



Public lecture series 2018

Room U0.20 Brockington Building, Loughborough University
Lecture starts at 6pm

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21

Are we spending too much time sitting, and is this a real cause for concern?

Presented by Dr Stacy Clemes, Reader in Active Living and Public Health, Loughborough University



The talk will provide an overview of the evidence describing how much time children and adults typically spend sitting and being physically active. The latest evidence linking prolonged sitting to poor health outcomes will be described followed by an overview of how we can incorporate more movement into our daily routines.

Dr Clemes is a Reader in Active Living and Public Health within the School of Sport, Exercise and Health Sciences. Her research focuses on interventions promoting reductions in sedentary time (sitting) and increases in physical activity in both the school and workplace environments.

She is currently leading two NIHR Public Health Research funded studies, one examining the impact of sit-to-stand desks in primary school classrooms (Stand Out in Class), and the other examining the impact of a multi-component lifestyle health behaviour intervention in long distance heavy goods vehicle drivers (The SHIFT Study).

Dr Clemes is currently a member of the Sedentary Behaviour Expert Working Group for the 2018 UK Chief Medical Officers' Physical Activity Guidelines review.

To book, please email Alison Stanley:
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