



RECENT NEWS

VMove is a global initiative to promote physical activity, conceived and introduced by Dr. Kaumudi Joshipura in a TEDx talk (TEDx UPR) in March 2016. VMove inspires and facilitates physical activity in different settings, overcoming barriers and changing the norms to make moving in public settings the new normal. In addition to being the founder of VMove, Dr. Joshipura is Director of the Center for Clinical Research and Health Promotion (CCRHP) at the Medical Sciences Campus (MSC) and Adjunct Faculty at Harvard School of Public Health. She is also a recipient of the RCMI Seed Monies Program. As a collaborative effort, VMove and CCRHP have initiated a workplace physical activity initiative at the MSC with the help of many volunteers and leaders in the campus. As a result of this initiative, people are seeing stretching, exercising or moving in fun ways around the campus. Short frequent activity breaks of two minutes from sitting are also important and encouraged for improving weight and cardiometabolic health, thus VMove is committed to change people habits and set new norms facilitating healthy lifestyles to help reduce obesity and diabetes. Join VMove at <https://www.facebook.com/vmovement/> , and email vmovefreely@gmail.com to assist in the implementation of this important and novel initiative.

