

*11<sup>th</sup> International Conference on Cachexia, Sarcopenia and Muscle Wasting  
Maastricht, 7-8 December 2018*

**BEST POSTER (CLINICAL)**

to

**Keliane Liberman, Belgium**

for the poster 1-20

**“The influence of short-term and long-term detraining on muscle strength and body composition  
after following a resistance training program in older adults”**

**Keliane Liberman<sup>1,2</sup>, Bart Moreels<sup>1,2</sup>, Veerle Knoop<sup>1,2</sup>, Liza De Dobbeleer<sup>1,2</sup>, Axelle Costenoble<sup>1,2</sup>, Rose Njemini<sup>1,2</sup>, Ingo Beyer<sup>1,2,3</sup>, Ivan Bautmans<sup>1,2,3</sup>**  
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Prof. Dr. Stefan Anker  
Maastricht, 9<sup>th</sup> December 2018

