



January 2020 Newsletter

Notes from Beneath the Blue Awning



Hello, faculty and staff,

Happy new year!

If you're reading this, then you've survived the start-of-term crush. Congratulations!

I know this is a busy time, so I am going to keep this note brief and focused on your New Year's (research) resolutions.

Now that 2020 is upon us, I encourage you to do a little personal research housekeeping, including:

- Review, update, and/or create your [GrantForward](#) account to allow this metasearch engine to find external funding opportunities related to your research interests.

- Review and update your UWF research keywords at our in-house **Researcher Interests and Skills database** via the [RAE Jira Service Desk](#) in My.UWF.edu.

- Planning to submit a proposal in the next three to six months? Please start a Proposal Request ticket in the [RAE Jira Service Desk](#).

Again, best wishes for a wonderful 2020!

Go Argos!

Matt Schwartz

*It takes three to six months to pull together a competitive proposal. So, start thinking now.

Physical activity expert: Be sure to break up your workday with a little movement

By **JEFFREY CASSADY**
RAE Staff Writer
jcassady@uwf.edu

Pensacola – As faculty members hunker down for another semester of grading, research, and grant-writing, [Dr. Christopher Wirth](#), assistant professor in the Department of Movement Sciences and Health, wants to remind everyone to occasionally leave their desks and sneak in a little physical activity.

Many no doubt have resolved to put in more time at the gym during the new year. But Wirth said it's also important to break up long periods of inactivity throughout the workday with light exercise. Doing so could yield significant health benefits.

"Sitting is the problem," Wirth said. "The time spent on the job not being active is leading to all sorts of issues with our posture, leading to chronic back pain. And, obviously, that's contributing to our weight-gain, as well."

Wirth started looking into ways to stay active at the office last semester when he was asked to give a presentation on the subject to staff and faculty in the Usha Kundu, MD, College of Health. When conducting research for his presentation, Wirth initially looked for ways for staff and faculty members to adjust their posture and engage in exercise activities while seated. However, he found that simply exercising while sitting isn't enough.

Instead, Wirth suggests setting aside five to 10 minutes for light exercise – a short walk or a few stretches – for every hour or so of sitting, if possible. And he recommends cutting back on sitting time not just at the office, but also at home.

"Even getting a 10-minute walk in three times a day is beneficial," Wirth said.

Getting up and moving burns more calories and, generally, promotes good posture more effectively than exercising while sitting does, Wirth said.

"We can't implement a fix of simply trying to exercise better while sitting down," Wirth said. "We have to increase physical activity, but we also have to reduce sedentary time – even if we're just standing. We have to get up."

Received a grant or have some good news about a research project? We'd love to share your accomplishments! Please feel free to [contact us](#).

Funding Opportunities

Watch this space! RAE is currently re-working how we share funding opportunities to our faculty and staff.

In the meantime, feel free to access [GrantForward](#)—UWF faculty and staff can sign up with their UWF account to create a free profile with this funding search tool! For a step-by-step guide, please refer to our [GrantForward Handout](#).

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