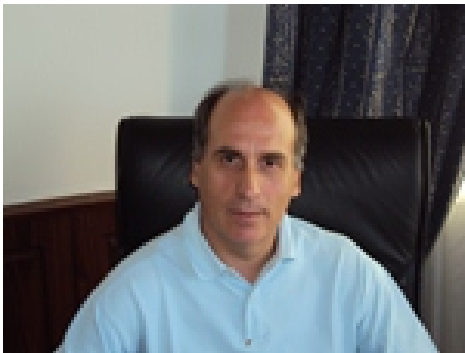


The focus of the Exercise Health Laboratory (ExHealth LAB) is the study of the mechanisms and effects of exercise and sport on smoking cessation, alcohol cessation and psychological health and well-being by using experimental, cross-sectional and longitudinal designs using different types of exercise and sports in laboratory and field.

**Staff:**



[Yiannis THEODORAKIS](#) , Professor



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### **Selected Publications:**

Magouritsa, G., Kokaridas, D., Theodorakis, Y., Patsiaouras, A., Mouzas, O., Dimitrakopoulos, S., & Digelidis, N. (2014). The effect of a physical activity program on improving mod profile of patients with schizophrenia. *International Journal of Sport and Exercise Psychology*, <http://dx.doi.org/10.1080/1612197X.2014.898968>

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Zisi, V., Theodorakis, Y., Skondras, G., & Natsis, P. (2006). The relation of balance performance with physical activity in elderly fallers and non-fallers. *Studies in Physical Culture and Tourism*, 13, 111-114.

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