Almost all successful dieters regain the weight because about 25% of the weight reduction is muscle loss. Learn from sequential research studies how to concurrently lose fat and gain muscle for healthful body composition improvement and sustainable weight management.

Instructor: Wayne Westcott, PhD, Professor/Chair Exercise Science, Quincy College (Quincy, Massachusetts)

Register through the Employee Learning Center at www.princeton.edu/training

Wayne Westcott, PhD, CSCS, is Professor and Chair of Exercise Science at Quincy College in Quincy, Massachusetts. He has authored 30 books; written strength training chapters for four National Strength and Conditioning Association textbooks and five American Council on Exercise textbooks; published 95 peer-reviewed research and academic papers; and served as the Health & Fitness Columnist for the American College of Sports Medicine’s Certified News from 2010 through 2017. Dr. Westcott has been a keynote speaker for numerous professional organizations, including national meetings of the American College of Sports Medicine; the American College of Nutrition; the Harvard Medical School Blackburn Course in Obesity Medicine; and the Harvard Medical School Lifestyle Medicine Conference.