Public lecture series 2020

Room 1.39, National Centre for Sport and Exercise Medicine, Loughborough University. Lecture starts at 6.30pm

Finding your feet – the importance of early childhood for the development of a healthy lifestyle

Presented by Dr Silvia Costa Lecturer in Physical Activity and Public Health

Dr Silvia Costa is a Lecturer in Physical Activity and Public Health within the School of Sport, Exercise and Health Sciences. After graduating from the Sport Sciences School of Rio Maior (Portugal) in 2007 with a BSc in Fitness and Health, Silvia moved to Loughborough University in 2008 to undertake an MRes in Human Biology, followed by a PhD (2009-2013) in which she focused on the objective measurement of physical activity in 2-3 year old children.

In this lecture we will discuss why early childhood is a key period in life for the development of a healthy lifestyle, with a focus on physical activity, sedentary behaviour, and diet. We will look at current physical activity and dietary guidelines, current evidence on how active young children are and how healthy their diets are, as well as the importance of early childhood physical activity and diet for future health and healthy lifestyles.

Because a growing number of young children now regularly attend early education and childcare settings (e.g., nurseries and childminders) for long periods of time, these settings have great potential to contribute to the development of healthy lifestyle habits during this key period in life. This lecture will also present an overview of current evidence regarding the influence of early education and childcare settings on young children’s physical activity and dietary habits, and point out some practical resources that both early years practitioners and parents can access to promote healthy physical activity and dietary habits for young children.

To book, please email Alison Stanley:
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