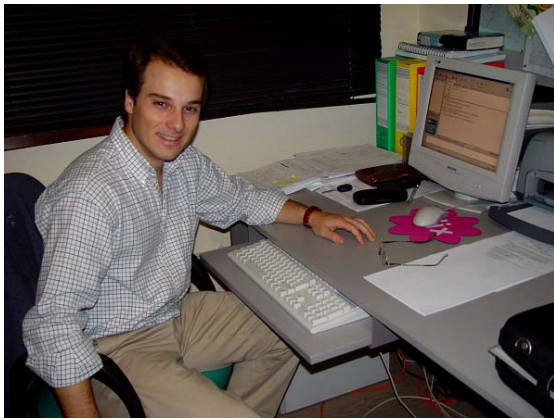


## ABOUT THE AUTHOR



Paulo Rocha was born on November 8<sup>th</sup> 1974, in Évora, Portugal. After finishing high school in Montemor-o-Novo, he entered in 1992 for a Sport Sciences Bachelor degree at the Faculty of Human Movement, Technical University of Lisbon (1997). In 2003, he obtained his Master in Science degree in Exercise and Health at the same Faculty.

Meanwhile in 2001 he started his PhD degree at the Exercise and Health Laboratory, Faculty of Human Movement, with a scholarship provided by the Portuguese Foundation for Science and Technology. During this period he went to Dr. Robert Ross laboratory, at Queen's University, Kingston, Canada, to develop skills in body composition assessment through imagiologic techniques such as computed tomography.

Exercise physiology is his main research area of interest. The study of the pathophysiological mechanisms linking obesity, CVD, and type 2 DM, as well as the comprehension of exercise contribution to prevent and treat these worldwide public health problems are his special concerns.