

Bio

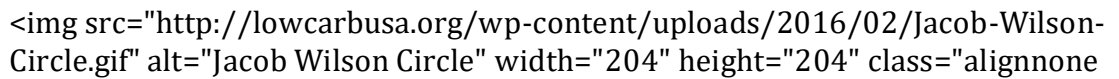
Dr. Jacob Wilson, Ph.D., CSCS*D With over 150 peer-reviewed papers, book chapters and abstracts Dr. Wilson has turned the focus of his research onto the cellular, molecular, and whole body changes in muscle size, strength, and power in response to ketogenic dieting and supplemental ketones in varying populations. Dr. Wilson was recently awarded the NSCA's Terry J. Housh young investigator of the year award. Moreover he and his lab were recently featured in the new movie generation iron, which came out in theaters in 2013 and was aired on ESPN. Dr. Wilson is currently CEO of a 21 thousand square foot research center in Tampa called Applied Science and Performance Institute.

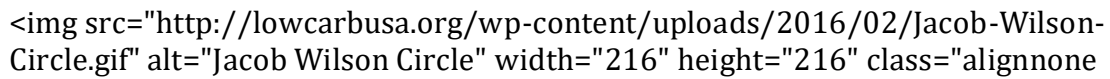


Topic

The Effects of Ketogenic Dieting on Resistance Training Adaptations

One of the prevailing effects of the KD that is often observed in clinical trials is a relative ease of fat loss, which exceeds that of diets higher in carbohydrates. Moreover, those on a KD seem to lose fat mass with a greater retention of lean mass independent of any form of exercise. However very little is known regarding the impact of ketogenic dieting combined with resistance training on performance, body composition, and molecular signaling effects. Recently our lab has investigated these questions using both human and rodent models. The purpose of this presentation will be to explore these findings which have been generated over the past 3 years and to present practical applications which follow.

 [http://\[supsysitic-show-popup id=118\]](http://[supsysitic-show-popup id=118]) <center> **Dr. Jacob Wilson, Ph.D., CSCS*D**
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