New Year, New Metabolism  
(Winter 2017) 

(Sci 45)

Instructor  
Clyde Wilson, PhD

Description  
A scientific review and pragmatic application of nutrition, exercise, and other lifestyle factors involved with raising metabolism. There are no pre-requisites.

Grading  
2 units. Credit/No Credit based on participation (homework required), or take course for no grade.

Course schedule

Week 1  
Main life-style factors contributing to metabolism: nutrition, exercise, sleep, stress management

Week 2  
Developing effective minimalist approaches for life-style factors: start with what you like

Week 3  
Nutrition balance between short-term (what you like) and long-term (metabolic) goals

Week 4  
Exercise (higher intensity) and movement (lower intensity) goal balance

Week 5  
Coordinating nutrition with exercise to optimize the benefits of both

Week 6  
Timing and coordination of nutrition and exercise with stress management and sleep

Week 7  
Different perspectives converging on one model: hormonal, genetic, symbiosis & hormesis

Week 8  
Personalizing your program within the extreme limits indicated ideal by scientific data