



## 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)***

***595 Hotel Circle South 92108***

Directions: from the West/Beach or I-5 go East on highway 8, take the 2<sup>nd</sup> Hotel Circle exit, then turn left at the stop sign. The Hotel will be ahead on your right.

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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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