

Prof Stuart Phillips

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Stuart Phillips is a distinguished Professor in the Department of Kinesiology and a member of the School of Medicine at McMaster University in Canada. He is a Tier 1 Canada Research Chair in Skeletal Muscle Health and a fellow of the Canadian Academy of Health Sciences, the American College of Sports Medicine, the Canadian Society for Exercise Physiology and the Royal Society of Canada. His work centres on the interaction of exercise/physical activity, ageing, and nutrition in skeletal muscle and body composition.