

Dr. Brawley is a Professor in the College of Kinesiology and affiliate member of the School of Public Health, University of Saskatchewan. He has been a Tier 1 Canada Research Chair (CRC) since 2005. Prior to that he was a Professor at the University of Waterloo. As a CRC, Dr. Brawley's current research examines why some people successfully adopt physical activity for (a) healthy lifestyle change, (b) chronic disease self-management, while others struggle. Understanding the psychology of this change is essential to help people sustain the activity needed to promote health and prevent diseases. To this end, he has developed novel group-motivated, cognitive-behavior change interventions that successfully encourage individuals to maintain changes in their physical activity. These interventions have been conducted, for example, among sedentary older adults; cardiac rehabilitation initiates; and those with knee osteoarthritis; spinal cord injury, multiple sclerosis. Dr. Brawley's publications span the fields of sport and exercise, psychology, kinesiology, behavioral medicine, public health, gerontology and rehabilitation. Dr. Brawley is in his fourth decade of NASPSPA membership and was honoured in 2015 as one of its Distinguished Scholars. He has also been honored with Fellowships in the Canadian Academy of Health Sciences, National Academy of Kinesiology, Canadian Society for Psychomotor Learning and Sport Psychology and the Association for Applied Sport Psychology. With colleagues, he has a long history of investigating group cohesion in sport and exercise as well as processes of self-regulation as they pertain to exercise-related adherence. Recent examples of this work are a chapter found in Beauchamp and Eys Group Dynamics in Exercise and Sport Psychology text and a chapter in *Self Management of Health Behavior in Geriatric Medicine* in Hazzard's 2016 text on Geriatric Medicine and Gerontology.