

Matias Golob, MHK, CK  
Directors of Operations, Body Advantage  
Director, Canadian Kinesiology Alliance

Specialization:

- Constraints to active leisure among culturally and linguistically diverse people.
- Active leisure education, health promotion programming for new immigrants.
- Celebration of multiculturalism in health and fitness programming.

Education:

- PhD, Human Kinetics (candidate), University of Ottawa
- Master of Human Kinetics, University of Windsor
- Honours Bachelor of Human Kinetics, University of Windsor

Matias Golob is a PhD candidate at the University of Ottawa and founder of Body Advantage, a not for profit organization devoted to provide culturally and linguistically diverse people with resources to improve health and quality of life. Matias continues to bridge the gap between academic and practitioner, with a commitment to advance the reach of Kinesiology in the preventative health care domain. Research and teaching commitments take up a great deal of time, however, Matias continues to practice Kinesiology on a limited basis to assist special population groups improve their health and quality of life.

“Improving the quality of life of visible minorities is the motivation for my research and the inspiration for my business endeavours. Contemporary society needs more enterprising individuals who apply business practices to solving societal problems. Kinesiologists, as human movement specialists, are well prepared to assist new Canadians sustain health and quality of life. “

Achievements:

- 2008 & 2010 Student-Entrepreneur of the Year. As founder of Body Advantage and full time graduate student, Matias twice received the coveted award from the province of Ontario. He attributes the award to the wonderful support he continues to receive from peers, community organizations, and members of the community. combines his entrepreneurial endeavours with research to develop and deliver a standardized and professional approach to fitness that can reach many more Canadians.
- Community outreach. In 2007 Matias established a program to generate awareness for breast cancer research and promote the benefits of Kinesiology services for the prevention of chronic diseases in Windsor, Ontario. Participants raise thousands of dollars annually for Breast Cancer research, and many participants attribute the program for their renewed interest for outdoor physical activity.

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