

Examples of research topics that can be a subject of collaboration with the LHRC

- The prevalence of physical activity, sedentary behaviors, insufficient sleep among children, adolescents and adults of differing health and weight status.
- Determinants of obesity and lifestyle behaviors among children, adolescent and adults.
- Culturally appropriate lifestyle intervention that may lead to a reduction in risk factors and improvement of quality of life and health outcomes
- Integration of mobile and wearable technology for the promotion of physical activity, reducing sedentary behaviors, and enhancing healthy sleep and eating habits among adolescent and young adults.
- Monitoring lifestyle behaviors as related to subjects who lost weight through different modalities of weight loss including bariatric patients.
- Barriers and facilitators of physical activity among Saudi females.
- Changing trends in obesity, physical activity, sedentary behaviors and dietary habits among children and adolescents.
- Effects of the recommended physical activity program on the health and wellbeing of patients with chronic disease, such as obesity, diabetes, coronary heart disease, arthritis and cancer survivors.
- Effect of different modes of weight bearing exercises and vitamin D on bone density.
- Lifestyle activity versus structured exercise relative to risk factors and health outcomes.
- Demographic and socioeconomic status and lifestyle behaviors.
- Healthy nutrition promotion and healthy outcomes among school children and their family.
- Obesogenic behaviors and correlates among children and their families.
- Lifestyle behaviors among obese people with or without diabetes/metabolic syndrome.
- Dietary habits and physical activity interactions among school children and adolescents.
- Physical activity, sedentary behaviors and cognitive function among children, adolescent or adults.
- Associations of workplace built environment with obesity and lifestyle behaviors.
- Lifestyle behavioral intervention and musculoskeletal health especially among elderly.
- Effects of dietary habits or physical activity program on body composition and blood lipids.

- Lifestyle behavioral promotion and non-communicable disease risk factors.
- Traditional diets and high blood pressure and blood sugar.
- Spatial exercise influences on female's cognitive function and balance.
- Comparisons of different instrumentations for body composition assessments and body fat most appropriate prediction equations.
- Breakfast behaviors among children, adolescents and their family.
- Ingested water temperature and resting energy metabolism.
- Effect of skipping breakfast on health outcomes, resting energy expenditure and weight loss.
- Physical activity, cardio-metabolic risks and mental/psychological health.
- Female's fitness centers safety and guidelines and public participation.
- Exercise intervention in people having anxiety or depression.
- School canteen practice and children's health and well-being.
- Identifying behavioral strategies that improve physical activity adherence and healthy eating habits.
- Motor competencies, physical activity and health-related fitness in school children and adolescents.
- Physical activity and lifestyle behaviors of preschool children.
- Influence of exercise on cognitive function and academic performance of school children.
- Use of wearable technology for health promotion and research.
- Physical activity initiatives and health outcomes.
- Physical activity, sedentary behaviors and heredity and genetics.
- Physical activity, sedentary behaviors and eating patterns of pregnant females.
- Physical activity, sedentary behaviors and eating habits of children with Autism spectrum disorders.
- Interactions between exercise & nutrition in health, disease and performance across different populations.