We take a **lab bench to park bench approach** to understand the exercise-health connection. We aim to generate knowledge that can serve as the basis for public health policies and standards of clinical care to promote exercise as medicine.

**Our Outcomes**
- Movement Behaviours
- Fitness
- Inflammation & Metabolism
- Muscle & Bone Development
- Motor Coordination
- Demographics & Correlates of Movement Behaviours

**Our Tools**
- Accelerometry & Wearables
- Cardiopulmonary Exercise Testing & Muscle Strength
- Flow cytometry, ELISA & Stable isotope Tracers
- Cell Culture
- Standardized Motor Assessments
- Questionnaires

**Our Mission**
To advance child health through excellence in research, education, and clinical care dedicated to exercise as medicine.

**Our History**
CHEMP was formed in 2010 by Dr. Brian Timmons to build on the tradition and legacy of Dr. Oded Bar-Or, the Father of Pediatric Exercise Medicine and Science.

**Our Numbers**
- Since 2010
  - 32 research grants (as PI or co-PI)
  - $7.2 million (as PI or co-PI)
  - 105 published papers
- Current & Past Trainees: 91% externally funded, 7 post-doctoral fellows

**Our Partners**
- Offord Centre
- City of Hamilton
- INCH Lab
- VDL
- HALO
- MCH Subspecialty Clinics
- CanChild
- MODR
- HWDSB
- HWCDSB
- Sport4Life
- MacDATA Institute

**Our Team**
- Dr. Brian Timmons
- Nicole Proufeoet
- Natalcia Di Cristofaro
- Hillary Caldwell
- Yasmeen Mehi
- Bhavan Sharma
- Dr. Sara King-Dawling
- Ray Chen
- Maddy Byrne
- Elizabeth Faneca
- Mila Bjelica
- Inna Usheatz
- Dr. Joyce Obaid

**Our Funders**
- CIHR
- IRSC
- NSERC
- CRSGN
- Canada Research Chairs
- Ontario Innovation Trust
- POGO
- Hamilton Health Sciences
- McMaster University