

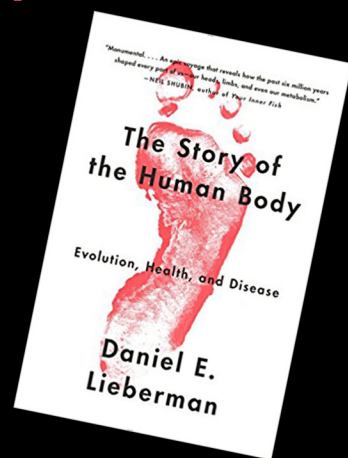


It is widely known that most Americans don't get enough exercise, defined as voluntary physical activity for the sake of fitness or health, contributing to higher rates of illness and death. In this talk, I will explore what kinds of physical activity humans actually evolved to do, and why these differ importantly from exercise. I will also discuss why and how physical activity promotes health, and why an evolutionary anthropological perspective on physical activity, including exercise, can help us move and stay healthy especially as we age.

How We Never Evolved to Exercise

An Evolutionary Medical Perspective
with Daniel E. Lieberman, Ph.D.

Daniel Lieberman is the Lerner Professor of Biological Sciences in the Department of Human Evolutionary Biology at Harvard University. He is a leading figure in the field of human evolution, best known for his research on how and why the human body is the way it is, and how human evolutionary history is relevant to health. Lieberman's research combines experimental biomechanics, anatomy, and physiology both in the lab and in the field, and he has conducted research in Africa for almost 30 years, and now also works in Mexico. He is best known for his research on the evolution of the head and on the evolution of running, which he also enjoys doing himself. In addition to publishing many scientific papers, he has written two books, *The Evolution of the Human Head* (2011), and *The Story of the Human Body: Evolution, Health and Disease* (2013).



Monday, December 3, 2018 | Marston Theater ISTB IV
5:15pm Reception | 6:00pm Lecture
free and open to the public