

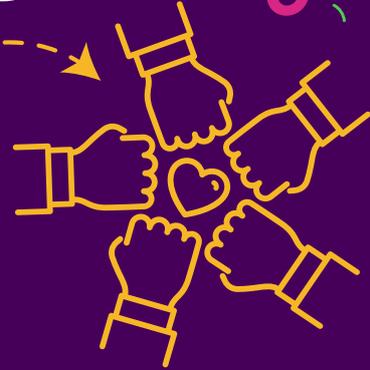


THE UNIVERSITY of EDINBURGH
Physical Activity for Health Research Centre

PAHRC 2024 Highlights

New additions to PAHRC in 2024

The PHIRST Team is now in post, comprising of **4 new staff**, including 2 Research Fellows, 1 Knowledge Broker and 1 Administrator. We also welcomed a new **Teaching Fellow**.



Sharing our work and expertise

A total of **29 publications** and 10 grant applications, with **6 successes**. Our successful NIHR application allowed for the appointment of the **PHIRST team**.

Implementing strategies within PAHRC and molding the future

We have begun to progress with our **comms strategy**, with increased social media activity and platforms to **promote the Centre**. Our students also celebrated successful **vivas and graduations**.



Engaging and learning from others

The 8th annual **SPARC Conference** welcomed Scottish Government representatives, Minister Maree Todd, and Prof Carolyn MacDonald, with record breaking registrations and **inclusive physical activity** workshops and lunchtime activities. Colleagues were Invited to Scottish Governments's **National Walking Framework**, as well as various keynote and panel presentation invitations.

Physical activity for all!

Continued physical activity throughout the year, offering **Rockfit** to staff at students at MHSES, and organising staff social events including **axe throwing**.

