

**WAYNE PHILLIPS, Ph.D., FACSM, CIC<sup>®</sup>, CVS**  
Founder and Owner, Syfound Consulting, Phoenix, AZ

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**NOTE:** For a more detailed list and descriptions of my consulting, speaking and writing services, visit my website @ [wphillips@syfound.com](mailto:wphillips@syfound.com)

**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.

### WORK HISTORY

Over the last 20 years I have worked successfully with a broad range of companies to provide research support for their products and services. This included liaising with Marketing and PR departments to develop ethical and scientifically sound product messaging.

See <http://syfound.com/services/> for more details.

### CLIENTS

A selected list of clients appears below. See <http://syfound.com/clients/> for more details

- Scientific Advisory Board Member, L9 Bioscience USA  
*Company Purpose: Increase bioavailability of Active Pharmaceutical Ingredients (API).*
- Science Officer, PainPod USA. Cheyenne, WY.  
*Company Purpose: Provide pain relief via electrotherapy*
- Science Officer, TrueIV, Denver, CO.  
*Company Purpose: Provide health and wellness related IV Therapy services*
- Scientific Copywriter/Content Marketer: Regenexx, Des Moines, IA.  
*Company Purpose: Utilize stem cell treatments for orthopedic injuries.*
- Chief Science Officer. MuscleSound, Denver, CO.  
*Company Purpose: Provide ultrasound analysis of muscle & body composition.*
- Research & Training Director. ActiveRx, Westborough, MA:  
*Company Purpose: Provide physical therapy, strength & wellness programs for seniors.*
- Research Consultant. TriVita Inc., Scottsdale, AZ  
*Company Purpose: Provide a range of health and wellness supplements and services.*
- Lifestyle Change Facilitator. Virginia Piper Cancer Center:  
*Company Purpose: Provide comprehensive support and treatment for cancer survivors.*

### EDUCATION AND ACADEMIC TRAINING

MS, Loughborough University, UK | Ph.D., Arizona State University, AZ | Postdoctoral Fellow/Research Scientist, 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 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, program organization and development; day to day building operations, budgeting. Teacher of Physical Education and Math

**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.

## **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. Was a frequent 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 | Former Scientific Advisory Board Member of the International Council on Active Aging | Emeritus Fellow of the American College of Sports Medicine.

## **PROFESSIONAL WRITING**

I have published 3 books. Two are focused on Active, Healthy Living, the other is an early childhood autobiography. More information can be found on my [Amazon Author page](#)