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Catalyst: *How to Exercise Better*

Airing: Tuesday 10 October, 8.30pm on ABC & ABC iview



In next week's **Catalyst** (screening Tuesday 10 October, 8.30pm on ABC & ABC iview) join Dr Caroline West and Dr Shalin Naik as they ask the question – how can we exercise better?

We all know exercise is good for us. But how many of us really know what kind of exercise we should be doing, how much of it we need, or how hard we should push ourselves? To find the answers, and help all of us live happier healthier lives, GP Caroline West and cell biologist Shalin Naik are putting their bodies on the line at Australia's toughest athlete training facility - the Australian Institute of Sport. In ***How to Exercise Better***, they'll be stealing the latest sports science secrets from the formula ones of fitness to help all of us get fitter and stay healthy.

HOSTS:

Dr Caroline West is one of Australia's best-known media doctors. She is a leader in the field of lifestyle medicine, with expertise in nutrition, exercise, and mental health. Dr West is a GP and runs her own medical practise in Sydney. With a strong desire to inform and inspire Australians, Dr West has appeared on the ABC's *The Drum*, *Beyond 2000* and *60 Minutes*.

Dr Shalin Naik is cell biologist focused on the building blocks of life – immunology and developmental biology. After studying in Australia, he relocated to Amsterdam to work at the Netherlands Cancer Institute. Now he is running his own stem cell research laboratory at the Walter and Eliza Hall Institute in Melbourne. In 2013, he was awarded the Young Tall Poppy of the Year which celebrates researchers with notable scientific achievements who communicate well with the wider community. Shalin was also one of the hosts of the ABC's medical series, *Ask the Doctor*.

#ABCCatalyst

For further information and to organise interviews - contact:

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