

George is a Professor in Clinical Exercise Physiology at the University of Wolverhampton. His work evolves around physical activity, exercise and health and specifically how physical activity and/or exercise can be used to improve – via specific physiological and molecular/genetic mechanisms – disease symptoms and health parameters in patients with different chronic diseases. George has led randomised controlled trials and epidemiological studies and has published more than 90 peer-reviewed scientific publications in his field. His work has had a significant scientific impact since it has helped the formation of position statements and improve existing guidelines for the treatment and management of different chronic diseases. His work has been used, amongst others, by the World Health Organisation, the British Heart Foundation, the National Health Services and the European League Against Rheumatism. George has also received both national and international grants (Medical Research Council, FP-7, Horizon 2020) and he is an expert evaluator in multiple funding bodies and peer-reviewed journals.