

# Dr. Ryan Rhodes

## How do I do it? Transforming My Resolutions Into Exercise Habits

The Faculty of Education Award for Excellence in Research Lecture



### Learn What You Can Do

Dr. Rhodes studies how people can develop better levels of fitness and what that means for families and their lifestyles—learn more about what you can do to exercise your way to a healthier and happier life.



Dr. Ryan Rhodes is an expert on the intention-behaviour gap, and studies how we might better link intention to action and physical activity. Dr. Rhodes has been recently awarded research grants from The Heart and Stroke Foundation, the Canadian Institutes of Health Research, the Canadian Cancer Society and the Social Sciences and Humanities Research Council of Canada. He has been named as the Faculty of Education Research Excellence Award Winner for 2016.

**University of Victoria**

**David Lam, Auditorium**

**January 25th**

**6:30 - 8:00 pm**