

INTERDISCIPLINARY STEM SEMINAR SERIES

(Science Technology Engineering Mathematics)



New Developments in Health & Wellness — Different Perspectives

Thursday, Sept. 3, Reuter Center, Room 102A
4:30- 6:00 p.m. Free and open to the public

Speakers: **Ellen Garrison, M.Ed.** and **Ameena Batada, Dr. P.H.**
UNC Asheville, Health & Wellness Dept.

Is Sitting the New Smoking? Innovations in Physical Activity, from the Personal to the Public

Despite the significant benefits of regular physical activity and its importance for disease prevention and lifelong health and wellness, less than half of American adults get the recommended amount of physical activity. Join Ellen Garrison, M.Ed. for an exploration of the science and technology of the perils of sitting, including expert perspectives, apps, programs, smart cushions, standing desks, and walking work stations, and realistic recommendations for getting active.

And lest you think getting active is all personal, Ameena Batada, Dr. P.H., will present innovative public health policies and programs created to make physical activity easier, from piano key staircases to the U.S. government's *Let's Move* campaign. This may be the first presentation that makes you want to *run*!