

Exercise Counselling: What to Say in Physical Activity Interventions so People Stick with It

Date: 18 October 2023 (Web)

Time: 11:00-12:30

Venue: Tin Ka Ping Lecture Hall (E33-G021), Faculty of Education

Language: English

Audience: UM Staff / Students

Registration: Online Registration (<https://go.um.edu.mo/867wq5zo> or )

Enquiries: Mr. Brendan LEI (Email: FED_Event@um.edu.mo / Tel: 8822-4210)

Speaker:

Prof. Mary Elizabeth JUNG, Associate Professor of School of Health and Exercise Sciences of Faculty of Health and Social Development, The University of British Columbia (UBC), Canada is invited to be the speaker of the seminar. Prof. Jung's major research interest is developing evidence-based diabetes prevention interventions designed for community implementation and sustainability, with a lens towards improving equity, diversity, and inclusivity in all research endeavours. Prof. Jung has received over nine million dollars (CAD) in competitive research funding as principal investigator for her studies on exercise adherence. She leads the Diabetes Prevention Research Group, is founder of the diabetes prevention programme "Small Steps for Big Changes", and is the director of UBC's Centre for Health Behaviour Change.

Abstract:

Prof. Jung will provide practical, evidence-based strategies that exercise scientists and exercise professionals can use to enhance compliance and adherence in their exercise studies and exercise programs.