



The Journey to a Healthy Existence

Featuring

David B. Phillips, M.D.

How does exercise and proper nutrition affect our quality of life?

What is the impact of oxidative stress on aging and chronic disease?

Whether you are a medical professional, coach, trainer, athlete, weekend warrior, or someone interested in a healthy lifestyle, this is information you won't want to miss!



Dr. Phillips graduated from Harvard University in 1984 where he earned academic honors and was an All-American swimmer. He completed his MD at Wright State University School of Medicine in 1989 where he was elected to the prestigious *Alpha Omega Alpha Medical Honor Society*. Dr. Phillips completed his residency in Emergency Medicine at Methodist Hospital in Indianapolis, where he was Chief Resident and practiced 11 years as a Board Certified Emergency Physician. He was also the Chief Medical Advisor for Athletic Training Services, LLC in Atlanta.

As a nationally ranked triathlete, Dr. Phillips has achieved the following athletic accomplishments:

- 2004 USAT National Long Course Masters Champion
- 2005 St. Croix Half Ironman Masters Champion
- 2005 *Ford Ironman World Championships* finisher
- 2004, 2007 USAT All-American
- 2004 Ranked #1 Age Group USAT Southeast Region
- 2008 Member Team USA, ITU World Championships in Vancouver, B.C.

Wednesday, June 9, 2010 @ 7:00 PM

(doors open at 6:30)

Courtyard Marriott (Mission Valley)

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David B. Phillips, MD



PHYSICIAN/TRI-ATHLETE DISCUSSES **The Journey To A Healthy Existence**

Dr. Phillips graduated from **Harvard University** where he earned academic honors and was an All-American swimmer. In 1989, Dr. Phillips received his Medical Degree at Wright State University School of Medicine where he was elected to the prestigious **Alpha Omega Alpha Medical Honor Society**. Before turning his interests to the field of **Sports Medicine**, he was a **Board Certified Emergency Physician**.

Having competed in triathlons at national and world levels, including the **2005 Ford Ironman World Championships** and as a member of **Team USA** at the **International Triathlon Union's 2008 World Championships**, Dr. Phillips has first-hand knowledge of the important role of nutrition in the athletic arena.

Dr. Phillips currently serves as **Chief Medical Advisor** for Athletic Training Services, LLC in Atlanta.

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