

1. **Name:**
Joey Saavedra

2. **Program** of study and year:
Ph.D. Kinesiology (3rd year).

3. **Hometown:**
Dewsbury, England.

4. What are your **research interests** and **why did you choose them?**

I am interested in characterizing the effect physical activity has on lung function in aging adults. Lung function is a strong predictor of future morbidity and mortality, and so maintaining this function throughout the course of life is crucial for mitigating the risk of early disease or death.

5. What is one thing **you think everyone should know about your research project** or research interests?

Respiratory diseases such as COPD are the third leading cause of death among older adults. By far the biggest risk factor of respiratory disease is tobacco smoking, and it turns out that smokers who are also physically inactive are at even GREATER risk of death. Not smoking and being active will irradicate most of the risks associated with respiratory disease mortality.

6. Give a **shout-out to a professor, mentor, advisor, or someone at ISU who has helped you?**

I'd like to give a shout-out to Dr. DC Lee -- my advisor and Associate Professor in Kinesiology. He is a Physical Activity Epidemiologist who comes from a prestigious lineage of researchers who have proved that cardiorespiratory fitness trumps body fatness when it comes to longevity. It is possible to be both fit and fat, but STILL lead a long, healthy life.

7. What **extracurricular programs or groups** have you been a part of ISU that are **foundational to your experience** here?

I serve as the Kinesiology representative on the GPSS, and I'm also President of the Kinesiology Graduate Student's Association. In addition, I volunteer as an instructor for the Science Bound Program here on campus, which serves to steer teenagers from underrepresented backgrounds towards STEM disciplines in higher academia.

8. What is the **most valuable experience you have had** while studying **at ISU?**

Speaking with other Doctoral students about their own experiences in grad school has helped alleviate my own anxieties.

9. What do you **plan** to do after you graduate from ISU?

I want to help increase the proportion of our population who adopt physically active lifestyles through research and education.

10. What **motivates** you?

The thought of one day having kids with my gorgeous (soon-to-be) wife, and eventually buying a truck so I can finally go to the drive-in movies and feel cool.

11. If you use social media, please feel free to mention your social media handles as well!

LinkedIn: [Joey M. Saavedra](#)

