



Prof. Luc J.C. van Loon

Professor of Physiology of Exercise at the Department of Human Biology at Maastricht University Medical Centre - Maastricht - The Netherlands.

Number of publications: ~320

Timeline publications: 1999 to present

Research Areas: muscle, metabolism, exercise, nutrition, aging.

Luc has an international research standing in the area of skeletal muscle metabolism. Current research in his laboratory focuses on the skeletal muscle adaptive response to exercise, and the impact of nutritional and pharmacological interventions to modulate muscle metabolism in health and disease.

The main research interests of his laboratory include muscle metabolism, sports nutrition, clinical nutrition, adaptation to endurance and resistance type exercise, and the use of physical activity and/or nutritional interventions to improve health in chronic metabolic disease and aging.

The latter are investigated on a whole-body, tissue, and cellular level, with skeletal muscle as the main tissue of interest.



Prof. Arne Astrup

MD, DMSc – Professor, Head of the Department of Nutrition, Exercise and Sports at the University of Copenhagen, Denmark,
Senior consultant at Clinical Research Unit, Bispebjerg Frederiksberg University Hospital.

Professor Astrup’s principal research is on the physiology and pathophysiology of energy and substrate metabolism and appetite regulation, with special emphasis on the etiology and treatment of obesity.

He lead research that showed that GLP-1 is a satiety hormone in humans, and was instrumental for Denmark being the first country to ban industrial trans-fat in 2014.

His current interest is personalized dietary management of obesity, type 2 diabetes and cardiovascular disease, and the role of the food matrix versus single nutrients.

Arne Astrup have published more than 700 scientific papers, H-index: 74, and a Google Scholar H-Index: 98, and his groups have produced 32 PhD’s until now.