

Professor Anthony Okely

Professor Anthony Okely is Director of the Early Start Research Institute at the University of Wollongong, Australia and Theme Leader in the Illawarra Health and Medical Research Institute.

Anthony's research focuses on physical activity, sedentary behaviour, and gross motor skills in children. It encompasses observational studies that describe the prevalence and patterns of these behaviours; relationships with health, education, and other developmental outcomes; interventions; and guideline development.

Anthony led the research team that developed—and are currently updating—the Australian Physical Activity Recommendations for Children 0-5 years, and the Australian Physical Activity and Sedentary Behaviour Guidelines for Children and Young People.

