

RESEARCH REVIEW

JANUARY 2023



Research Review



Coaching Clients With Obesity Course

MICHAEL MATTHEWS
& JAMES KRIEGER



**FITNESS
SCIENCE
EXPLAINED**

A Practical Guide to Using Science to
Optimize Your Health, Fitness, and Lifestyle

Fitness Science Explained



Apparel



Meet our team



James Krieger

MSc. in Nutrition & Exercise
Science

Owner of weightology.net

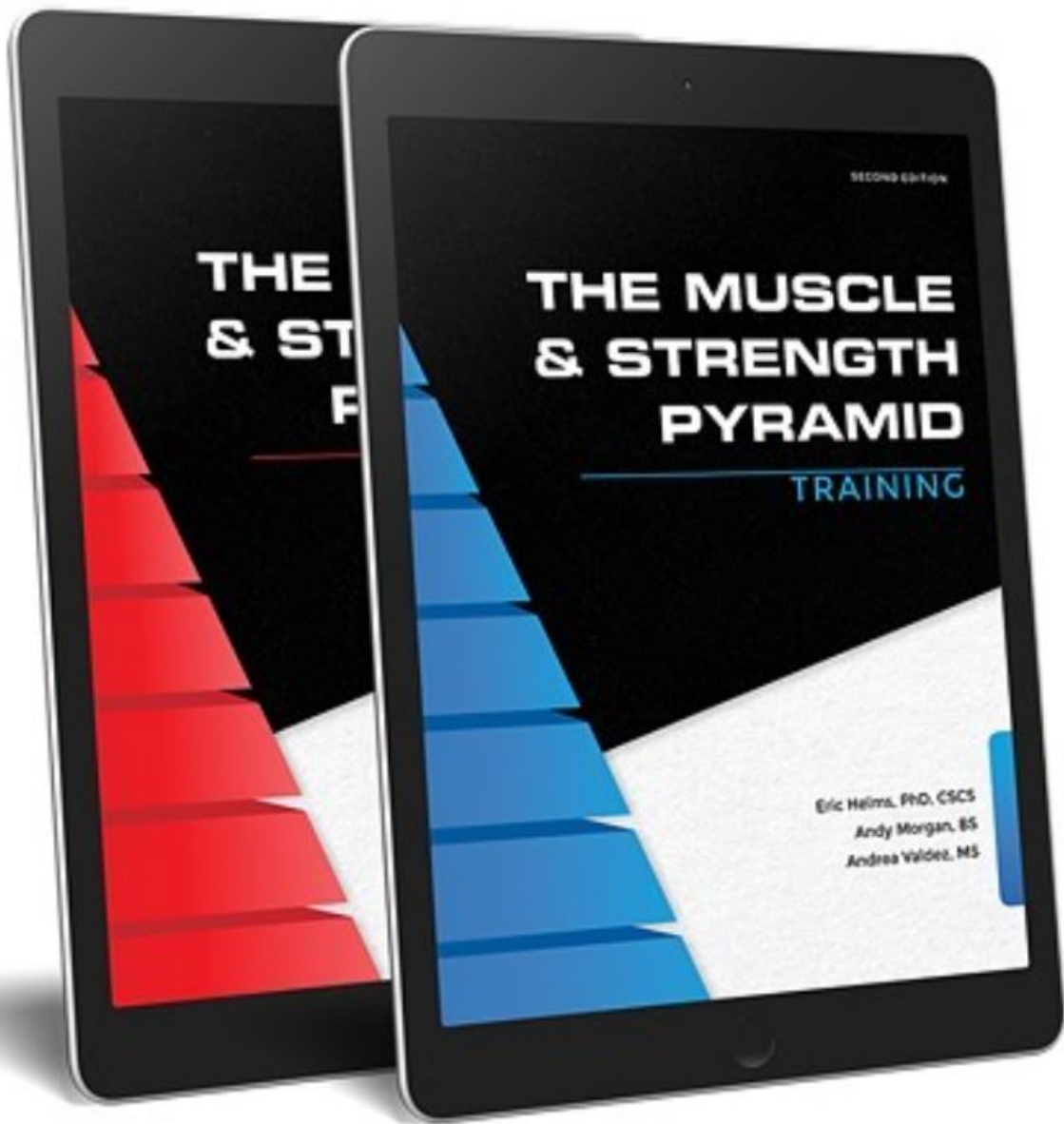
Published researcher

15+ Years industry experience

- Adaptations to Dieting & Weight Loss
- The Science of Food Addiction
- Assessing Body Composition
- The Role of Hormones in Fat Loss & Muscle Gain
- How to Minimise Weight Regain

#RAISINGTHESTANDARD

JPS Health and Fitness Mentorship Program



Muscle and Strength Pyramids 2.0

**GET YOUR
FINANCES
FIT NOW**



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