

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

Brendon Stubbs is Head of Physiotherapy at the South London and Maudsley NHS Foundation trust and a clinical lecturer at the Institute of Psychiatry, Psychology and Neuroscience (IoPPN), King's College London. Brendon's research focuses on physical activity and mental health and the mind-body interface. Brendon is lead author of the recently published European Psychiatric Association guidelines and position statement on the use of exercise for mental illness and senior author on a forthcoming *Lancet* commission to improve the physical health of people with mental disorders. Brendon has worked in mental health services for over 15 years and continues to cherish and learn from patients in his weekly physiotherapy clinic in a secure forensic hospital.