



Welcome! Thanks for visiting Weightology. I'm James Krieger and I'm here to help educate you on the scientifically best ways to help you build muscle and lose fat.

What makes me qualified to do this? I've got a Master's degree in Nutrition from the University of Florida and a second Master's degree in Exercise Science from Washington State University. I'm also a published scientist, author, and speaker in the field of exercise and nutrition. I've [published research](#) in prestigious scientific journals, including the [American Journal of Clinical Nutrition](#) and the [Journal of Applied Physiology](#). I've collaborated with notable scientists in the field like [Dr. Brad Schoenfeld](#). I'm the former science editor for Pure Power Magazine, and the former editor for Journal of Pure Power, both publications that delivered scientific, but lay-friendly, information on training and nutrition to athletes and coaches. I've given over 100 lectures on fitness-related topics to physicians, dietitians, and other professionals, and have been [a speaker at major events](#) such as the AFPT Conference and NSCA Personal Training Conference. I've been involved in the health, nutrition, and fitness field for over 20 years, and have written over 500 articles.



Oh, and I'm not some guy in a lab coat with no real world experience. I'm the former research director for a corporate weight management program that treated over 400 people per year, with an average weight loss of 40 pounds in 3 months. My former clients include the founder of Sylvan Learning Centers and The Little Gym, the vice president of Costco, and a former vice president of MSN. [I've coached lots of people to transform their bodies](#), including [helping a natural bodybuilder get his IFBB Pro card](#). I've also competed in physique shows myself.

I'm also [a professional day trader](#), and am one-half of [Fit Pro Financial](#), a website dedicated to helping fitness professionals grow their wealth.

[Check out all my scientific publications here.](#)

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## Other Research Review Contributors



Brandon Roberts is a physiologist, author, and physique athlete. He completed a Ph.D. in muscle biology then postdoctoral research on muscle hypertrophy and sports nutrition. He is currently a Captain in the U.S. Army working to discover new ways to help tactical athletes. He is also the CSO of Tailored Coaching Method and LogSmarter™.

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Cody Haun has a Ph.D. in exercise physiology from Auburn University. He researches exercise, nutrition, and physiology with a special interest in individual responses. He currently runs his own research and coaching practice called Fitomics, LLC and teaches graduate courses online in nutrition and exercise science. He has published over 30 scientific manuscripts and his research is ongoing.