

Dr. Jennifer Brunet

Jennifer Brunet (PhD) is an Associate Professor in the [School of Human Kinetics](#) at the University of Ottawa, a Research Member at the [Institut de recherche de l'Hôpital Montfort](#), and an Affiliate Researcher at the [Ottawa Hospital Research Institute](#). Recognizing that physical activity is a key component for successful cancer prevention and treatment, her research goal is to reduce the growing burden of cancer in Canada through physical activity by producing findings of high scientific and applied merit.

She conduct research to identify determinants of physical activity among people with and without cancer, as well as to understand how these determinants come to affect physical activity behaviour (e.g., mediation and moderation effects) in order to advance knowledge of how to increase physical activity levels. She uses this knowledge to inform and design interventions aimed at increasing physical activity levels to enhance the health of people with and without cancer and lessen the likelihood of people dying from cancer. Dr. Brunet has also been involved in projects aimed at testing the effectiveness of physical activity for people with cancer and developing evidence-based materials and guidelines to share knowledge that supports people in making healthy choices that will help them recover from cancer. For example, as a member of a working group facilitated by Cancer Care Ontario's [Program in Evidence-Based Care](#), she helped develop exercise guidelines for people with cancer to help bridge the gap between research and practice. She currently holds a [Tier II Canada Research Chair](#) in Physical Activity Promotion for Cancer Prevention and Survivorship for her collective work in physical activity and cancer.

Dr. Brunet is also dedicated to building capacity and expertise in the area of physical activity and cancer. Thus, in addition to directing the Physical Activity and Health Laboratory, she co-founded and co-directs the [Interdisciplinary Psychosocial Oncology Research Group](#) with Dr. Sophie Lebel at the University of Ottawa. The goal of her laboratory and the group is to create an active, knowledge-sharing, dynamic, and collaborative environment that inspires novel and practical research. Further, they are places where researchers, health care providers, and trainees can engage in research-related activities and discussions focused on physical activity and cancer.