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Physical Activity and the Nation's Health: Facts, Fallacies and New Frontiers

Locations	School of Sport; Exercise and Rehabilitation Sciences - University of Birmingham
Date(s)	Tuesday 14th January 2014 (17:00-18:15)
Download	**Add to Calendar (/schools/sport-exercise/news/2014/14Jan-physical-activity-nation-health-open-panel.aspx?ical=true)**

An open panel discussion in the School of Sport, Exercise and Rehabilitation Sciences

Exercise works! Engaging in appropriate forms and amounts of physical activity can improve health and wellbeing, and even save lives. Yet, despite scientific evidence, public health campaigns, physical activity interventions, and even the dazzle of London 2012, most individuals still fail to engage in sufficient physical activity to benefit their health. Exercise works but, for most people, exercise promotion does not.

Researchers at the School of Sport, Exercise & Rehabilitation Sciences at the University of Birmingham are searching for new understandings about the health benefits of physical activity through different stages of the life-course and new ways to encourage more people to take the exercise 'pill'. Whether exercise comes in the form of physical education, organised sport, active leisure or supervised rehabilitation from illness or injury, analysing the participation problem 'in the round' - taking into account physical, psychological and social factors - can offer new perspectives on old problems.

Join us for a distinguished panel discussion on the facts, fallacies and new frontiers in research on physical activity and the nation's health.

Or join us on twitter for discussion and highlights of the event **@UBSportExR (https://twitter.com/UBSportExR) #SportExR (https://twitter.com/search?q=%23SportExR&src=hash)**

Panel members include:

- **Chair: Prof. Joan Duda,** School of Sport, Exercise & Rehabilitation Sciences, University of Birmingham
- **Professor Ian Blair**, Executive Dean of Faculty of Health, Birmingham City University
- **Professor Hugh Montgomery**, Director of the UCL Institute for Human Health and Performance
- **Professor Sir Keith Porter**, Professor of Clinical Traumatology, Clinical Service Lead for Trauma Services and NIHR Surgical Reconstruction and Microbiology Research Centre
- **Mr Mark Roscoe**, Birmingham Public Health
- **Ms Zena Wooldridge**, University of Birmingham Sport

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