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I am Professor in Sports Medicine at the Norwegian School of Sport Sciences and a professorship in physical activity and public health at the Norwegian Public Health Institute. Prior to this, I led a research programme in physical activity epidemiology at the MRC Epidemiology Unit, University of Cambridge, UK.

My research includes assessment of physical activity and sedentary time; patterns and trends in population levels of physical activity; the role of sedentary time and physical activity for preventing chronic diseases; and early life determinants of physical activity behaviors and its interaction with health outcomes across the life course. Other major international projects include the 2012 and 2016 Lancet series on physical activity and global health where I serve on the executive committee. I also led one of the papers in the 2016 series on physical activity, sitting and mortality. I have served on the International Olympic Committee (IOC) expert group on physical activity in youth and an EU committee for developing guidelines for physical activity in the European Union.

I am passionate about promoting physical activity for public health and try to live as I learn. I am an avid cross-country skier and occasionally participate in long distance ski races in Scandinavia.