



SEMINAR SERIES

Experiences from an Early Career on Sitting Interventions

Prolonged sitting is associated with a variety of negative health outcomes. As a result, researchers have begun to investigate interventions to promote physical activity in traditionally sedentary environments. Dr. Jim Peterman is one such researcher in the early stages of his career. Jim completed his PhD at the University of Colorado Boulder in the Integrative Physiology Department where he examined the feasibility and health impact of various interventions designed to reduce sitting throughout the day. He is currently an Endeavour grant recipient visiting with Associate Professor Genevieve Healy.

As part of his Endeavour fellowship, Jim is assisting with A/Prof Healy's online toolkit to reduce workplace sitting ("BeUpstanding"). He is also analyzing how measures of productivity were impacted by a previous workplace intervention. Jim's presentation will discuss his experience following his dissertation defense. He will discuss what brought him to the University of Queensland: the thought process behind his decision to undertake a 6-month post doc position in Australia, the Endeavour application process, and how the fellowship will prepare him for the next steps in his career. In addition, he will discuss the findings from his current research on productivity and why it may lead to greater changes to sitting levels within the workplace



Date: Tuesday 28th August
Presenter: Dr Jim Peterman, University of Colorado
Time: 1-2pm
Room: 113
Location: Public Health Building, Herston

public-health.uq.edu.au