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## MINDFUL MUSCLES NEWSLETTER #3



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### Mindful Muscles in the last quarter of 2022

In November 2022, Ms Marit Jukk from the Estonian Centre for Integrity in Sports presented projected Mindful Muscles at a local multiplier event with sport stakeholders from Estonian sport federations. The event was organised in collaboration with the Estonian Olympic Committee and was well-attended.



In December 2022 our consortium met in Amsterdam for the 3<sup>rd</sup> transnational partners' meeting. An exciting day full of updates, ideas, and energy. Thank you MAINLINE for hosting the meeting!



In December 2022, Professor Lambros Lazuras proudly presented project Mindful Muscles and the finalised version of the Exercises for Recreational Sport Athletes and Exercisers in two separate events: An invited online lecture at the School of Sport, Exercise, and Rehabilitation Sciences, University of Birmingham, and at the Annual Conference of the Department of Psychology, Sociology, and Politics, Sheffield Hallam University.



### Happy new 2023 with exciting events!

In January 2023, Professor Lazuras delivered a talk on recreational sport doping and discussed the need for positive interventions, such as Mindful Muscles. The event took place at the House of Commons in Westminster, London, and was jointly organised by Professor Ornella Corazza, University of Hertfordshire, and by the member of the British Parliament and former Crime Undersecretary Lord John Taylor of Holbeach. The event was well attended by local community groups and members of the British Parliament, and was covered by international media:

<https://www.complitaly.uk/post/italian-academics-promotes-awareness-for-new-emerging-online-illegal-and-dangerous-drugs>



## News from the Mindful Muscles Early Career Researchers' Community of Practice

Three exciting webinars took place in the context of the "Open Lecture Series on Next Frontiers in IPEDs Research". The first webinar was delivered in October 2022 by Dr Astrid Bjørnebekk, Head of the Anabolic Androgenic Research Group, at Oslo University Hospital, Norway. Astrid presented novel empirical research from her group about the effects of anabolic steroid use on brain health and functioning.

PowerPoint Slide Show - Bjørnebekk\_Open\_Series\_Lecture\_oct\_2022.pptx - PowerPoint



Anabolic steroids use, brain health and dependence – insights from our research group in Norway

Astrid Bjørnebekk, PhD  
The Anabolic Androgenic Steroid Research Group  
Section for Clinical Addiction Research  
Division of Mental Health and Addiction  
Oslo University Hospital

Illustration by Mattias Karlen

RUSFORSK Oslo University Hospital

Astrid Bjørnebekk

The second webinar was delivered in November 2022 by Peter Bond on the effects of using anabolic steroids on the human body. The last webinar was delivered in December 2022 by Dr Mair Underwood, an anthropologist and lecturer at the School of Social Sciences, University of Queensland, Australia. Mair presented her research on the lived experiences of steroid use and how this can inform harm reduction practices. All the webinars are freely available on our YouTube Channel: <https://www.youtube.com/@mindfulmuscles1507>



Blurred boundary between science and broscience

- Broscience = community science or citizen science
- *Broscience: A practical template for bodybuilding based on a combination of the available theoretical scientific evidence (either directly or as, correctly or incorrectly interpreted by third parties) and the results of self experimentation and the experiences of others who have experimented on themselves or others before, in order to come to a working applicable whole for purposes of training, nutrition, supplement or IPED use [Mark].*

Mair Underwood

BRO SCIENCE  
50% FACT  
50% MAGIC  
100% RESULTS