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NOTE: For a more detailed list and descriptions of my consulting, speaking and writing services, visit my website @ www.syfound.com or LinkedIn profile page [linkedin.com/in/wtphillips](https://www.linkedin.com/in/wtphillips).

Background Summary

Internationally recognized researcher, author, speaker, teacher, coach and consultant in the fields of exercise, fitness, healthy aging and lifestyle change.

Core Competencies: Compilation, synthesis and dissemination of research to support the validity of company products and services. Design and development of in-service educational and training manuals. Design and implementation of evidence-based corporate health and wellness programs. Lead, design and implement research studies in the field of health and wellness broadly. Facilitation of communication and coaching approaches to healthy lifestyle change.

CURRENT ROLES

- **Science Officer, Protocol8, London, UK. May 2018 - present**
Company Purpose: Provide Intermittent Fasting programs, products and services
Role: Compile, synthesize and interpret research support for Intermittent Fasting in general, and Protocol8 products, programs and services in particular. Review and edit eBook describing the benefits of IF. Ensure Protocol8 meets Best Practice standards for Intermittent Fasting. Prepare and disseminate information related to the benefits of Protocol8 programs and services. Establish and ensure consistent quality control of all web and media-based information.
- **Adjunct Faculty, Chandler Gilbert Community College Chandler, AZ. 2014-present**
Institution Purpose: Education
Role: Teaching Exercise, Health, and Wellness-related classes in the Health Sciences Division.
- **Professor Emeritus, Arizona State University, Phoenix, AZ. 2006-present**
Institution Purpose: Education
Role: Honorary, in recognition of valued service to the University.

WORK HISTORY: CONSULTING AND PROGRAM DEVELOPMENT

Over the last 20 years I have worked successfully with a broad range of companies to provide research support for their products and services. My role also included liaising with Marketing and PR departments to develop ethical and scientifically sound product messaging. More detailed information can be found on my website www.syfound.com

A selection of client companies are listed below.

- **Science Officer, PainPod USA. Cheyenne, WY. November 2018 – January 2020**
Company Purpose: Provide pain relief via electrotherapy
- **Science Officer, TrueIV, Denver, CO. June 2018 – January 2019**
Company Purpose: Provide health and wellness related IV Therapy services
- **Scientific Copywriter/Content Marketer: Regenxx, Des Moines, IA. May 2019 – Aug 2019**
Company Purpose: Utilize stem cell treatments for orthopedic injuries.
- **Chief Science Officer. MuscleSound, Denver, CO: Mar 2016 - May 2018**
Company Purpose: Provide ultrasound analysis of “MuscleHealth” status & body composition.
- **Research & Training Director. ActiveRx, Westborough, MA: Jan 2010 - Jan 2016**

Company Purpose: Provide physical therapy, strength & wellness programs for seniors.

- **Research Consultant. TriVita Inc., Scottsdale, AZ: Aug 2011 - Aug 2013**

Company Purpose: Provide a range of health and wellness supplements and services.

- **Lifestyle Change Facilitator. Virginia Piper Cancer Center: Feb 2011 - Nov 2011**

Company Purpose: Provide comprehensive support and treatment for cancer survivors.

- **Co-founder and Owner. The STRIVE Wellness Corporation, Tempe, AZ: 1998 - 2005**

Company Purpose: Strength Training and lifestyle change

EDUCATION AND ACADEMIC TRAINING

MS, Loughborough University, UK | Ph.D., Arizona State University, AZ | Research Scientist/Postdoctoral Fellow, Stanford University, CA.

COACHING CERTIFICATIONS (*Intrinsic Solutions International, Scottsdale, AZ*)

Trimetrix Analyst | Intrinsic Coach | Valuation Specialist

COACHING CERTIFICATIONS (*Stanford University, Palo Alto, CA*)

Lifestyle Change Facilitator: The Stanford Healthy Lifestyle Program

TEACHING HISTORY:

UK: Freelance Wellness Consultant and Teacher, London (2yrs) | Physical Education Director/Senior Youth Worker, YMCA, London (11 yrs) | Deputy Director of Recreation, City University, London (2 yrs) | Head of Physical Education, Ward Freman School, Hertfordshire (2 yrs) | Assistant Teacher, The Sele School, Hertfordshire 2 yrs)

Roles and Responsibilities over this period: Staff management, training and development; program organization and development; day to day building operations, budgeting; presentation of reports and proposals to management committees; preparation of educational and promotional wellness literature; development, promotion and implementation of nationally validated exercise teacher training courses;

USA: Professor: Arizona State University, AZ (9 yrs) | Faculty, Health Sciences Division, Chandler-Gilbert Community College, AZ (20 yrs)

Roles and Responsibilities over this period: Taught practical and theoretical aspects of Exercise, Wellness, and Behavioral Health-related topics at undergraduate and graduate levels. Successfully mentored more than 14 Masters and Doctoral students during my academic career.

Additionally, I have designed, conducted and/or supervised numerous educational and in-service training programs on topics related to Wellness, Lifestyle Change, Behavioral Coaching and Inter-Personal Communication

PUBLICATIONS, PRESENTATIONS AND REVIEWING

54 scientific publications, 17 Grant and Contract submissions, 46 National and International scientific conference presentations, 65 local, state and corporate presentations, and over 100 professional, web-based and blog articles. Reviewer for funded grant applications, conference abstracts and major scientific journals.

I have also created and compiled a wide range of communication and training manuals for educational and commercial purposes, as well as authoring hundreds of blog posts, articles, reviews and white papers.

HONORS, AWARDS AND RECOGNITION

Emeritus Professor of Exercise and Wellness at Arizona State University | Recipient of teaching and student-related awards | Scientific Advisory Board Member of the International Council on Active Aging.

MEMBERSHIP OF PROFESSIONAL ORGANIZATIONS

Fellow of the American College of Sports Medicine.