

## **Katherine Markwell**

From the Queensland Regional Group of Nutrition Society of Australia



Katherine is from Brisbane. She has always been interested in health and exercise which led to her fascination with nutrition as well. In 2005 she completed her double degree of Nutrition & Dietetics/Human Movement Studies at QUT. Following this, she briefly worked at Nutrition Australia and then embarked upon her PhD at Griffith University. The topic of her research is a mixed methods investigation of dietary adherence in a weight loss trial using self determination theory. Outside of her studies, she socialises with friends and family, plays her violin and keeps fit with *capoeira* (Brazilian Martial Arts/Dance) and yoga.

*2008: awarded an NSA Student New Ideas Competition prize*

*2008: awarded The NSA Student Prize for the best oral presentation by a student at the Annual Scientific Meeting, for her talk entitled "A mixed methods investigation of weight loss trial dietary adherence within a self determination theory framework".*