

## SELF-FUNDED PHD OPPORTUNITY

### Physical Activity, Sedentary Behaviour, Health & Wellbeing PhD Studentship Opportunities

Physical inactivity and sedentary behaviour are recognised as significant and independent risk factors for numerous chronic diseases. Whilst it has been long known that low levels of physical activity are bad for you and that there are increasing returns to be gained with progressively greater amounts of habitual physical activity, more recently greater amounts of time spent in sedentary