

Prof Luc van Loon

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Luc van Loon is Professor of Nutrition and Exercise and Head of the M3-research group within the Department of Human Biology at Maastricht University in The Netherlands.

He has an international research standing in skeletal muscle metabolism and has published over 550 peer-reviewed articles, achieving an H-index of 97. His current research focuses on the skeletal muscle adaptive response to physical (in)activity, and the impact of nutritional and pharmacological interventions to modulate metabolism in both health and disease. Luc actively translates these research findings to the public, highlighting the impact of nutrition and physical activity to support performance and health.