The University of Texas at Arlington
The Department of Exercise, Sport, and Health Studies

presents

9th Semi-Annual Lecture
of the

Texas American College of Sports Medicine

With

Steven N. Blair, PED
Institute for Aerobic Research in Dallas

LECTURE:
“Physical Activity, Physical Fitness and the Public’s Health”

Monday, March 25, 1991 – 12:00 Noon
Activities Building A-1 Classy Theatre
Dr. Steven N. Blair

Dr. Steven N. Blair is Director of Epidemiology at the Institute for Aerobics Research in Dallas. Dr. Blair is a Fellow in the American College of Epidemiology, American College of Sports Medicine, Council on Cardiovascular Epidemiology, and American Academy of Physical Education.

He is currently Vice President for Basic and Applied Sciences for the American College of Sports Medicine. His research focuses on the associations between lifestyle and health, with a specific emphasis on exercise, physical fitness, and chronic disease. He has published over 100 papers in the scientific literature.

Dr. Blair was Chair of the Editorial Committee for the American College of Sports Medicine book -- Guidelines for Exercise Testing and Prescription. He currently serves on the editorial boards of six scientific publications and on the Epidemiology and Disease Control study section at the National Institutes of Health. His research on physical fitness and mortality has been featured on the front pages of the New York Times, USA Today, and many other newspapers; in Newsweek, Time, and Sports Illustrated; and on the three major TV networks. Dr. Blair's book, Living with Exercise, focuses on the health and functional benefits of moderate exercise; and helps individuals develop strategies for integrating more physical activity into their daily routines.

There will be a brief question and answer period at the end of the presentation. Please give Dr. Blair your attention until the end of the question and answer session. Thank You!