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**William J. Evans, Ph.D.**, is Adjunct Professor in the geriatrics program at the Duke University Medical Center. His research is focused on protein and muscle metabolism, including optimal protein intake to enhance muscle building and prevent muscle loss.

Previously, Bill was the director of the Nutrition, Metabolism, and Exercise Laboratory in the Donald Reynolds Department of Geriatric at the University of Arkansas for Medical Sciences and a research scientist in the Geriatric Rehabilitation, Education, and Clinical Center in the VA Medical Center. From 1993 to 1997 he was the director of the Noll Physiological Research Center at the Pennsylvania State University and from 1982 to 1993 he served as the Chief of the Human Physiology Laboratory at the U.S.D.A. Human Nutrition Research Center on Aging at Tufts University in Boston.

Bill is a Fellow of the American College of Sports Medicine, The American College of Nutrition, and an honorary member of the American Dietetic Association. He is the author or co-author of more than 250 publications in scientific journals. Along with Irwin Rosenberg, M.D., Bill co-authored *Biomarkers: The Ten Determinants of Aging You Can Control* and *AstroFit*.

Bill's research has examined the relationship between exercise, nutrition and aging. His landmark studies have demonstrated the ability of older men and women to improve strength, fitness, and health through exercise, even into the 10th decade of life. He has received grant support from a variety of sources including the National Institutes of Health, the Veterans Administration, and NASA. He has served as an expert advisor to NASA in a number of committees, including the Science Working Group responsible for the design of the Human Research Facility aboard the International Space Station and The Life Sciences Advisory Subcommittee. He also served at the head of the Nutrition and Exercise research group for the National Space Biomedical Institute.

Bill's work has been featured on *Good Morning America*, *CBS Morning News*, *20/20*, and the PBS series *The Infinite Voyage*. He has been an associate editor for *Medicine and Science in Sport and Exercise* and *Journal of Gerontology* and is a member of the editorial board of the *Journal of Clinical Endocrinology and Metabolism*. He serves as a reviewer for more than 10 journals and has been a reviewer of grants for the American Federation for Aging Research, National Institutes of Health, the National Aeronautics and Space Administration, and the Veterans Administration. Bill brings with him a wealth of knowledge about nutrition and exercise throughout the lifecycle.