



What should I be when I grow up ?

Dr Lewis Mattin

Lecturer in Human Physiology

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Where it all Began



- Open Water Swimming
- Elite Performer
- Team GB
- AASE Program

Effect of whey protein isolate on rehydration after exercise

Lewis J. James · Lewis Mattin · Peter Aldiss ·
Rukayat Adebishi · Ruth M. Hobson

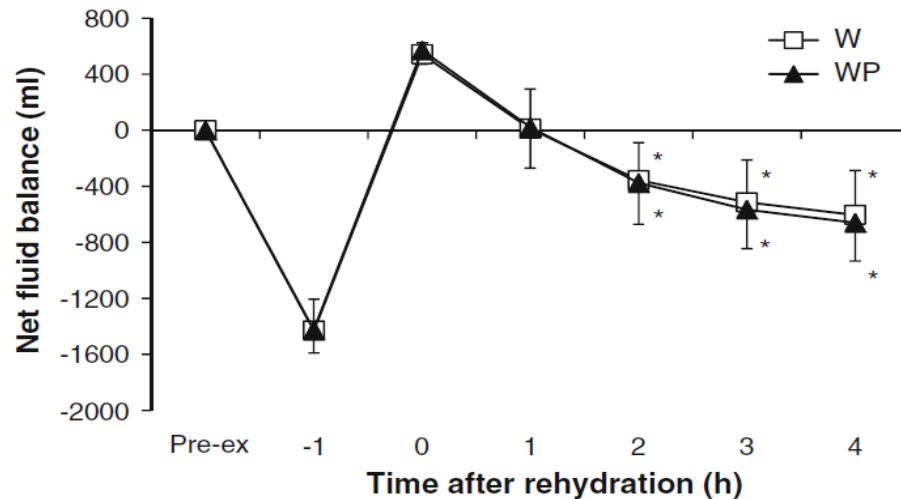


Fig. 2 Whole body net fluid balance (mL) for W (empty square) and WP (filled triangle) trials. Points are mean values. Error bars represent SD. Asterisk points significantly different from pre-exercise

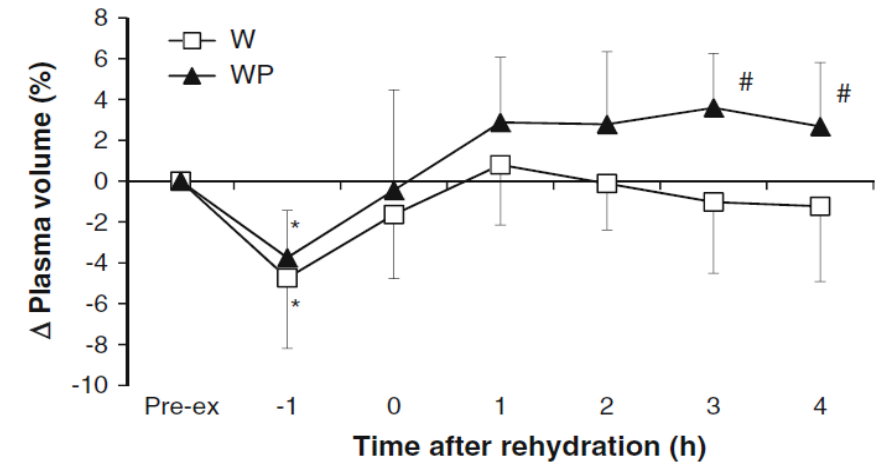
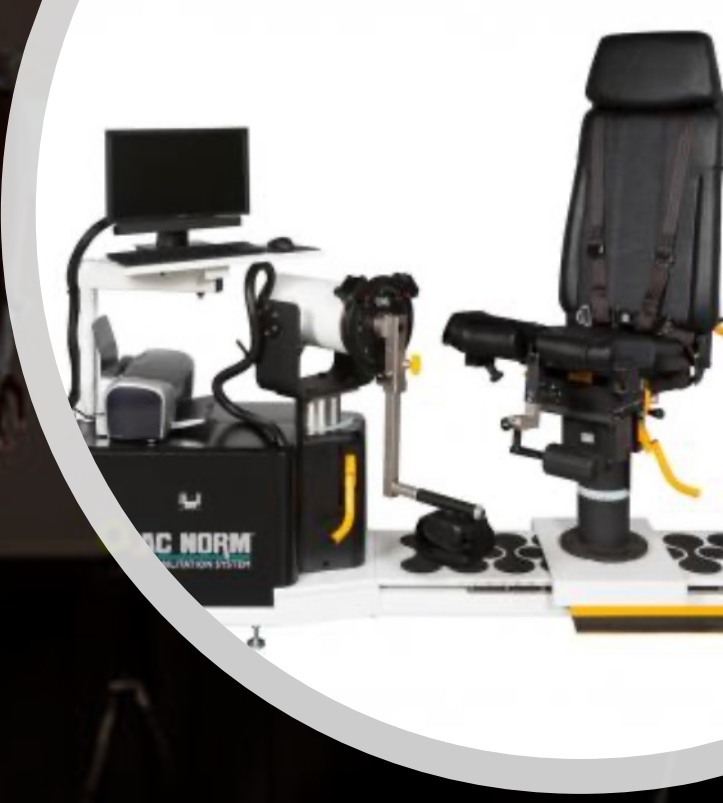
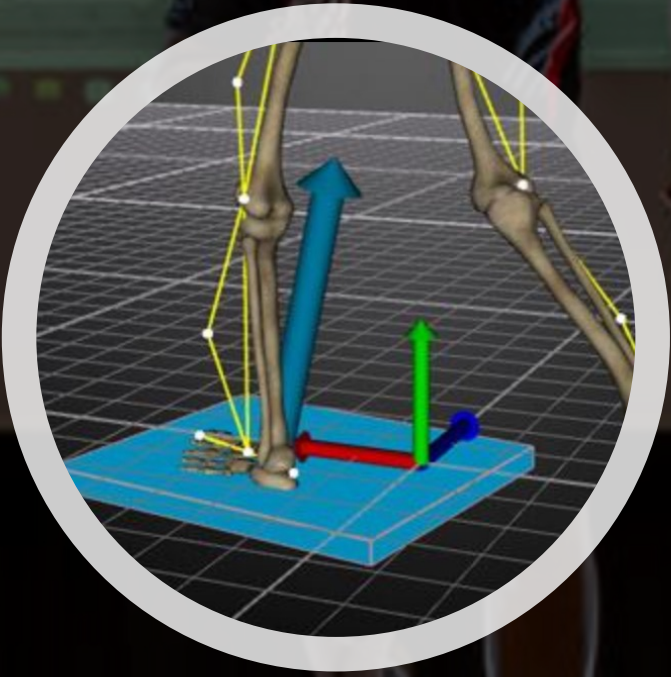
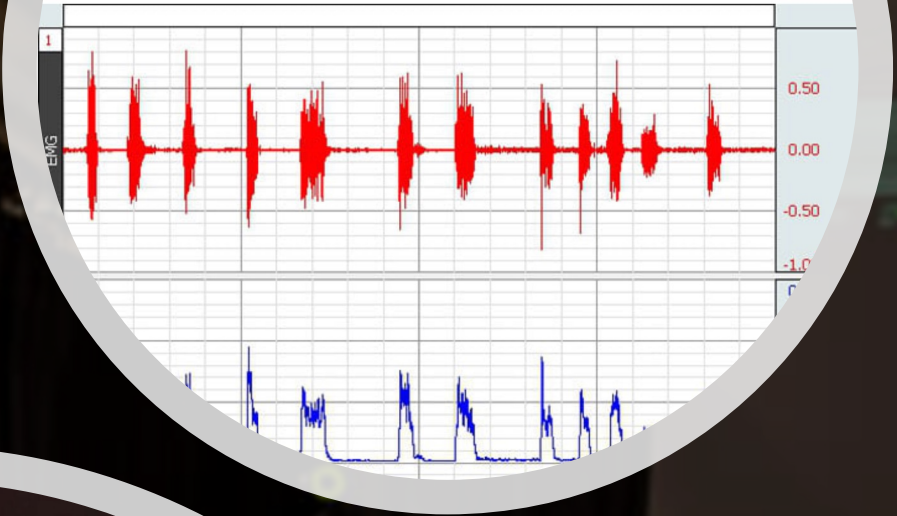


Fig. 6 Change in plasma volume relative to pre-exercise (%) for W (empty square) and WP (filled triangle) trials. Points are mean values. Error bars represent SD. Asterisk point significantly different from pre-exercise. Number sign points significantly different from W trial



Laboratory Technician

I Wanted More !!!

The Four Musketeers – Nutritional Physiology Team

Article

Bolus Ingestion of Whey Protein Immediately Post-Exercise Does Not Influence Rehydration Compared to Energy-Matched Carbohydrate Ingestion

Gethin H. Evans ^{1,*}, Lewis Mattin ¹, Isabelle Ireland ², William Harrison ², Adora M. W. Yau ¹, Victoria McIver ¹, Tristan Pocock ², Elizabeth Sheader ² and Lewis J. James ³

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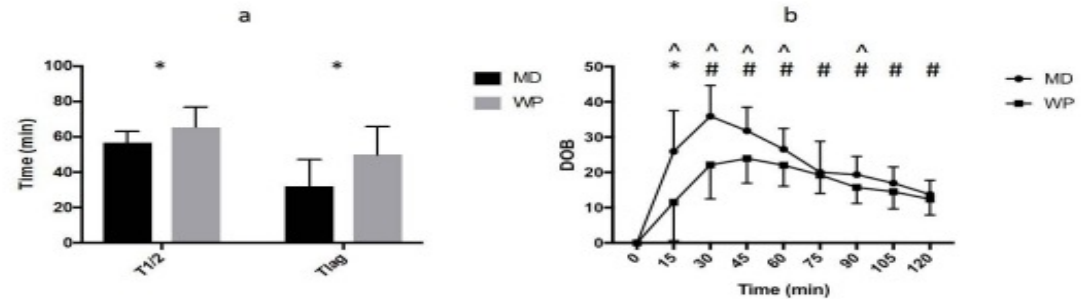


Figure 1. (a) Half emptying time ($T_{1/2}$) and time of maximum emptying rate (T_{lag}) (mins) during the maltodextrin (MD) and whey protein (WP) trials. “*” indicates a significant difference ($p < 0.050$) between trials. (b) DOB values during the maltodextrin (MD) and whey protein (WP) trials. “^” indicates significantly elevated time points ($p < 0.05$) from pre-ingestion for the MD trial, “#” indicates significantly elevated time points ($p < 0.050$) from pre-ingestion for the MD and WP trials and “*” indicates a significant difference ($p < 0.050$) between the MD and WP trials at a time point.



Manchester Metropolitan University (MMU)

- ❖ PGTA in Nutritional Physiology (5 Years)
- ❖ PhD- Does the Intensity, Mode and Timing of Exercise affect Postprandial Gastrointestinal Function, Metabolic Responses and Energy Intake in Healthy Men

Target population; Sedentary, overweight and obese



First Author Publications



Article

The Effect of Exercise Intensity on Gastric Emptying Rate, Appetite and Gut Derived Hormone Responses after Consuming a Standardised Semi-Solid Meal in Healthy Males

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Article

A Comparison of Intermittent and Continuous Exercise Bouts at Different Intensities on Appetite and Postprandial Metabolic Responses in Healthy Men

Lewis R Mattin ¹, Victoria J McIver ^{1,2}, Adora Mo Wah Yau ¹, Lewis J James ³ and Gethin H Evans ^{4,*}

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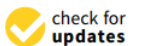
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SUCCESSING IN SCIENCE WITH NEURODIVERSITY

Having struggled at school due to their learning differences, Lewis Mattin and Sara Rankin overcame the early challenges. Here, they share their stories of playing to one's strengths to thrive in research.

LEWIS MATTIN

I was diagnosed with dyslexia at the age of five years, which is extremely young for a diagnosis. This subsequently led, from that point onwards, to every teacher I encountered just labelling me as a disruptive, lazy, 'waste of space' child: to quote one teacher in particular, "You will never make anything of yourself, you can't even spell your own name."

So, the day I received my letter from Nottingham Trent University, which informed me I had been accepted onto the BSc degree course on exercise, nutrition and health, was one of my proudest days. I did not look at the TEF (Teaching Excellence Framework) or the REF (Research Excellence Framework) and can't even say I had ever picked up *The Times* newspaper before I went to university – and I can certainly say that no one in my family had.

The final point I wanted to make was the transition into my PhD journey. I did not get the first one I went for. I actually interviewed for seven and, yes, I did think about if this was the right path for me. I stuck with it and eventually I connected with my PhD supervisor at Manchester Metropolitan University. He has helped me grow from strength to strength, guiding me towards becoming a fantastic academic. Over the years, he has never given up on me, even with my stubborn attitude and my ability to jump into a situation with my mouth open before thinking of the consequences of my actions. He always stayed calm and collected, which has allowed me to start my journey in academia as a lecturer with a balanced head on my shoulders.

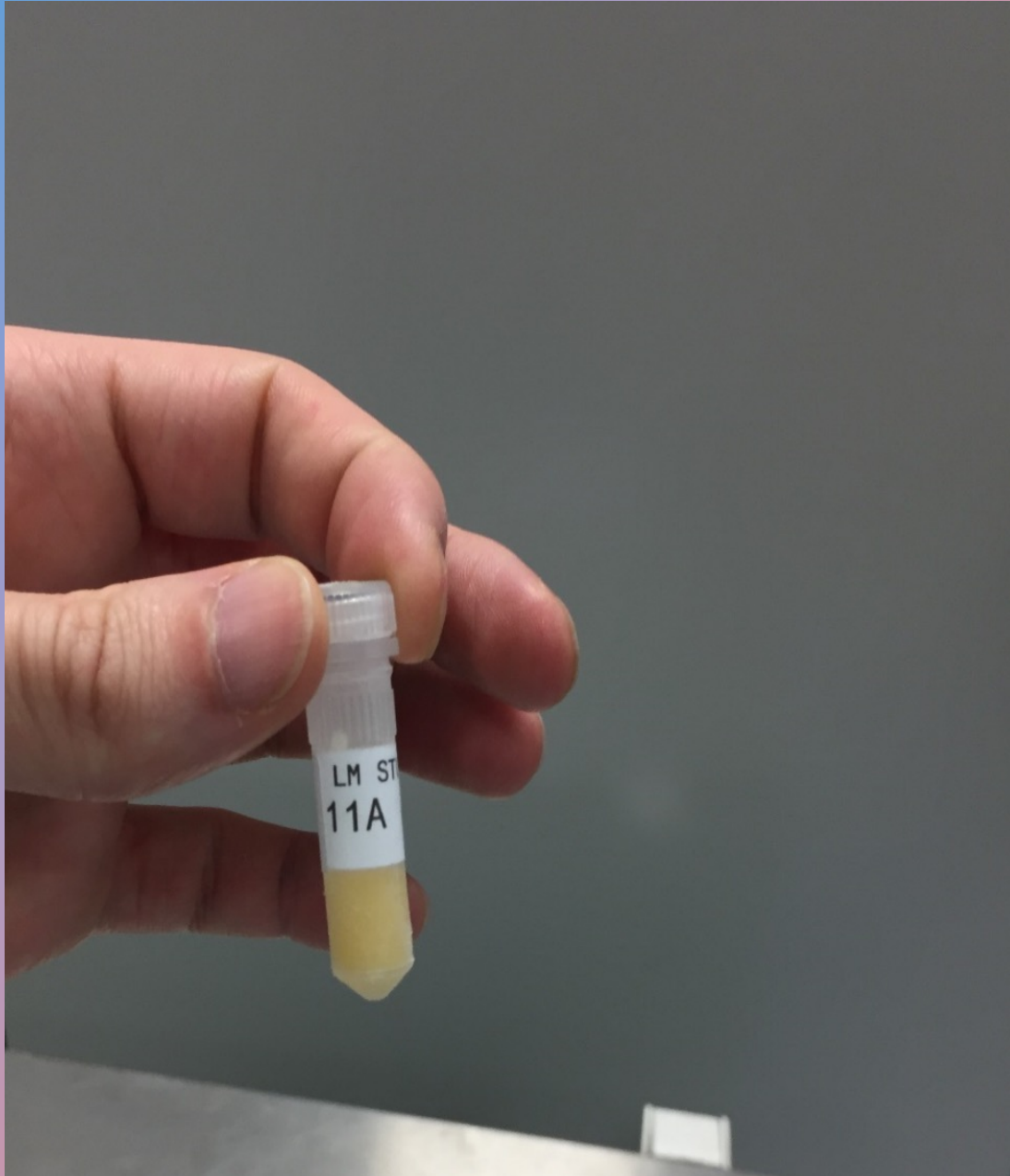
'My biggest career advice would be remember to look back at what you have achieved, before being over-critical about where you're going.'



University of East Anglia

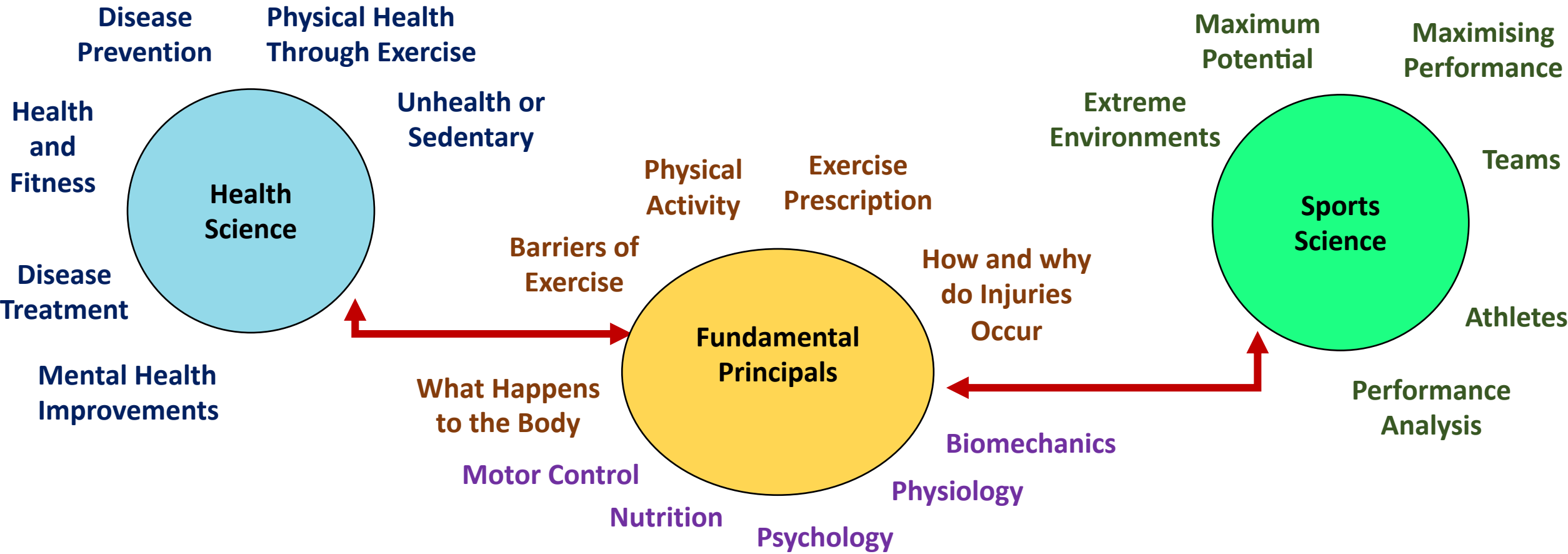
Skills on the Road

- PG Cert & PG Dip - Higher Education
- Fellow HEA
- NASM Level 3, Personal Fitness Training
- Trained Phlebotomist (Venepuncture and Cannulation)
- Physiological Society Representative
- Society for Endocrinology- Public engagement committer

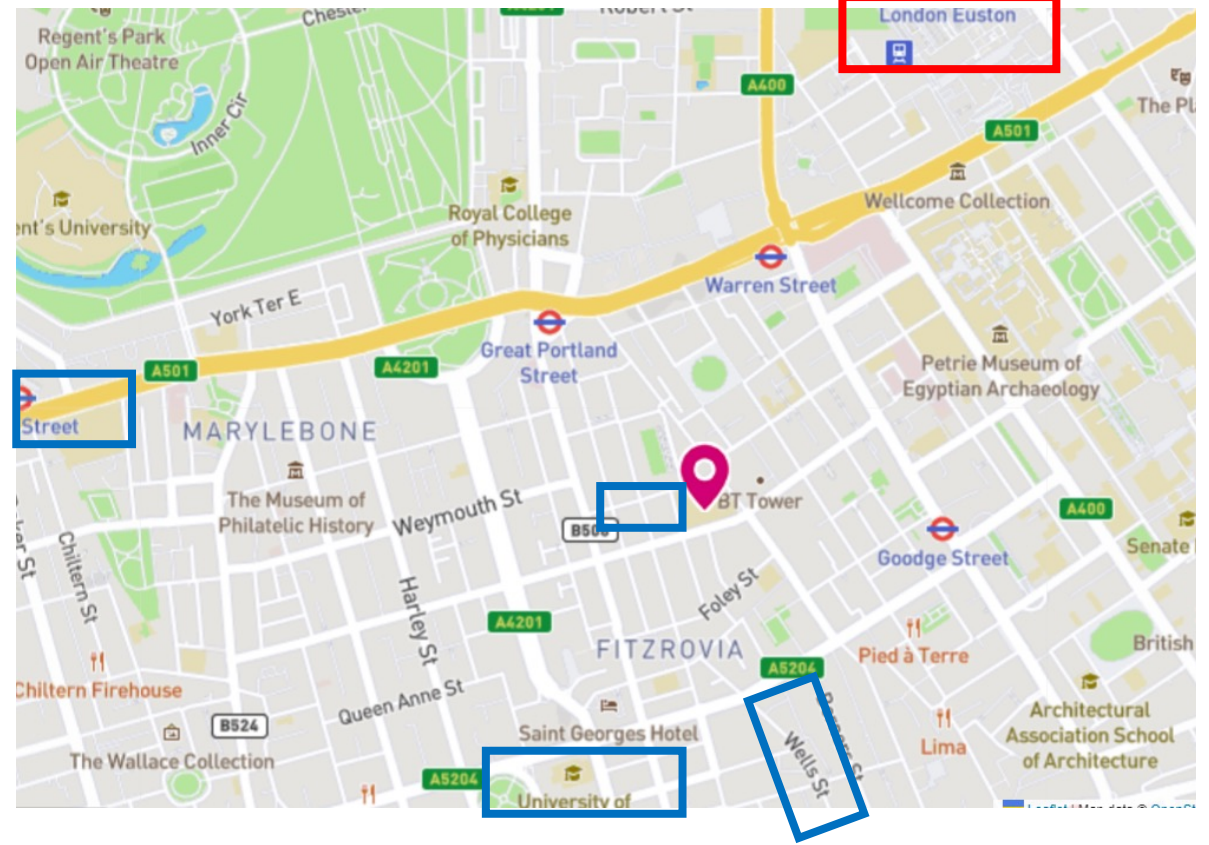


Large Improvements

Very Small Changes



Faculties & Departments	Medicine	Health Sciences	Life Sciences	Sport Sciences
	1. MBBS Medicine	1. Paramedic Science	1. Human Biosciences	1. Exercise & Health
	2. Clinical Science	2. Physiotherapy	2. Biomedical Science	2. Sport Coaching
		3. Nursing	3. Human Physiology	3. Sport Science
				4. Nutrition



University of Westminster

School of Life Sciences- New Cavendish Campus



UNIVERSITY OF
WESTMINSTER

Centre for Resilience: 'Aging
biology and age-related diseases'



Dr Lewis Mattin
Lecturer in Human Physiology

I research health, sport, and exercise nutrition predominantly using human volunteers to enhance knowledge related to metabolic regulation, time of day feeding, and appetite control. With a special interest in endocrinology related to gastrointestinal hormones.

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Centre for
Nutraceuticals

Key Research Focus



- Gastrointestinal Function
- Hormone Regulation
- Metabolic Adaptation
- Weight Management for Health

Nutrition

Physical Activity

Lifestyle

Wider Impact



- Fasted vs Fed
- Circadian rhythm
- Exercise snaking
- Gut Microbiome
- Master the day
- Gut brain axis



Current Projects



Centre for Nutraceuticals

The gut microbiome: What is the relationship between diet and exercise within ethnic minorities (PhD student: Manpreet Mujral 2023 -)

Appetite regulation: How does long-term training state effect gut-derived hormones and adiposity (Seeking funding and support)

Clinical trial; Potato and rice protein on appetite regulating hormones (PhD Student; Helena Tiekou Lorinczova)

Clinical trial: Co-administration of iron and curcumin (PhD Student; Marta Gamez Fernandez)

Centre for Resilience

Recovery form extreme endurance to unearth the molecular and physiological basis of cardiovascular resilience in the ultra-endurance cycling community DoS; Daniel Brayson

Academic partnership



Public Sector Engagements





Thank You for listening

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