

SUBJECT MATTER EXPERT

AVAILABLE LIVE VIA DIGITAL STUDIO



Obesity/Sedentary Living

MARC HAMILTON
Professor

Director of the Texas Obesity Research Center
Professor of Health and Human Performance

EXPERTISE

- Inactivity Physiology and Exercise Physiology
- Prevention and management of conditions worsened by sedentary lifestyles
- Obesity and
- Why sitting is bad for human health

You may recognize Hamilton as the expert whose research recommends against sitting for extended periods of time. His research led him to conclude that while you're sitting, "the muscles go as silent as those of a dead horse," clearing the way for damaging metabolic effects.

SELECT RESEARCH

Sedentary behavior as a mediator of type 2 diabetes. Med Sport Sci, 2014 Hamilton MT, Hamilton DG, Zderic TW. Med Sport Sci 2014;60:11-26, 2014.

Little Exercise and Too Much Sitting: Inactivity Physiology and the Potential Need for New Recommendations on Sedentary Behavior. Current Cardiovascular Risk Reports, 2: 292-298, 2008.

CREDENTIALS

- M.A. in Exercise Physiology, University of Texas-Austin
- Ph.D. in Exercise Science, University of South Carolina, Columbia
- Postdoctoral Fellowship in Physiology, Cell Biology and Pharmacology, University of Texas School Medical School, Houston

UH MEDIA RELATIONS CONTACT

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