



# Dr Justin Roberts



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**Dr Justin Roberts** is a Sport and Exercise Scientist and Nutritional Therapist.

With over 20 years' experience in Sport and Exercise Physiology and Nutrition, Justin is one of the country's leading experts in functional nutrition, lifestyle fitness and exercise performance; with a particular interest in workplace resilience and wellbeing.

Justin is a much sought after, thoroughly engaging, speaker talking to big business about the health and wellbeing issues that affect their staff on a daily basis. He covers areas linking health, nutrition, sports performance and recovery but his underlying passion is to help his audience achieve the optimum balance between peak performance and, the more ephemeral concept, happiness.

Having worked within the British Olympic Medical Centre Justin has supported athletes (novice to elite) from a variety of sports (triathlon, cycling, running, rowing, swimming) and was Senior Nutrition Advisor to the England Football Team and Manchester City FC.

His nutrition philosophy is based around how real food influences real people living real lives. His research looks at how dietary approaches may support training or provide a competitive edge. More recently, this has extended to the hot topic of 'resilience', asking whether resilience can be 'trained' and how nutrition plays a central role in how we cope with daily demands.

Having completed numerous marathons, Justin not only approaches his field from a scientific perspective, but also a practical one. He has completed several Ironman Triathlons and Ultra-endurance events, including the world famous Marathon Des Sables, a gruelling 150 mile ultra-race across the Sahara Desert.

Justin is an accredited Sport and Exercise Physiologist with the British Association of Sport and Exercise Sciences (BASES), and a Registered Nutritional Therapist with the British Association of Applied Nutrition and Nutritional Therapy (BANT) and the Complementary and Natural Healthcare Council (CNHC).

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**For more information:**

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