## Itai Har-Nir

## Academic College Levinsky-Wingate Israel



Itai has been teaching in the Academic College Levinsky-Wingate (at Wingate campus) for the past 18 years. His main interest venue is related to resistance training and its application for different subgroups in the general population. He completed his Bachelor's and two Master's Degrees in Wingate institute and Tel-Aviv University, both related to public health and sport science. In conjunction with training, he had the privilege to serve as a research lab manager at Halperin Lab, at the School of Public Health, Tel-Aviv University. Upcoming years should be exciting as Itai is pursuing his PhD. He lives in a Kibbutz north central part of Israel, and he loves cats. He is looking forward to the ITW, sharing his experience and point of view about training for elderly people.

## My Topics for the 23rd International Teaching Week:

- 1) The Feasibility of Using Telecommunication for Physical Activity in Older Adults' Population
- 2) Exercise Snacks: New Perspective for Improving Health and Function in Older Adults?