

## Alexandre CHARBONNEAU

Currently in the postdoctoral stage at the CHUL's Centre de recherche en maladies lipidiques (lipid disorder research centre), Alexandre Charbonneau is trying to determine the role certain genes have in the development of type 2 diabetes. Holder of a Ph.D. in Exercise Physiology from the Université de Montréal, he has been published in various scientific journals such as Endocrinology, the Journal of Physiology, American Journal of Physiology and International Journal of Sports Medicine. He has been both lecturer and guest professor at the Université de Montréal, Université Laval, and the National Institute for Physical Education of Catalonia for his expertise in exercise physiology, training methodology, as well as for his knowledge regarding ergogenic aids and anabolic steroids.

He started karate in 1983 and received his black belt at the age of 14 in 1988. Currently 4th Dan in Shotokan karate, he has participated in numerous Pan American and international competitions for 18 years. In 1994 and 1999, he went to Japan for one year to perfect his knowledge of this martial art. Having retired from competition in 2002, he continues to provide training advice for many karatekas and owns a karate school in Montreal.

In addition to the excellent training he provides karatekas, he has also trained numerous athletes in a variety of sport disciplines (cycling, football, water polo and boxing). In addition to his research, karate training and lecturing, Alexandre holds school conferences to teach teenagers about the harmful effects of anabolic steroid use.

Alexandre lives in Quebec City and also in Montreal.