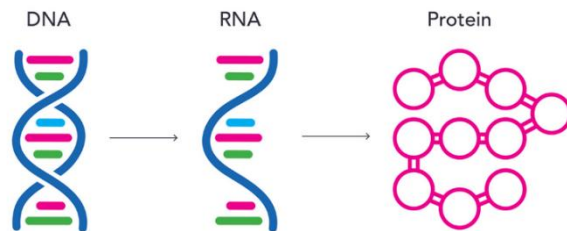
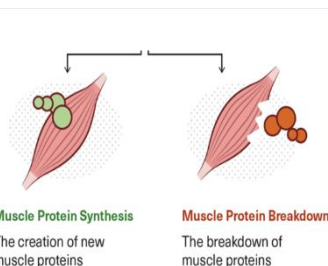
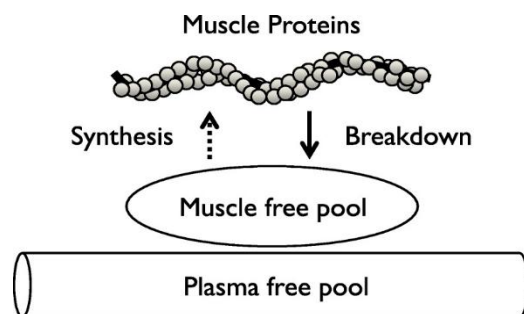


Protein Strategies to Optimize Fitness & Health

What is exercise and how is protein involved in its effects on fitness and health?



What is protein balance and what affects protein balance in skeletal muscle?



“If the body is not happy, it doesn’t matter what you do to the muscle”

- How does this relate to health and function of the body?

Protein Strategies to Optimize Fitness & Health

How much protein do you need?



Are supplements better than food?



Plant vs animal protein?

Does timing matter?

