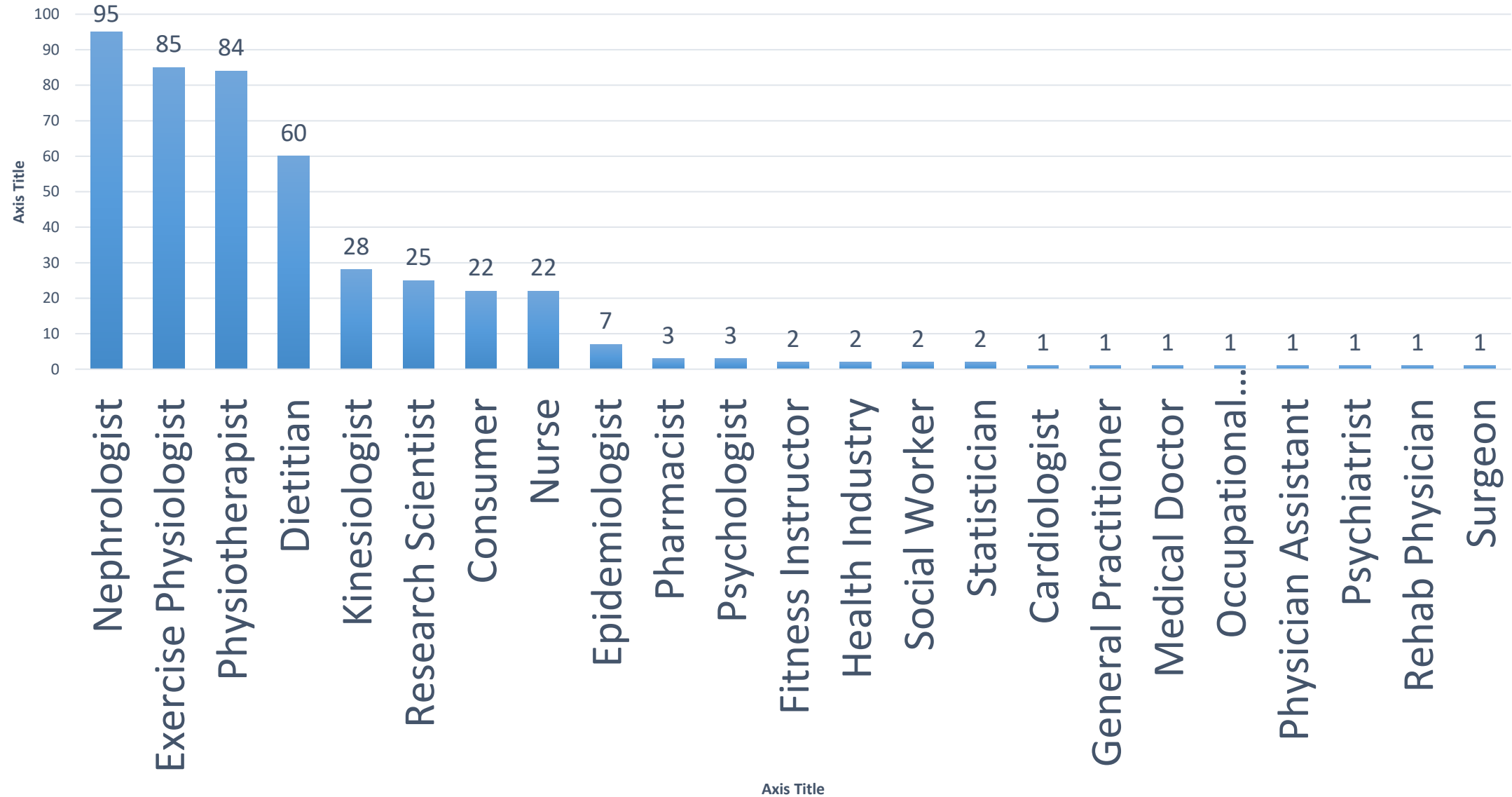
Rolando	Claure Del Granado	Division of Nephrology, Hospital Obrero No 2 - Caja Nacional de Salud	Bolivia
MANISH	TRIPATHI	ASTER HOSPITAL SHARJAH	UNITED ARAB EMIRATES
Philippe	Obert	Avignon University UPR4278 LAPEC	France
Ricardo	Silvariño	Unidad Académica de Nefrología, Hospital de Clinicas, Facultad de Medicina, Universidad de la República	Uruguay
Aron	Chakera	Sir Charles Gairdner Hospital	Australia
Fagundes	Batista	UNICID - São Paulo	Brazil
ROXANA	TAFUR ROJAS	ESSALUD	Perú
Abbey	Sivewright	Boab Health Service	Australia



Discipline



GREX
Global Renal EXercise



Exercise in Chronic Kidney Disease: a training program for fitness and health professionals - professionals - Ken and Joao



PROBLEM

A major barrier to implementing exercise programs in CKD is the lack of trained professionals. The GREX network developed a comprehensive solution to address this gap.

SOLUTION

Our two-part program combines in-depth knowledge with practical experience. We've designed it specifically for healthcare professionals who want to support kidney patients.



<https://grexercise.arizona.edu/renal-exercise-education-resources/exercise-ckd-course>



Online Learning Modules



Each module takes approximately 45 minutes to complete.
All modules include self-assessment components to ensure comprehension.



<https://grexercise.arizona.edu/renal-exercise-education-resources/exercise-ckd-course>



Step 2: Practical Internship Experience



Global Network

Internships available in USA, Canada, Brazil, Portugal, UK, Greece, and Australia.



Time Commitment

Approximately one week of hands-on training at a certified site.



Key Focus Areas

- Standardized assessment techniques
- Exercise prescription strategies
- Behavior change principles



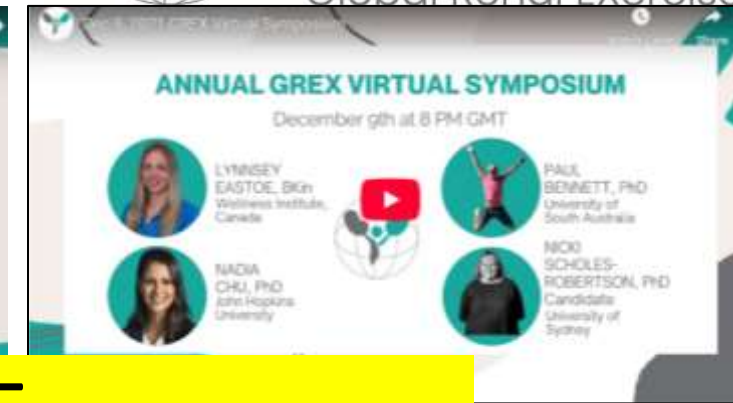
GREX Webinars

<https://grexercise.arizona.edu/news-events/webinar-recordings>

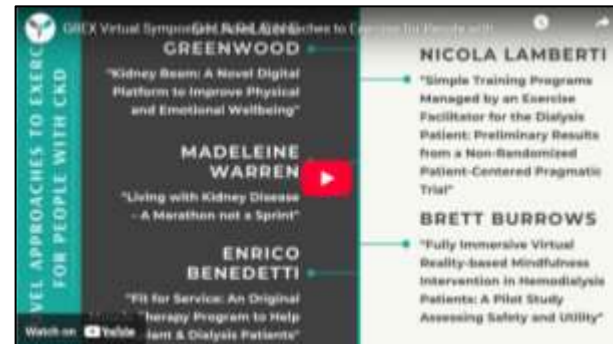


GREX

Global Renal Exercise



Next Webinar June 2025
Exercise and Organ Stunning in CKD





TICKERS_HD - Clara



GREX
Global Renal EXercise

*Trial of Intradialytic Cycling Kidney Exercise Rehabilitation
for Cardiac Stunning in Hemodialysis*

Does a 12-week intradialytic cycling program improve hemodialysis-induced myocardial stunning compared to usual care?

- **Design:** Multicentre RCT with 1-to-1 parallel design: 7 sites in Canada and Australia
- **Study Population:** 160 adults, chronic facility-based HD for > 3 months; no intradialytic exercise in last 3 months
- **Intervention:** Standard care plus 12-week supervised cycling during HD
- **Primary outcome:** myocardial stunning (echocardiography)

GREX Young - Brett

Brett (Aus)



Courtney (UK)



Heitor (Bra)



Matt (Aus)



Eliot (US)



Marvery (Bra)



Diogo (Port)



Alexis (US)



Ashley (US)



Emilie (Can)



Binh (Aus)



Mapping Review

Factors that influence physical activity & sedentary behaviour across all CKD Stages

195 included studies (to date) in final review

Setting up future collaborations

New GREX Project: Standardizing Physical Function Testing (proposed manuscript) - Ken Wilund



GREX
Global Renal EXercise


- The Problem:

- There are a plethora of physical function tests used in CKD research, but little consistency in how the tests are conducted.
 - E.g., Sit-to-stand (STS) test, shuttle walk, gait speed, handgrip strength, Timed-up-and-Go (TUG)...
- This leads to inherent variability in results and makes it difficult to compare data across trials.
- Moreover, if tests are not performed consistently between baseline and final testing, it may impact trial outcomes

- Purpose: Review protocols for functional assessments and develop consensus methodology that GREX will recommend for use in CKD-related trials

- Status: Developing an outline for the manuscript and will be recruiting GREX members to contribute to it.

**62nd ERA
CONGRESS**
VIENNA & VIRTUAL
JUNE 4-7, 2025
Beyond Nephrology

in collaboration with
 ÖGN
Österreichische
Gesellschaft für
Nephrologie

Heitor Ribeiro



GREX
Global Renal EXercise

Please, if you are presenting an abstract related to exercise, physical activity, nutrition, lifestyle etc., send information to grexnetwork@gmail.com

Abstract number:

Title:

Session:

Room

Date and time:

Type:



We are also planning an informal meeting to hang out. If you're interested, please email Heitor Ribeiro (heitorribeiro@usp.br). Further information will be sent later.

UK Kidney Week

Tom Wilkinson



GREX
Global Renal EXercise



EDTNA Meeting Porto 2025

Joao Viana



GREX
Global Renal EXercise

- EDTNA/GREX Exercise in CKD workshop
- EDTNA/GREX Exercise in CKD guidebook launch
- Abstracts notification - 14th April 2025
- GREX (in)formal meeting(s)!
- Please reach out if (interested in) attending - jviana@umaia.pt



ASN Kidney Week Houston 2025



GREX
Global Renal EXercise



WCN Japan March 2026

Paul Bennett



GREX
Global Renal EXercise

- World Congress of Nephrology hosted by JSN/APSN
- GREX JSRR (Japan Society of Renal Rehabilitation) Collaboration
- 1 day Symposium



WCN'26

Hosted by



MARCH 28-31, 2026 | YOKOHAMA, JAPAN



XXI. INTERNATIONAL CONGRESS ON RENAL
NUTRITION AND METABOLISM
SEPTEMBER 15-19, 2026, BERLIN/GERMANY



GREX
Global Renal EXercise

Ken Wilund

- Mark your calendars! (Sept, 2026)
- GREX has a formal affiliation agreement with the ISRNM
- GREX-related events at Berlin ISRNM Congress:
 1. Pre-congress workshop (~4 hours): Exercise in CKD training program for Exercise and Health Professionals
 - A) overview of online training modules; B) demonstration of internship program (examples of “hands-on-training”)
 2. In-Congress Symposium: “Advances/Emerging Topics in Exercise in CKD”
 - 3 – 4 speakers (TBD)





Town Hall Question Time

Please raise your hand if you want to ask a question or talk about potential ideas for GREX regarding:

- Webinar Ideas?
- Future Projects?
- Future Strategies?
- Suggestions for Future Regional Meetings?
 - AFRAN, ANZSN, SLAN
- Anything else GREX related
- grexnetwork@gmail.com