

The 'Goldilocks' approach to a healthy 24 hour day

*Are you sitting too much?
Moving too little?*

Our researchers have uncovered the ideal balance of sitting, standing, sleeping and moving for a healthier heart, body and mind.

Join us for a webinar to learn about the latest research and what the 'just right' balance is.



Prof David Dunstan

Head, Baker-Deakin
Department of Lifestyle
and Diabetes, IPAN



Dr Simone Verswijveren

Alfred Deakin Postdoctoral
Research Fellow, IPAN



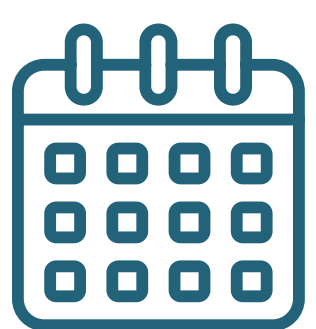
Dr Paddy Dempsey

Research Fellow,
Baker-Deakin Department of
Lifestyle and Diabetes, IPAN



Sarah Berry

Lifestyle Health Editor
Sydney Morning Herald
and The Age



Wed 15th Oct



12pm-1pm (AEDT)

Register
here:



Host: Daniel Harford

Media personality, former
AFL player and AFLW
coach