The Effect of Interrupting Prolonged Sitting on Metabolic Health in Adults with Obesity

Date & Time: 6 March 2025 (Thursday); 18:00-19:00

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

Language: English

Registration: Online Registration (https://go.um.edu.mo/by8yfkue or)

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Speaker:

Prof. Waris WONGPIPIT is an academic specialising in physical activity, sedentary behavior, and exercise metabolism. He currently serves as Head of the Division of Health and Physical Education and Assistant Professor at Chulalongkorn University, where he also holds the role of Assistant Dean for International Affairs and Global Networks. Prof. Wongpipit completed his Master of Research in Exercise Science at the University of Glasgow and earned his PhD in Education as a Hong Kong PhD Fellow at The Chinese University of Hong Kong. Prof. Wongpipit's research focuses on cardiometabolic health, exercise interventions, and postprandial metabolism, with numerous publications in high-impact journals. He is also an Honorary Research Associate at The Chinese University of Hong Kong and a Research Fellow at Mahidol University. His leadership, innovative research, and contributions to sports science have earned him recognition both nationally and internationally.

Abstract:

Prolonged sedentary behaviour is a key public health issue which strongly linked to adverse metabolic outcomes and an increased risk of chronic diseases. This seminar examines how interrupting prolonged sitting affects metabolic health in adults with obesity. Prof. Wongpipit will focus on the physiological mechanisms driving these effects and highlight evidence-based strategies to reduce risks through practical, targeted interventions. Attendees will gain valuable insights into how simple behavioural changes can improve metabolic health and inform public health policies aimed at combating sedentary lifestyles, which offer practical solutions to address one of the major challenges in obesity management and health promotion.