

APEX Seminar Series

Dr Brendon Stubbs

**Head of Physiotherapy, South London and
Maudsley NHS Foundation Trust & NIHR Clinical
Lecturer, Institute of Psychiatry, Psychology &
Neuroscience (IoPPN), King's College London**



**Physical activity and serious mental health conditions:
evidence, mechanisms and implementation**

Philosophers and anecdotal reports have purported the benefits of physical activity for our mental health and wellbeing for millennia. The science behind the potential for physical activity and mental health and mental illness has moved rapidly in the past 20 years. This talk will be underpinned by evidence and cover the latest science behind the potential for physical activity to prevent and manage mental illness, explore mechanisms and provide tips for what to do in clinical practice.

Wednesday 18 September 2019

13.00-14.00

Venue: Room JS07, Smeall Building, St Luke's Campus

Join us afterwards for our informal monthly APEX meeting: updates on progress in APEX and networking (refreshments available)

Email: apexseminars@exeter.ac.uk to book your place
For further information visit: www.exeter.ac.uk/medicine/apex/seminars