

**Mr Benjamin Boxer**  
**PhD Researcher**  
**Loughborough University**



Ben graduated with a BSc (Hons) in Sport and Exercise Science in 2018 from Loughborough University, England. After completing his undergraduate studies he completed a studentship through the Physiological Society at Loughborough University. In October 2018 Ben started a PhD studentship at Loughborough University focusing on the influence of exercise on cartilage and bone physical properties and metabolism.

Ben previously completed a year's placement within the School of Sport, Exercise and Health Sciences at Loughborough University where he worked within the Sports and Exercise Nutrition Research group conducting studies looking at fluid balance.

Ben's research interest includes skeletal physiology, strength training and public health