

WAYNE PHILLIPS, Ph.D., FACSM, CIC[®], CVS
Founder and Owner, Syfound Consulting, Phoenix, AZ

Email: wphillips@syfound.com **Cell:** (602) 793-0752 **Web:** www.syfound.com

NOTE: For a more detailed list and descriptions of my consulting, speaking and writing services, visit my website @ www.syfound.com (Link to SERVICES)

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 [syfound website](http://www.syfound.com) for a more detailed list of SERVICES

Selected list of clients appears below. See [syfound website](http://www.syfound.com) for a more details

- **Scientific Advisory Board Member, L9 Bioscience USA**
Company Purpose: Increase bioavailability of Active Pharmaceutical Ingredients (API's).
- **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. 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

Have published 2 books related to Lifestyle as well as an autobiography of my pre-teen years. More information can be found on my [Amazon Author page](#)