



Professor John A. Hawley is a prominent figure in health research, acclaimed for his comprehensive work on the interaction between diet and exercise in regulating fat and carbohydrate metabolism.

## Great To Have Professor John A Hawley on Board

As the head of a prestigious Centre for Exercise and Nutrition, he has made significant progress in understanding how exercise training changes our bodies at the molecular level and how these changes improve how our bodies respond to insulin due to exercise.

Professor Hawley's expertise and knowledge are frequently in high demand, making him a regular speaker at national and international scientific symposiums. His prolific academic writing includes more than 220 scientific manuscripts and over 100 articles for technical journals. He has also contributed numerous chapters to exercise biochemistry and sports medicine texts.

He maintains an influential role as an Associate Editor for Diabetologia. He serves on the editorial boards of several renowned international journals, underscoring his substantial impact on health research.

In addition to these accomplishments, Professor Hawley's collaboration with the 'Your Vitals Matter' workbook has been greatly appreciated. The invaluable influence he brings to the e7Doctors Program is shaping its direction. His expertise and insights enhance this wellness program's effectiveness, demonstrating his commitment to advancing health initiatives beyond the academic sphere.

**Prof John A Hawley: A Trailblazer  
in Exercise and Nutrition,  
Influencing Global Health  
Research and Championing Real-  
World Wellness Initiatives**