

Luc van Loon is a Professor of Physiology of Exercise at the Department of Human Biology at Maastricht University Medical Centre. 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.