



iMUDS, Health Science
Technological Park (PTS)
Granada
12:00-13:00 pm
Speaker: **Joseph Firth**
University of Manchester, UK

USING PHYSICAL EXERCISE AS 'A EARLY INTERVENTION' FOR SEVERE MENTAL ILLNESS: ESSENTIAL TREATMENT FOR THE BODY AND BRAIN

ABOUT THE SPEAKER

Joseph Firth completed his PhD at the University of Manchester (UK) between 2013 – 2017; examining the benefits of physical exercise as a treatment for young people with psychosis. Since then, his research has focused on the clinical uses of exercise and nutritional interventions for improving both physical and mental health outcomes in people with psychiatric conditions. His ongoing projects focus on developing and implementing feasible approaches towards helping young people with mental health problems to engage in regular exercise, and to adopt healthy lifestyles.

Granada (Spain) 7th February 2020

PhD defense María Rodríguez Garcia at 10:00 am in the **Faculty of Sport Sciences**

DOCTORAL PROGRAMME IN BIOMEDICINE

ROLE OF PHYSICAL ACTIVITY, SEDENTARY BEHAVIOR AND PHYSICAL FITNESS IN MENTAL HEALTH AND WHITE MATTER IN CHILDREN AND ADOLESCENTS

María Rodríguez García

(For citations/databases:M.Rodríguez-Ayllon)



UNIVERSIDAD DE GRANADA

Organized by the **PROFITH** research group under the umbrella of the **UCEES** (Unidad Científica de Excelencia: Ejercicio y Salud), and with the support from the **Junta de Andalucía, Consejería de Conocimiento, Investigación y Universidades** y el **Fondo Europeo de Desarrollo Regional (FEDER, ref. SOMM17/6107/UGR)**.

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