

The GetAMoveOn Network+ supports an interdisciplinary network of researchers whose aim is to get people moving more with the help of digital technologies. Come and have a chat with our researchers over lunch to find out more about the implications of their work for policy and practice, and how they're helping to get everyone sitting less and moving more.

Supported by UCL Public Policy through EPSRC grant EP/R511638/1

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Supported by EPSRC grant EP/N027299/1



Paulina Bondaronek helps people make healthier choices by advising how behaviour-change techniques can be incorporated into public health policy and practice. She is a Behavioural Insights advisor at PHE and is also researching her PhD at UCL on the potential of physical activity apps for improving public health.

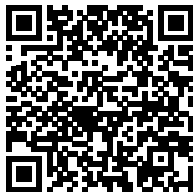
Find out more about
Paulina Bondaronek's
work





Dr Kirk Plangger's team from King's College London has developed a 'gamified' system to improve workplace health. It enables staff and students to earn real-world rewards for physical activity. They've been exploring which rewards and nudges work best to maximise cost-effectiveness.

**Find out more about
Kirk Plangger's work**





Prof Nirmalie Wiratunga is leading the FitChat project at Robert Gordon University to improve the health of older adults by developing a talking activity tracker, which is easier to use than on-screen menus. It will provide a personalised, conversational programme to help them increase their physical activity.

**Find out more about
Nirmalie Wiratunga's
work**





Dr John Rooksby from Northumbria University has developed an app with Dr Marta Cecchinato to improve the health of middle aged men. The idea is to engage football fans through their team identity and encourage them to be more active, support one another to exercise, and use active transport to get to matches.

Find out more about John Rooksby's work





Dr Angela Carlin from Ulster University is exploring how smart-speakers like Alexa and Google Home, which many families already own and are fast increasing in popularity, can be used to help parents and children to eat healthier and move more.

**Find out more about
Angela Carlin's work**





Dr Max Western from Bath University is working with Dr Rosie Essery from Southampton University to improve older adults' health outcomes by developing a new digital tool that will improve understanding of the kinds of physical activity that older people do and how to encourage them to be more active.

**Find out more about
Max Western's work**





Dr Melitta McNarry leads the StandUp! project team at Swansea University. Their findings will help to make workplace activity programmes more effective. The project is exploring what makes people respond (or not) to a 'nudge' from an app to stand up for a bit rather than sitting all day at work.

**Find out more about
Melitta McNarry's work**





Dr Joe Newbold is a researcher at UCL whose work will help to improve workplace health. He's exploring how sound & music can benefit our minds & bodies, including how it can help office workers to sit less and move more without sacrificing productivity.

**Find out more about
Joe Newbold's work**





Anjana Wijekoon is researching how artificial intelligence can be used to make activity tracking apps and wearables more effective by personalising the feedback and encouragement they give. She is working with Prof Nirmalie Wiratunga on the FitChat project at Robert Gordon University.

**Find out more about
Anjana Wijekoon's
work**





Dr Daniel Harrison, a researcher at Northumbria University, is on a mission to improve our health by making activity tech more useful while avoiding potential negative effects. He's exploring how wearables like activity trackers can encourage healthy behaviours and why they don't always help so we know how to make best use of them.

**Find out more about
Daniel Harrison's work**





Dr Cindy Forbes from the University of Hull is creating a digital programme that will enable cancer survivors to experience all the health benefits of a face-to-face exercise group but from a distance, if they are unable to travel to a gym or there is no suitable provision locally.

**Find out more about
Cindy Forbes' work**

