

**Surname, first name(s) and initial** Milton, Karen

**Institutional affiliation(s)**

**Current:** Norwich Medical School, University of East Anglia

**Prior:** University of Oxford

**Academic degrees**

BSc (hons) in sports science (2001)

MSc in Applied Sport and Exercise Science (2003)

PhD in Public Health Policy (2014)

**City and country of primary residence** Norwich, England

## **Biography**

My research interests mostly focus on the adult age-group, although I also have an interest in the older adult age group. I am particularly interested in the role of muscle strengthening and balance activities, and also the impact of physical activity on bone health – an important area overlooked in previous physical activity recommendations for adults and older adults. Muscle strengthening and balance activities are often over-looked in public education campaigns and national and international surveillance, which tend to focus on the ‘aerobic’ physical activity recommendation. I have recently published scientific manuscripts reviewing the surveillance of these ‘forgotten’ guidelines globally, as well as across the four UK home nations. I have also undertaken some work looking at the translation of physical activity recommendations into public facing messages. I was involved in the 2010 update of the UK physical activity recommendations, where I led the national web-based consultation. I am currently involved in the 2019 update of the UK physical activity recommendations and sit on the committee responsible for dissemination and surveillance of the updated recommendations across all age groups.