

# Motivated To Move



Jacqueline Kerr  
Professor , Family and Preventative Medicine

## CURRENT RESEARCH

### Utilizing an ecological approach to improve physical activity in communities

All too often, many are quick to diagnose that obesity or sedentary behavior is solely the result of a deficit in individual motivation. From working with senior citizens to examining the behaviors of adolescents, Dr. Jacqueline Kerr of University of California, San Diego, proves the contrary. There are external factors which contribute to the "ecological" well-being of an individual, and these factors consequently affect an entire community's overall physical-activity levels. An ecological approach rests upon the harmonious intersection of the intrapersonal, interpersonal, and physical environment - the heart of Dr. Kerr's research lies at this intersection, at which she is determined to uncover groundbreaking insights.

- Dr. Kerr explores if outdoor physical activity is better for our health than indoor physical activity
- Dr. Kerr believes a community approach to physical activity increases individual activity
- Dr. Kerr develops training for senior citizens to lead physical activity and community advocacy programs
- Through the utilization of personally-worn cameras, Dr. Kerr uncovers better methods to integrate physical activity into an individual's daily behaviors, social interactions and environments

Dr. Kerr's research not only exposes the great importance for improving physical activity, but in addition, her research findings serve as pioneering case-studies for local and national governments. Dr. Kerr provides bona fide examples of ways in which to improve the ecological environment for a community, or even an entire nation, so that citizens can live a...

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## AFFILIATION

 University of California, San Diego

## EDUCATION

- Ph.D. in Health Promotion and Exercise Psychology 2001, University of Birmingham, England
- M.S. in Exercise & Health Sciences 1997, University of Bristol, England

## RESEARCH AREAS

Health & Wellness, Wellness, Aging Research

## FUNDING REQUEST

Your contributions will help Dr. Kerr to develop new and innovative methods for increasing the overall physical-activity levels in communities. Help Dr. Kerr change the lives of millions by fueling her pursuit to eliminate health-related complications that arise from lack of activity or exercise. At this time, Dr. Kerr could use your help in developing mobile phone applications to promote physical activity in parks!

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