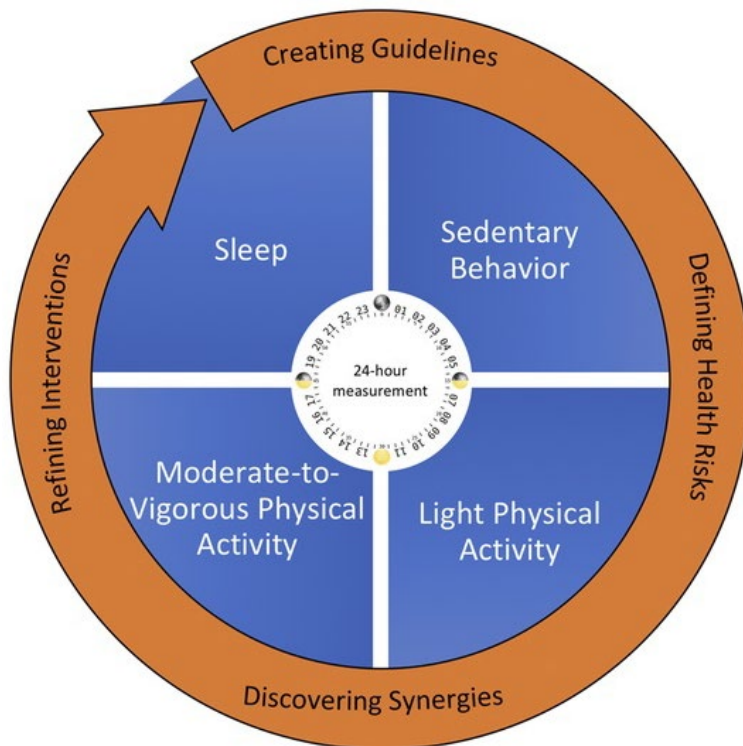


Move More & Sit Less: Multi-level, multi-modal strategies to reduce sedentary time at home and at work

- **Speaker:** Dr. Matthew Buman (In-Person Seminar)
- **When:** 9.27.2024 (Friday) at 12:00pm-12:50pm
- **Where:** Physical Activity Research Center (PARC) 2nd floor Classroom 230 (Address: 32 Oak Hill Court, Pittsburgh, PA). **Parking available!**



(Reference: Rosenberger, Fulton, Buman, Troiano, Grandner, Buchner, and Haskell. The 24-Hour Activity Cycle: A New Paradigm for Physical Activity. *Med Sci Sports Exerc.* 2019)

Dr. Matthew Buman is a Professor in the College of Health Solutions at Arizona State University. He is an internationally recognized behavioral scientist with interdisciplinary training in public health, medicine, and exercise science. His research largely leverages digital technologies (e.g., smartphones) to design and evaluate interventions that target behaviors across the 24 hours - sleep, sedentary behavior, and physical activity - in both clinical and community settings. Dr. Buman has over 180 publications and received numerous NIH grants including 3 R01s as PI/MPI. He served as a member of the 2020 WHO Guideline Development Group for Physical Activity and Sedentary Behaviour and Consultant to the 2018 US Physical Activity Guidelines Advisory Council.

University of Pittsburgh Physical Activity Research Center (PARC) Seminar