Jan Kopecky obtained his MD and PhD degrees from the Charles University in Prague, Czech Republic. Over 40 years of research experience, starting from studies of the mechanisms of mitochondrial energy conversion and brown adipose tissue thermogenesis. Proof of the concept that mitochondrial uncoupling in white fat could reduce obesity in mice (in collaboration with L. P. Kozak at the Jackson Laboratory, Bar Harbor, ME, USA; *JCI*, 1995). Current projects are focused on the (i) mechanisms behind beneficial effects of lipids of marine origin on health, (ii) role of white fat in healthy metabolic phenotype, and (iii) control of energy metabolism during perinatal development. Head of the department of Adipose Tissue Biology (1992-2015) at the Institute of Physiology (IPHYS) of the Czech Academy of Sciences (Prague) and IPHYS director (2015 - now). International Research Scholar of the Howard Hughes Medical Institute (1995-2000), co-president of the 13th European Congress on Obesity (2004). Partner in EU FP6 projects EXGENESIS (2005-2009) and EARNEST (2005-2010), and EU FP7 projects BIOCLAIMS (2010-2015) and DIABAT (2011-2015).