



BRU PUBLIC LECTURE SERIES 2016

JAN 27th	Sitting at work? Do working lifestyles impact your health Presented by Ms Veronia Varela-Mato, PhD student from School of Sports, Exercise & Health Science, Loughborough University Venue: U020, Brockington Building, Loughborough University	SEP 13th	Judging, Nudging or Fudging: Can wearable technologies help us with lifestyle behaviour change? Presented by Dr Dale Eslinger, Senior Lecturer in the Measurement of Physical Activity Venue: U005, Brockington Building, Loughborough University
MAR 16th	Glucose or fats? Which is to blame for increasing risk for age-related morbidity? Presented by Professor Eef Hogervorst, Professor of Biological Psychology, Loughborough University Venue: U005, Brockington Building, Loughborough University	OCT 11th	Diet and lifestyle throughout the ages: our past, present and future Presented by Dr Tom Yates, Senior Lecturer in Physical Activity, Sedentary Behaviour and Health, Leicester Diabetes Centre, Leicester-Loughborough Biomedical Research Unit Venue: U005, Brockington Building, Loughborough University
MAY 24th	Can obesity be good for you? Presented Professor Gavin Murphy, Professor of Cardiac Surgery, University of Leicester / Honorary Consultant Cardiac Surgeon, University Hospitals of Leicester NHS Trust Venue: U005, Brockington Building, Loughborough University	NOV 8th	Sport and Exercise with a kidney transplant: celebrating the gift of life Presented by Dr Alice Smith, Honorary Senior Lecturer and Multidisciplinary Team Leader, Leicester Kidney Exercise Team Venue: U005 Brockington Building, Loughborough University
JUN 14th	Fat, Fit and healthy: is weight loss the wrong goal? Presented by Dr Gary O'Donovan, Research Associate, Leicester Diabetes Centre, Leicester-Loughborough Biomedical Research Unit Venue: U005, Brockington Building, Loughborough University		

FREE refreshments available 6pm • Lectures start 6:20pm • To book email: a.stanley@lboro.ac.uk