

## HEALTH, FITNESS, AND NATURAL RESOURCE WORKSHOP SPONSORED BY J2 ENGINEERING AND ENVIRONMENTAL DESIGN

8:15 am – 12:30 pm  
Tucson Ballroom,  
Salons A, B, C and D

**RICHARD H. CARMONA, M.D., M.P.H., FACS, 17th Surgeon General of the United States, Vice Chairman, Canyon Ranch**



Born to a poor Hispanic family in New York City, Dr. Carmona experienced homelessness, hunger, and health disparities during his youth. The experiences greatly sensitized him to the relationships among culture, health, education, and economic status and shaped his future.

After dropping out of high school, Dr. Carmona enlisted in the U.S. Army in 1967. While serving, he earned his General Equivalency Diploma and went on to become a combat-decorated Special Forces Vietnam veteran. After leaving active duty, he attended Bronx Community College of the City University of New York through an open enrollment program for veterans. He received an associate of arts degree.

He then attended the University of California, San Francisco, where he received a bachelor of science degree (1977) and medical degree (1979). At the University of California Medical School, Dr. Carmona was awarded the prestigious gold-headed cane as the top graduate.

He went on to become the chairman of the State of Arizona Southern Regional Emergency Medical System, a professor of surgery, public health, and family and community medicine at the University of Arizona, and the Pima County Sheriff's Department surgeon and deputy sheriff. He is also a Fellow of the American College of Surgeons.

Public health came as a second career after Dr. Carmona went back to graduate school while working, in order to complete a master's degree in public health at the University of Arizona. In 2002 Dr. Carmona was nominated by the president and unanimously confirmed by the United States Senate to become the 17th Surgeon General of the United States. As Surgeon General, Dr. Carmona focused on prevention, preparedness, health disparities, health literacy, and global health to include health diplomacy.

After completing his four-year term as Surgeon General in 2006, Dr. Carmona was named to the position of vice chairman for Canyon Ranch, the country's leading health and wellness company for over 25 years. Dr. Carmona also serves as CEO, Canyon Ranch Health Division and president of the Canyon Ranch Institute, and is a distinguished professor of public health with the Mel and Enid Zuckerman College of Public Health at the University of Arizona.

*Join professionals from organizations around the state of Arizona who have a direct responsibility for and influence in developing programs, projects, and policies that support and promote physical activity and nutrition. The workshop will begin with opening remarks from Richard H. Carmona, M.D., M.P.H., FACS, 17th Surgeon General of the United States, followed by keynote speaker Phil Campbell. The workshop will also include consecutive breakout sessions conducted by professionals in the fields of health, nutrition, parks and recreation, and more.*

**PHIL CAMPBELL, M.S., M.A., FACHE Master Athlete and Author of *Ready, Set, Go! Synergy Fitness***



If you've seen a fitness magazine lately like *Physical Magazine*, *MS Fitness*, *Muscle Mag*, or Brian Mackenzie's *Successful Coaching*, you may have seen an article or quote by master athlete Phil Campbell. You may have seen him on the cover of *Personal Fitness Professional Fitness*, or heard him speak during the Health & Fitness Expo in Denver or during Greta Blackburn's celebrity *Malibu Fit Camp*.

You may own a piece of award-winning Vision Fitness cardio equipment programmed with his Sprint 8 workout. Or you may know an athlete who has traveled internationally to him for advanced speed technique training. But until you read his book *Ready, Set, Go! Synergy Fitness*, you may miss having the most meaningful fitness improvement experience of your life. His book is that good!

Phil Campbell holds two advanced degrees and is board certified by ACE. He applies his advanced training in health services and his experience in the development of *Ready, Set, Go! Synergy Fitness*. He spent 20 years in hospital administration where it was his responsibility to take the medical disciplines of surgery, pathology, radiology, pediatrics, physical rehabilitation, physical therapy, pharmacology, and other health disciplines and operationalize diverse medical services into a comprehensive health care delivery system that improved the lives of others. And he has taken that same approach in the presentation of information to readers.