

Dr Terry Graham is professor emeritus at University of Guelph and former editor of the journal of Applied Physiology, Metabolism and Nutrition (APNM). He was trained as a muscle physiologist specializing in metabolism. Following a PhD at Queen's University and a post-doctorate in Copenhagen, he took up a faculty position at the University of Guelph in 1976.

Dr. Graham has always studied human subjects and a major interest has been lifestyle and long-term health. He realized that both physical activity and diet are vital to health and the benefit of either is dependent on the other. However, exercise physiology and nutritional sciences were commonly two solitudes. A major career goal has been to see these two areas integrated. The evolution of the Department of Human Health and Nutritional Sciences at the University of Guelph during his decade as chair reflected this philosophy. This philosophy was significantly furthered during his 13-year term as editor of the *Journal of Applied Physiology, Nutrition and Metabolism (APNM)*, as well as the editor of its precursor journal. For these efforts, Dr. Graham has received life-time achievement awards from the Canadian Society for Exercise Physiology (CSEP) and Canadian Nutrition Society (CNS). He is now Fellow of both societies.

Dr. Graham's research has been in a variety of areas including muscle glycogen (carbohydrate homeostasis) regulation and the effects of caffeine on exercise metabolism. He investigated postprandial metabolic responses to lipid ingestion and putative cardiovascular risk factors, as well as those following ingestion of various bread products. Through his research, Dr. Graham has demonstrated that the consumption of caffeine or caffeinated coffee results in prolonged insulin resistance in skeletal muscle. In these investigations the subject pools have been reflections of the everyday person: middle aged, sedentary men and women, type 2 diabetics, pregnant women, and even people with tetraplegia.

Dr. Graham has published approximately 180 papers, supervised over 60 graduate students and has continuously held NSERC funding for 36 years. He has interacted with and served on committees for Dietitians of Canada.