

The Experts



The Study Lead

Professor Brendon Stubbs, a renowned researcher in movement and the mind. Dr Stubbs has over 17 years clinical experience and has published over 700 international academic papers – most of them dedicated to exploring the link between exercise and improving mental wellbeing and cognitive function. Dr Stubbs designed the experiment and oversaw the cognitive tests and overall data collection.

The Head Coach

Andrew Kastor, an expert runner and coach with a degree in exercise physiology. He has coached elite athletes for marathons, Olympics, national trials and track and field clubs. He also has experience training first-time exercisers. Andrew developed and oversaw the training programme for the experiment and worked closely with the local coaches/trainers to ensure it was implemented effectively and safely with their gamer on a weekly basis.

