Did you know inactivity contributes to...

- Over 77,600 potential years of life lost
- $400 million per year in direct health care costs in Australia
- 20% of disease burden and all-cause mortality

The Centre for Research on Exercise, Physical Activity and Health is a community of researchers with expertise and interest in exercise, physical activity and health across the lifespan. Our researchers are committed to “exercise as medicine” and physical activity as the “best buy” for public health.

**Professor Wendy Brown**
Director
Centre for Research on Exercise, Physical Activity and Health

**Our mission**

Our mission is to lead and advance research on measuring, understanding and positively influencing exercise and physical activity across the lifespan, in order to build capacity for health.

Our researchers seek to understand and promote exercise and physical activity in:

- healthy people, to prevent the onset of physical and psychological health problems (primary prevention)
- people who are at risk of poor health, so as to delay progression, lessen duration, or prevent more serious complications (secondary prevention)
- people with physical or psychological health conditions, in order to reduce comorbidities and complications, minimise suffering, and promote recovery (tertiary prevention).
Our focus and expertise

CRExPAH research revolves around three key themes:

- Determining levels, patterns, and influences of exercise and physical activity;
- Identifying the optimal type, frequency and duration of exercise and physical activity for health and wellbeing benefits;
- Developing and evaluating strategies to support people to adopt and maintain exercise and physical activity.

In particular, our work focuses on:

- **Workplaces**: patterns of activity and sedentary behaviour at work, organisational and work influences on employee health behaviour, workplace health promotion;
- **Mental Health and Psychosocial Wellbeing**: wellbeing outcomes of exercise and physical activity, activity counselling and exercise training for people with mental illness, integrating psychological and activity counselling to promote wellbeing;
- **Clinical and Ageing Conditions**: exercise training and activity counselling for people with e.g., kidney disease, diabetes, metabolic syndrome, cardiovascular disease, musculoskeletal conditions, cancer, obesity, organ transplants, functional decline, cognitive decline.

Impacts

Our research has demonstrated impact on people, policy and practice including:

- Improved health, wellbeing and survival;
- National and international guidelines and position statements on exercise and physical activity;
- Local, state, national and international programs to promote exercise and physical activity e.g., “10,000 steps”;
- Evidence based policy and public health resources on exercise, physical activity and sedentary behaviour;
- Research reports and advice to local, state and federal government, non government organisations, workplaces and community groups.

CRExPAH researchers also actively contribute to committees, public inquiries, consultations, roundtables, and media in our areas of expertise.

Partnerships, collaborations and consultancies

The Centre has a demonstrated track record of collaborative research with Australian and international organisations and industries, including government departments, non-for-profit organisations and community based groups.

CRExPAH researchers also provide expert services and consultancies in areas relating to our research themes.

We welcome enquiries from prospective partners and collaborators.