

You are invited to attend a free seminar on

# Health Implications of Sedentary Behaviour

**When:** Thursday 19 August 2010

**Time:** 2.00pm - 5.00pm

**Where:** University of SA, City East Campus, Playford Building, Room PM-06

**2.00pm** **Too much sitting: The Population Health Science of Sedentary Behaviour**

*Associate Professor David Dunstan will present an overview of the science of sedentariness*

**3.00pm** Panel discussion;

Professor Tim Olds, University of South Australia

Professor Gary Wittert, Freemasons Centre for Men's Health Research

Dr Kate Ridley, Flinders University

Ms Julie Patterson, SA Health

Ms Wendy Keech, Heart Foundation

*"Australian researchers who tracked 8,800 people for an average of six years found that those who said they watched TV for more than four hours a day were 46% more likely to die of any cause and 80% more likely to die of cardiovascular disease than people who reported spending less than two hours a day in front of the tube."  
Wall Street Journal 12 January 2010*

Associate Professor David Dunstan, a lead researcher in the study on sedentary behaviour that attracted world-wide attention recently, will be presenting his research on trends in physical inactivity and the risks of cardiovascular disease. Associate Professor Dunstan is part of a team at Baker IDI Heart and Diabetes Institute that has established the Healthy Lifestyle Research Centre, a world class facility that will be developing and testing strategies to improve nutrition, activity levels and prevent obesity, heart disease and diabetes.

**RSVP: 12 August 2010 (limited seats available)**

**Email: [hpb@health.sa.gov.au](mailto:hpb@health.sa.gov.au)**



Supported by Baker IDI Heart & Diabetes Institute and SA Health