



I am an Exercise Scientist by education, further specialised in Clinical Exercise Physiology by doctoral and postdoctoral research training, professional practice and academic scholarship. I am currently Reader in Clinical Exercise Physiology and Rehabilitation Sciences in the School of Health Sciences, Queen Margaret University-Edinburgh. For the last 20 years I have been actively conducting all aspects of people-based research and knowledge exchange activities, focusing on the development, implementation and evaluation of physical activity driven interventions. The primary aim of my research is to optimise functional independence, quality of life and reduce cardiovascular health risks in people with chronic cardiometabolic conditions and associated frailty syndromes. My research and professional approach is by default multidisciplinary, as sustainability of physically active lifestyles for health benefits, is influenced by a range of diverse and interactive factors.

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