



CHARLES HILLMAN

Professor



Dr. Charles Hillman received his doctoral degree from the University of Maryland in 2000, and then began his career at the University of Illinois, where he was a Professor in the Department of Kinesiology and Community Health for 16 years. He also held appointments in five other units including the Department of Psychology, the Division of Neuroscience, and was an affiliate of the Beckman Institute for Advanced Science & Technology. In 2016, he continued his career at Northeastern University in Boston, Massachusetts, where he currently holds appointments in the Department of Psychology and the Department of Physical Therapy, Movement, & Rehabilitation Sciences.

He is the Associate Director in the Center for Cognitive and Brain Health, which has the mission of understanding the role of lifestyle behaviors on brain and cognition to maximize mental health and well-being, and promote the effective functioning of individuals across the lifespan. Dr. Hillman has published more than 325 refereed journal articles, 16 book chapters, and 2 edited texts. He served on the 2018 Health and Human Services Physical Activity Guidelines for American's Scientific Advisory Committee, and is a fellow of the National Academy of Kinesiology and the Association for Psychological Science. His work has been funded by the National Institutes of Health (NIH) for the past 20+ years, and he has also received funding from several other federal and private sponsors. Lastly, his research has been featured in the media including: CNN, National Public Radio, Good Morning America, Newsweek, and the New York Times.