

Physical Activity, For The Health Of It

Thursday, November 5 | 12 noon - 1pm | HUB 355

Physical Activity Through the Lifespan

- The importance of physical activity to stay young, energetic and healthy
- How physical activity slows the aging process and combats the negative effects of stress
- Current guidelines for physical activity and practical suggestions on getting started and staying motivated

Contact for details:

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Presentation by: **Dr. Karen N. White**, *UC Riverside Associate of the Chancellor*

Karen White PhD, PT, enjoys serving as an ambassador for UC Riverside, working with students, alumni, and members of the community. Dr. White was on faculty at Oregon State University in the Department of Exercise and Sport Science. While there, she managed three grants from the National Institutes of Health related to preventing falls and hip fractures among older adults. Prior to that, Dr. White was on faculty in the physical therapy programs at the University of Kansas Medical Center, and the University of Michigan - Flint. She specializes in the areas of cardiopulmonary and geriatric physical therapy. She has also worked as a physical therapist in several clinical settings.

Karen has a long-standing interest in people with disability; the special needs of such individuals, their adaptive responses to therapy and training, and the accommodations necessary to help them succeed in society. Dr. White earned all her degrees at the University of Michigan, Ann Arbor, including a bachelors degree in physical therapy, a master's degree in human nutrition, and a master's and a doctoral degree in kinesiology-exercise science.

Healthy Lunch!

Walking Fit Pedometers!

Raffle prizes!

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<http://hrtraining.ucr.edu>

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