

## Gareth Fletcher

Doctoral Researcher

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### About

**PhD Title:** Dietary influences on exercise metabolism in relation to the maintenance of lifelong health and in the achievement of optimal sporting performance

**Supervisors:** Dr G. A. Wallis, Professor J. Thompson

### Qualifications

- MSc Human Nutrition – University of Glasgow
- BSc Sports and Exercise Science – Loughborough University

### Biography

Gareth is interested in most aspects of exercise physiology, especially anything related to nutrition. He previously worked in a health and preventative health care system, and clinical trials involving nutritional supplements

### Research

Research group: Exercise Metabolism

### Publications

- Erskine RM, **Fletcher G**, Hanson B, Folland JP (2012). Whey protein does not enhance the adaptations to elbow flexor resistance training. *Med Sci Sports Exerc.* Sep;44(9):1791-800