

# Fall 2024 Sedentary Behavior & Health HK445



## “Is sitting the new smoking?”

(Sturd & Nordstrom, 2015)

### WHAT?

- We will discuss how excessive sitting can impact physical and mental health.
- You will learn how to profile sedentary time using accelerometers.
- You will learn how to develop an intervention to reduce sitting.

### HOW?

- In-class active learning
- Assignments
- Intervention proposal (UG) or a research proposal (G)
- Journal Club

Questions? Email Dr. Pindus at [pindus@illinois.edu](mailto:pindus@illinois.edu)

Course Time: Mondays and Wednesdays @ 11 AM-12:20 PM

Location: 393 Bevier Hall