**Health and Quality of Life**

During the last few years, we have embarked in a novel exercise where the experience gained over 30 years on sport, dance and research has been used to help improve aspects of human health and quality of life. Apart from setting up the first university-based MSc in “Exercise and Health” in Greece, we have also worked with smokers and non-smokers, as well as rheumatoid arthritis and dialysis patients. Meanwhile we have formed and currently conducting collaborative research with top academic and industrial institutions, such as the University of Birmingham, Action Heart (the largest cardiac rehabilitation centre in the UK), Dudley Group of Hospitals, and University Hospital in Larisa, Greece. A member of our team has been recently invited by the World Health Organisation to advice on matters related to passive smoking, which have been based on our published work. In addition, our work on patients with rheumatoid arthritis has been suggested by the National Health Service (UK) as a reliable source of information on improving cardiovascular status in rheumatoid arthritis. We are currently working to introduce new (exercise and physical activity) and cost-effective ways of management of chronic diseases.

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**Publications in Peer-Review Journals**


