CV - Gareth Wallis, PhD FECSS

Professor in Exercise Metabolism & Nutrition
School of Sport, Exercise & Rehabilitation Sciences, College of Life and Environmental Sciences, University of Birmingham, Birmingham B15 2TT, United Kingdom

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Education

2003-2006 **University of Birmingham** Exercise Metabolism & Nutrition PhD
2000-2001 **Loughborough University** Exercise Physiology MSc
1997-2000 **University of Birmingham** Sport & Exercise Science BSc (Hons)

Employment History

2012-present	**University of Birmingham**
	Professor in Exercise Metabolism & Nutrition (2023-present)
	Head of Research (2021-present)
	Associate Professor in Exercise Metabolism & Nutrition (2020-2023)
	Senior Lecturer (2016-2020)
	Lecturer (2012-2016)
2008-2011	**GlaxoSmithKline Ltd**
	Principal Scientist, New (Nutrition) Product Research (2010-2011)
	Senior Scientist, Nutrition Research & Development (2008-2009)
2006-2007	**University of California, Berkeley**
	American Lung Association Senior Research Training Fellow (2007)
	Postdoctoral Researcher, Department of Integrative Biology (2006-2007)

Advisory/Editorial roles

- Swedish Research Council for Sports Science panel member (2020-2024)
- Editorial contributions
    - Performance Nutrition (BMC) – Editor in Chief, 2024-present
    - Medicine and Science in Sports and Exercise, Editorial Board, 2022 – present
    - International Journal of Sports Nutrition and Exercise Metabolism, Editorial Board, 2019 – present

Recent Grants (last 5 years only)

2023-2025	Novo Nordisk Foundation
	Galactose - the ideal carbohydrate supplement for exercise in type 1 diabetes? "The GALAXY-1 project"(CI; Lead Dr Esben Sondergaard, Steno Diabetes Centre, Aarhus)
2022-2025	Dunhill Medical Trust
	Investigating Muscle Weakness In Older Age (CI)
2021-2025	US Department of Defence
	Effects of heat and heat acclimatization on exogenous carbohydrate oxidation during exercise (**PI**)
2020-2023	Volac International Ltd.
	Exploring the Role of Dietary Protein Quality on Skeletal Muscle Anabolism in Older Adults (CI)
2020-2021	UK Nutrition Research Partnership
	Improving our understanding of the metabolic interplay between nutrition and physical activity (**PI**)

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Selected Publications (from >60 peer reviewed papers; field weighted citation index 2.15)

1. Podestá D I, Blannin AK, **Wallis GA**. Effects of overnight-fasted versus fed-state exercise on the components of energy balance and interstitial glucose across four days in healthy adults. ***Appetite. 2024*** Dec 1;203:107716. doi: 10.1016/j.appet.2024.107716.
2. Podlogar T, Shad BJ, Seabright AP, Odell OJ, Lord SO, Civil R, Salgueiro RB, Shepherd EL, Lalor PF, Elhassan YS, Lai YC, Rowlands DS, **Wallis GA**. Postexercise muscle glycogen synthesis with glucose, galactose, and combined galactose-glucose ingestion. ***Am J Physiol Endocrinol Metab. 2023*** Dec 1;325(6):E672-E681. doi: 10.1152/ajpendo.00127.2022.
3. Podlogar T, **Wallis GA**. New Horizons in Carbohydrate Research and Application for Endurance Athletes. ***Sports Med***. **2022** Dec;52(Suppl 1):5-23. doi: 10.1007/s40279-022-01757-1.
4. Odell OJ, Impey SG, Shad BJ, Podlogar T, Salgueiro RB, Rowlands DS, **Wallis GA**. Oxidation of independent and combined ingested galactose and glucose during exercise. ***J Appl Physiol 2022*** Nov 1;133(5):1166-1174. doi: 10.1152/japplphysiol.00105.2022.
5. Li VL, He Y, Contrepois K, Liu H, Kim JT, Wiggenhorn AL, Tanzo JT, Tung AS, Lyu X, Zushin PH, Jansen RS, Michael B, Loh KY, Yang AC, Carl CS, Voldstedlund CT, Wei W, Terrell SM, Moeller BC, Arthur RM, **Wallis GA**, van de Wetering K, Stahl A, Kiens B, Richter EA, Banik SM, Snyder MP, Xu Y, Long JZ. An exercise-inducible metabolite that suppresses feeding and obesity. **Nature**. **2022** Jun;606(7915):785-790. doi: 10.1038/s41586-022-04828-5.
6. Maunder E, Bradley HE, Deane CS, Hodgson AB, Jones M, Joanisse S, Turner AM, Breen L, Philp A, **Wallis GA**. Effects of short-term graded dietary carbohydrate intake on intramuscular and whole body metabolism during moderate-intensity exercise. **J Appl Physiol** . **2021** Jul 1;131(1):376-387. doi: 10.1152/japplphysiol.00811.2020.
7. Edinburgh RM, Bradley HE, Abdullah NF, Robinson SL, Chrzanowski-Smith OJ, Walhin JP, Joanisse S, Manolopoulos KN, Philp A, Hengist A, Chabowski A, Brodsky FM, Koumanov F, Betts JA, Thompson D, **Wallis GA**, Gonzalez JT. Lipid Metabolism Links Nutrient-Exercise Timing to Insulin Sensitivity in Men Classified as Overweight or Obese. **J Clin Endocrinol Metab. 2020** Mar 1;105(3):660–76. doi: 10.1210/clinem/dgz104.
8. Chambers ES, Byrne CS, Morrison DJ, Murphy KG, Preston T, Tedford C, Garcia-Perez I, Fountana S, Serrano-Contreras JI, Holmes E, Reynolds CJ, Roberts JF, Boyton RJ, Altmann DM, McDonald JAK, Marchesi JR, Akbar AN, Riddell NE, **Wallis GA**, Frost GS. Dietary supplementation with inulin-propionate ester or inulin improves insulin sensitivity in adults with overweight and obesity with distinct effects on the gut microbiota, plasma metabolome and systemic inflammatory responses: a randomised cross-over trial. **Gut**. **2019** Aug;68(8):1430-1438. doi: 10.1136/gutjnl-2019-318424.
9. **Wallis GA**, Gonzalez JT. Is exercise best served on an empty stomach? **Proc Nutr Soc**. **2019** Feb;78(1):110-117. doi: 10.1017/S0029665118002574.
10. Edinburgh RM, Hengist A, Smith HA, Travers RL, Koumanov F, Betts JA, Thompson D, Walhin JP, **Wallis GA**, Hamilton DL, Stevenson EJ, Tipton KD, Gonzalez JT. Preexercise breakfast ingestion versus extended overnight fasting increases postprandial glucose flux after exercise in healthy men. **Am J Physiol Endocrinol Metab**. **2018** Nov 1;315(5):E1062-E1074. doi: 10.1152/ajpendo.00163.2018.
11. Fletcher G, Eves FF, Glover EI, Robinson SL, Vernooij CA, Thompson JL, **Wallis GA**. Dietary intake is independently associated with the maximal capacity for fat oxidation during exercise. **Am J Clin Nutr**. **2017** Apr;105(4):864-872. doi: 10.3945/ajcn.116.133520.