

Ciclo de Palestras em Atividade Física e Saúde

Dia 18 de Março de 2020

11:00 Horas

Tackling sedentary behaviour: interventions and benefits to health

Prof Doutor Daniel Bailey
Senior Lecturer in Health, Nutrition and Exercise
Course coordinator: BSc Health, Nutrition and Exercise. School of Sport Science and Physical Activity. Institute for Sport and Physical Activity Research (ISPAR). University of Bedfordshire. UK.

Local: Sala 9