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About Jim Stoppani, PhD. Currently Jim runs his own fitness website www.jimstoppani.com nutrition and health and is author of Encyclopedia of Muscle & Strength

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Jim Stoppani, PhD, received his doctorate in exercise physiology with a minor in biochemistry from the University of Connecticut. After graduation, he served as a

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Jim Stoppani, PhD, is senior science editor at Muscle & Fitness, Muscle & Fitness, Hers and Flex magazines. He is the host of the popular Muscle & Fitness online

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